



## *CCNL Update, February 2017*

### **NL Cup 1 season opener for 2016/17 hosted by Menihek Nordic!**



Photo: Front row, left to right: Luke Dunphy, Emma Taylor, Marie Manstan, Angela Cronhelm, Alyson Thomas, Hilary Pilgrim, Claire St. Croix, Tarik Rodrigues, Daley Merrigan, Rhonda Lawrence, Brian Dunphy. Back row, left to right: Jamie Merrigan, Noah Hynes, Samuel Parsons, Mike Vieira, Kip Deeley, Isaac Blundon, Abraham Rodgers, Hugh Warkentin, Ian Browne.

XCNL Hosted its annual on-snow training camp Nov. 27 - Dec. 4 on the beautiful Menihek trails with sunny skies and perfect trails. Sixteen of this province's best young skiers took part in a full week of skiing and instruction from head coach Luke Dunphy, Menihek coaches, Alf Parsons and Rhonda Lawrence, Brian Dunphy, as well as CCC HP coordinator Mike Vieira. Mike also ran a T2T coaching course throughout the week for our benefit.

The skiing was excellent and all participants enjoyed their workouts and lessons on the trails. Everyone also enjoyed staying at the large house in town, cooking meals, and taking part in activities like swimming, bowling, including a visit to a local yoga studio and even some trips to the mall.

Our great week was capped off with the first Newfoundland and Labrador Cup Race of the season. A big thanks to an excellent group of volunteers. Thank you also to Menihek (Gerry, Bea and Charlotte) for hosting us all week. Pictures and video are available on our Facebook page. <https://www.facebook.com/teamxcnl/photos/>



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### **NL Cup 2, Ye Olde Christmas Races hosted by Blow Me Down**



The Ye Olde Christmas Races (NL Cup 2) happened at Blow me Down ski trails January 14-15. Saturdays race was a King's Court format classic sprint with a great turnout of young racers. Sunday was the freestyle mass start race. This was the second of five NL Cup races happening in the province this year. Skiers earn points for their efforts in these races and your 4 best races are used to calculate your cup score. After the final cup race in St. Anthony, the top 3 in each category will receive prizes!

#### *Prize structure for NL Cup:*

1<sup>st</sup> place – 3 paid NL Cup registrations for 2018

2<sup>nd</sup> place – 2 Paid NL Cup registrations for 2018

3<sup>rd</sup> place – 1 Paid NL Cup registrations for 2018

\*\* Please note that you must compete in at least 4 races to qualify and your best 4 races are used to calculate your total score.

Photos from this race are available on the XCNL facebook page:

<https://www.facebook.com/teamxcnl/>, <http://zone4.ca/results.asp?id=8405&cat=all>,  
<http://zone4.ca/results.asp?id=8383&cat=all>





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Photo, front: Jeff Cameron, Daley Merrigan, John St. Croix, Angela Cronhelm, Alyson Thomas. Back: Hugh Warkentin, Tarik Rodrigues, Noah Hynes, Luke Dunphy, Abraham Rodgers, Claire St. Croix, Marie Manstan, Emma Taylor, Hilary Pilgrim, Erik Charron.

XCNL sent thirteen skiers to compete in the Canadian Eastern Championships at Cantley, Quebec's Nakketok Nordic Ski Club. This was the biggest Easterns yet, with 853 registered skiers coming from all over the country. Newfoundland and Labrador did well against a very tough field, with some top 25 finishes from our older skiers. For our young squad, this was a great learning opportunity and the first chance to participate in a large-scale event. It was great to have so many experience this and be able to build on this for future Eastern Championships.

Aside from racing, our team took part in parliament tours, museums, markets, winterlude festivities, team dinners, and an evening ski on the SJAM trail the Ottawa River. This was a very successful trip that we look forward to repeating next year. Thank you to all who coached, volunteered, and waxed for our team. Including Karin Kuhne, Nichola Ellis, Tina Newbury, Erik Charron, Jamie Merrigan, Jeff Cameron and Luke Dunphy.

XCNL on the SJAM trail! .. urban skiing <https://www.facebook.com/search/top/?q=xcnl>  
<http://www.zone4.ca/event/090a5bf2-e8dc-11e6-9e5c-0a7aff3e7c9d/>



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**28th Snowy Owl Classic, Whaleback Nordic, January 28, 2017**



The 28th Snowy Owl Classic is now history, 62 participants, 14 from Blow Me Down Club. A very nice showing from BMD! The Snowy Owl Cup was claimed by the Stephenville Team with over 2000 cm of ski length. Congratulations to all who participated! Hopefully we'll see you again next year. For those who were unable to participate, you missed a great ski and moose pie (and other goodies) from the kitchen. Yummy.

<https://whalebacknordic.files.wordpress.com/2015/06/january-31-2017-edition.pdf>





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### **Provincial Masters - Whaleback Times**

**<https://whalebacknordic.files.wordpress.com/2015/06/february-7-2017-edition.pdf>**

It was very nice to see some of our fellow skiers from across the province come back to the West Coast and brave the elements and ski our trails Saturday and Sunday. Regulars such as Gerry Rideout and Alf Parsons from Labrador City, Brian Reddick and his wife Helen from Grand Falls-Windsor, Andrew and Skylar May, and Charles Mitchell from Corner Brook. Not to forget our own Whalebackers who came to race, some to participate and support our club...very nice indeed.

Now down to business...the food provided by volunteers and volunteers working the kitchen was wonderful, social Saturday evening ran smoothly, no problem to obtain volunteers to serve as officials and forerunners...a satisfying weekend.

Thanks also to Diane and Sebastian...2 photographers out in the cold taking pictures of participants. A couple of dandy pics in today's Western Star and on the Whaleback Website. Results are also posted on our website. You should check it out.

<https://whalebacknordic.files.wordpress.com/2015/09/2017-provincial-masters.pdf>





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### **Summitfest NL Cup #3**

**February 25 & 26, 2017– Clareville, NL**

### **Race Notice**

All races will be held at the Corwin Mills Nordic Center. Races will be organized for all age categories from Novice up.

IMPT Note: There will be three race events. For the purpose of NL Cup Points;

Race #1 Summit challenge is a Junior and up event. Junior Boys/Girls may race in the 8km race, Junior Men/Women can register for the 16 km event.

Athletes juvenile age and under can race up however there will be no NL cup points awarded.

Races #2 and #3 will be all age category events and will count towards NL Cup points accordingly.

### **Schedule & Format**

Saturday, February 25 Distance Races

#### **Race #1 Summit Challenge**

Mass Start (Free Technique) 10:00 am Start

#### **Race #2 Summitfest Dash**

Mass Start (Classic Technique)

- Novice to Mini Midget 2:00 pm Start
- Midget to Masters 2:30 pm Start

Sunday, February 26 Sprint Race Race #3 Kings Court Sprints

#### **Race #3 Kings Court Sprints (Free Technique)**

Sprint Qualifier - Interval Start

- Midget to Masters 9:00 am Start
- Novice to Mini Midget 9:30 am Start
- Sprint Heats - Mass Start 10:30 am Start



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How to Register and Enter the race:

- Entries will be accepted as on-line registration through the Zone 4 website at: <https://zone4.ca/register.asp?id=14780&lan=1&cartlevel=1>
- The Zone 4 website provides the opportunity for participants to confirm that their entry has been received.
- Payment must be made at the time of registration. Zone 4 only supports VISA and MasterCard.
- Junior Boys/Girls and Younger      \$5.00/per race
- Junior Men/Women and Older      \$10.00/per race

RACE REGISTRATION DEADLINE: .....Friday February 24<sup>th</sup>, 2017 10:00 pm

Registration on: <https://zone4.ca/register.asp?id=14780&lan=1&cartlevel=1>







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### **Event Title: The Outfitters, 47<sup>th</sup> Annual NL Cross-Country Ski Marathon (Deadline 10 p.m. March 3rd)**

This event is presented under the auspices of Cross Country Newfoundland and Labrador and the Whaleback Nordic Ski Club, Stephenville. Participants in The Outfitters, 47th Annual Newfoundland and Labrador Cross Country Ski Marathon are encouraged to patronize our official sponsor, the Outfitters based in St. John's.

\*Visit, <https://www.whalebacknordic.com> to view a virtual course tour and enlarged course map

<https://zone4.ca/register.asp?id=14803&lan=1&cartlevel=1>

#### Course Descriptions

Five courses will be offered to skiers this year and they will be known as the Tiny Tot (2.5 km), Bunny Rabbit (7.5 km), Jackrabbit (13 km), Junior (20 km) and Senior (40 km). All courses will start (counter clockwise loop of Fox Trot) and finish at the ski chalet.

#### **Tiny Tot Course (2.5 km)**

The Tiny Tot course will be one lap of the 2.5 km Fox Trot course (counter clockwise direction on FT). The course features gentle rolling terrain with one short up hill and one short downhill. Young children should be accompanied by an adult.



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### **Bunny Rabbit Course (7.5 km)**

The Bunny Rabbit course is a relatively flat course and will be groomed for skating and classic. After leaving the starting line at the chalet (counter clockwise lap of Fox Trot), you will return to the stadium and then continue along the course to the Snowy Owl intersection where you will proceed straight on Raven's Ridge instead of turning right. All other skiers will turn right on the Snowy Owl. Approximately 500 metres past this intersection you climb the Saddleback. Continue on to the Rendez-Vous intersection and once again proceed straight through. All other skiers will be turning right on Rendez-vous. Skiers registered for this course should follow the BUNNY RABBIT SIGNS.

### **Jackrabbit/Novice Course (13 km)**

Proceed from the start along the well-defined main route. At the 4.6 km mark, you will turn right at the Snowy Owl Intersection. You will continue along the Snowy Owl Loop which will exhibit undulating terrain with twists and turns as well as some demanding ups and downs. Continue the gentle rollercoaster ride on this loop until you reach the high point of land atop Heartrate Hill. At the 7 km point you will climb the Saddleback (30 metre vertical climb). At 9 km mark you will make a hard right turn and proceed to the Birches Intersection via the Rendez-Vous. At the Birches you will turn left and continue through a series of gentle climbs and descents along Abbey Road. Proceed to the finish making sure to use caution going down Racer's Edge (300 metres from finish).

### **Junior Course (20 km one loop)**

Proceed from the start along the well-defined main route. At approximately 4.6 km mark, you will turn right at the Snowy Owl Intersection. You will continue along the Snowy Owl Loop which will exhibit undulating terrain with twists and turns as well as some demanding ups and downs. Continue the gentle roller coaster ride on this loop until you reach the high point of land atop Heartrate Hill. At the 7 km point you will climb the Saddleback (30 metre vertical climb). At the 9 km mark you will make a hard right turn and proceed to the Birches Intersection via the RendezVous. Turn right at the Birches. To get the adrenalin flowing you will immediately encounter a pleasant downhill followed by a demanding, test-your-edges careen down Deadly Descent. Reduce your speed on this hill as there is a hard left turn at the bottom. Once at the bottom, you will ski through flat terrain as you for about 1.5 km proceeding along Braveheart until



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you reach Sleepy Canuck (downhill at 11.5 km mark). The descent may be “sleepy” at the top, but there is a wake-up call at the bottom so anticipate a short, steep pitch with some runoff to gain control and then a left turn through the woods to the Big Climb - a long, skateable uphill.

Proceed along the route; you will weave through the forest along Chickadee Hollow before meeting Don’s Den Food Station at the beginning of Oliver’s Twist, a gentle, 2.7 km loop which will give you a chance to rest before you run “face-and-eyes” into Hayes Hump - a steep climb 4 km from the finish. The Hump levels off and then finishes you off with another short exhausting climb. Now that your legs are filled with lactic acid you should be wobbly when you start careening down through the roller-coaster section of Chickadee which is punctuated with short steep pitches and some free climb followed by skate-able climbs to the top of yet another hill. If conditions are fast, use caution in this section. Once through the roller-coaster, you will intersect Abbey Road (3 km from finish). Continue back to the finish at the chalet over gentle terrain with more downhill than up and lots of time to recovery.

### **Senior Course (40 km)**

Follow the directions for the Junior Course outlined above. Once the Junior Course has been completed, have some refreshments and head out on another 20 km lap of the course.

Note: The route above for **The Outfitters, 47th NL Cross-Country Ski Marathon** is the same as the 46th NL Ski Marathon that Whaleback Nordic hosted in 2016. Check out [whalebacknordic.com](http://whalebacknordic.com) for updates.

### **General Information**

Time:	Saturday, March 4th, 2017 (Sunday in case of inclement weather)
Late Registration:	9 – 9:45 a.m. at Ski Chalet (late fee applies)
10:15a.m.	Meet at Whaleback Nordic Ski Chalet
11:00a.m.	Start of Marathon & Festival of Skiers
2:00p.m.	2nd Lap Closes (must start 2nd Lap of 40 km before 2 p.m.)

Food: Refreshments will be available at 13 km/ 20 km/ 33 km/ 40 km. A variety of food and beverages will be available at the chalet after the marathon.





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### **Banquet**

A hot turkey dinner will be served at a banquet and medal presentation on the evening following the marathon. A variety of Pizza will be available for children under 17 years. The cost is \$20.00 for adults, \$10.00 for children 10 - 17 years of age, and free for children 9 years and under.

Please make banquet reservations in advance so that the organizing committee can determine catering numbers and indicate if there are any considerations which the cook should be aware when ordering your Hot Turkey Dinner.

Date: Saturday, March 4

Time: 6 p.m.

Venue: The Royal Canadian Legion  
208 Oregon Drive, Stephenville, NL

### **Accommodations:**

Below is a list of hotels in Stephenville. You are encouraged to call at your earliest convenience to ensure that reservations are available.

**Days Inn, 44 Queen St., 643-6666**  
**\$165.20 (tax included)**

**Hotel Stephenville, Oregon Drive (by airport), Stephenville, 643-517 \$99 + tax single or double room**

**White's Hotel, Main Street, Stephenville, 643-6655**  
**\$116.82 single, \$128.62 double, \$140.42 Efficiency Unit (tax included)**

**Keyano Motel, Hansen Highway, Stephenville 643-4600**  
**\$97.75 (tax included)**



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### **Transportation**

On Friday, March 3rd, a coach bus will be leaving St. John's, travelling to Stephenville, picking up skiers on the TCH along the way. The coach will be returning on Sunday, March 5th. To reserve a seat, please contact **Don Clarke** at the Outfitters. His email address is: [operations@the-outfitters.nf.ca](mailto:operations@the-outfitters.nf.ca)

### **Safety:**

Refreshments and shelter will be provided on the trail. Search and Rescue members will be in charge of trail safety and First Aid. Snowmobile patrols will be maintained and the patrol will be prepared for emergency evacuations, if required.

### **Use of High Fluorinated Waxes**

The following policy is in place in regards to High Fluorinated Waxes (HF) for the Outfitters, 47th NL Marathon to be held at Whaleback Nordic Ski Park on March 4, 2017.

**HF waxes are permitted** at **The Outfitters, 47<sup>th</sup> Annual NL Cross-Country Ski Marathon** in the **Categories: A, B, C, D, E, I, J**

**HF waxes are not permitted** at **The Outfitters, 47<sup>th</sup> Annual NL Cross-Country Ski Marathon** in the **Categories: F, G, H, K**

**There isn't a HF wax room designated at Whaleback Nordic Ski Club. If a participant uses HF wax, they can use the wax hut Friday evening, March 3rd. Respirators are required but will not be provided by the club. Please keep the door open when HF wax is applied.**

### **Deadline:**

Entries will be accepted by mail, fax, or at the onsite registration at Whaleback Nordic ski chalet on Friday, March 3, 2017 from 7 - 10 p.m. Late registration will also be accepted on Saturday morning before 10 a.m. However late fees will apply. Please register early. Banquet reservations should be made by Wednesday, March 1, 2017.



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### **Registration and Bib Distribution:**

Registration and distribution of bib numbers will take place on Friday, March 3, from 7 - 10 p.m. at Whaleback Nordic ski chalet. Bibs that are not picked up will be given out Saturday morning. Registration Forms (make sure to include signed waiver) can be mailed or faxed to:

Doug Fowlow  
P O Box 473  
Stephenville, NL. A2N 3A3  
Phone: 709-643-4993 (e-mail: [dougfowlow@persona.ca](mailto:dougfowlow@persona.ca) )

OR

Fax: 709-643-6933 (Attn: Doug Fowlow)

Preferred Method of Registration: Online through Zone4:

<https://zone4.ca/register.asp?id=14803&lan=1&cartlevel=1>

Note: If skiers register by fax, it is **IMPERATIVE** that fees be paid by 10 p.m. Friday, March 3th. Late registration fees will otherwise apply.

### **Club Trophies:**

- Ernie Langins trophy awarded to club with the highest participation level
  - Arthur Baker Memorial presented to the fastest team (3) on 40 km course
  - Percy Pieroway trophy presented to fastest women's team (3) on 40 km course
- Note: A female can only qualify for one team on the 40 km course (cannot qualify for both Arthur Baker and Percy Pieroway. Skiers must declare their club affiliation at registration. Skiers who are members of two clubs must declare club representation.

*Junior Development Draw date is March 04th, 2017 in Stephenville at the The Outfitter's NL Marathon, Whaleback Nordic Ski Club. (Make sure you give lots of time for tickets to get to Greg Noonan)! Draw date is March 04th, 2017 in Stephenville at the The Outfitter's NL Marathon, Whaleback Nordic Ski Club. ( Make sure you give lots of time for tickets to get to Greg Noonan)*





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Mia Kuhne, 11 years old of Menihek Nordic recently sold 100 CCNL Jr. Development tickets.

Mia is a member of the Track attack group at Menihek Nordic.

She did this by going door to door in frigid Labrador temperatures.

This certainly shows initiative, commitment and is an inspiration to all of us.



### Cross Country Newfoundland and Labrador Junior Development Prize Draw 2017

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_


Seller: \_\_\_\_\_

Licence #16-10252100LT

**3003**



### Cross Country Newfoundland and Labrador Junior Development Prize Draw 2017

- 1st Prize A Bundle including **The New Apple iPad** wi-fi 32G, **iPhone 6** 16G, choice of **X-Box One** or **PS4** Est. Value \$1800
- 2nd Prize  **PAL Airlines** Gift Certificate Value \$1000 (donated by Provincial Airlines)
- 3rd Prize **Chariot Cougar 1 Child Carrier with Ski Kit** \$800 (The Outfitters, St. John's)
- 4th Prize **\$500 CASH**
- 5th Prize **Gift Certificate** - \$200 Value (donated by The Outfitters, St. John's)
- 6th Prize **Frozen Shrimp** - \$200 Value (donated by St. Anthony Seafoods)
- 7th Prize **Gift Certificate** - \$200 Value (donated by CWT Harvey's Travel)
- 8th Prize **Snowshoes** (metal) - \$150 value (donated by CCNL)
- 9th Prize **Gift Certificate** - \$100 value (donated by Parski Sports, Labrador City) (donated by Menihek Nordic Ski Club)

**Tickets: \$5.00 each 3003**

**Draw Date: March 4, 2017 at Whaleback Nordic Ski Club**

**Stephenville, NL, at the Newfoundland Marathon**

**\$100 prize will be awarded to the seller of the first prize ticket**

6,500 tickets printed by the Copy Shop, Labrador City • Licence #16-252100LT



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P.O. Box 38  
Labrador City, NL  
A2V 2K3  
Tel.: (709) 944-5842  
[menihek@nf.aibn.com](mailto:menihek@nf.aibn.com)  
[www.meniheknordicski.ca](http://www.meniheknordicski.ca)

### **CANADA 150 CROSS COUNTRY KIDSFEST LABRADOR CITY, NL FEBRUARY 25 - 26, 2017**

You are invited to participate in the Canada 150 Kidsfest...

#### **The objectives of the Canada 150 Kidsfest is to:**

Bring young skiers together for a memorable and enjoyable weekend of cross country skiing and fun.

Come together as a community to encourage achievement through team effort.

Meet the needs of a wide range of skill levels.

Encourage good ski technique.

**Local Contact:** Rhonda Lawrence 709-944-5842 [nordicski@nf.aibn.com](mailto:nordicski@nf.aibn.com)  
Charlotte Walker 709-280-1817 [walker@nf.aibn.com](mailto:walker@nf.aibn.com)

The Kidsfest Partnership is excited to host this weekend event.  
Menihek Nordic Ski Club welcomes you all our ski trails.



# CANADA 150





## *CCNL Update, February 2017*

Event: Canada 150 Cross Country Kidsfest

Dates: February 25-26, 2017

Place: Menihek Nordic Ski Club, Labrador City

Websites: [www.meniheknordicski.ca](http://www.meniheknordicski.ca), Canada 150: Labrador West site

Sanction: CCNL Ski Association

Chief of Race: TBD

Race Secretary: Charlotte Walker: 944-5842(work)  
Menihek Nordic Ski Club,  
P.O. Box 38, Labrador City, NL A2V 2K3  
[walker@nf.aibn.com](mailto:walker@nf.aibn.com)

Eligibility: Competitors must pay the full \$20 weekend fee and sign CCNL waiver.

Registration & deadlines: Registration is online at: <https://zone4.ca/register.asp?id=14738&lan=1&cartlevel=1>

All entries must be received online by: 8pm Friday February 24th, 2017

### **Registration opens on January 24, 2017**

Registration Fees: All levels: \$10.00/day per participant

Banquet: \$5.00 per person

Entry fees are payable online at: <https://zone4.ca/register.asp?id=14738&lan=1&cartlevel=1>

Draw: February 24th @ 8 pm at Menihek Nordic Ski Chalet

Bib pickup will be on the morning of the races starting at 9:00am

Coaches Meeting: February 24th @ 8:30pm at Menihek Chalet & Sat. February 25th @ 3p.m.

Awards: Awards Saturday races will be presented at the banquet. Awards for Sunday races at the Menihek Nordic Ski Club stadium, following the activities.





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Banquet: Saturday, February 25th at 6:00 pm @ Menihek Nordic Ski Club, Everyone welcome. Cost \$5. Purchase Tickets on <https://zone4.ca/register.asp?id=14738&lan=1&cartlevel=1> when you register.

Some tickets available at the Chalet.

Accommodations: If people experiencing problems reserving accommodations please contact the race secretary Charlotte Walker [walker@nf.aibn.com](mailto:walker@nf.aibn.com), 709-944-5842

**\*Two Seasons Inn: 709-944-2661, Toll-free: 1-800-670-7667, Website: [twoseasonsinn.com](http://twoseasonsinn.com)**

**\*Wabush Hotel: 709-282-3221, Email: [wabushhotel@nf.aibn.com](mailto:wabushhotel@nf.aibn.com)**

**\*Northern Inn & Suites (New): Ten Hospitality Suites available, 709-944-2425, e-mail [northerninn@crrstv.net](mailto:northerninn@crrstv.net)**

**\*Twin Cities B & B: 709-944-2875**

Car Rental:

**\*Enterprise: 709-944-7918, Toll Free: 1-844-307-8009, [enterprise.ca](http://enterprise.ca)**

**\*Budget: 709-282-1234, Toll Free: 1-800-268-8900**

Travel Subsidy

Please find below links to travel subsidy policies and application offered by CCNL :

[Junior Development Claim Form for Travel Subsidy](#)

Funds available for Labrador Clubs ground transportation ONLY.



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### Canada 150 Cross Country Kidsfest Event Schedule



#### Saturday (Feb. 25<sup>th</sup>) Classic Ski Day

8:30 am	Coaches Meeting	
9:00 am	Bibs available for Pick-up	
10:00 am	Opening Ceremonies & Participant Warm Up	
10:15 am	Classic Relay beginning with Novice	Mass Start
	<i>Novice 150 m</i>	
	<i>Atom 150 m</i>	
	<i>Peewee 2x150 m</i>	
	<i>Mini Midget 2x150 m</i>	
	<i>Midget 3x150 m</i>	
11:00 am	Classic Individual Race beginning with Novice	Individual Start
	<i>Novice 300 m</i>	
	<i>Atom 450 m</i>	
	<i>Peewee 1.6 km</i>	
	<i>Mini Midget 2.4 km</i>	
	<i>Midget 2.5 km</i>	
12:00 pm	Lunch in the Stadium	
1:00 pm	Team Challenges	
	<i>3-legged ski race, jumbo ski race, tug of war, egg race on skis, timed obstacle course</i>	
3:00 pm	Coaches Meeting	
6:00 pm	Banquet at Menihek Nordic Ski Club Chalet	

#### Sunday (Feb.26<sup>th</sup>) Freestyle Ski Day

*Novice and Atom Participants wear Classic Equipment*

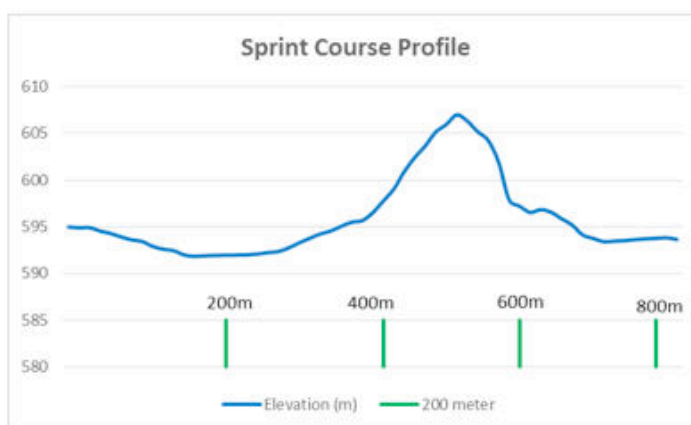
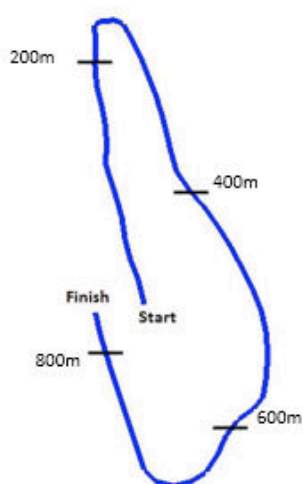
9:00 am	Bids available for Pick Up	
10:00 am	Official Start & Warm Up	
10:10 am	Novice 100 m Sprints	Modified Start
10:30 am	Atom 100 m Sprints	Modified Start
10:40 am	Peewee, Mini Midget & Midget 200 m Sprints	Modified Start
	<i>Break – Novice and Atom Participants will cheer on Freestyle Races</i>	



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11:00 am	Peewee Freestyle 1.6 km	Individual Start
11:10 am	Mini Midget Freestyle 2.4 km	Individual Start
11:20 am	Midget Freestyle 2.5 km	Individual Start
	<i>Break</i>	
12:00 pm	Pursuit Fun Challenge (all participants)	Mass Start
12:30 pm	Lunch	Stadium
1:30 pm	Presentations and Closing	Stadium

### Canada 150 Kidsfest Race Course





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42nd PAL Great Labrador Loppet, April 1st, 2017



Come Celebrate with us!

### **Competition Jury:**

Organizing Committee Chair: Tim Leriche

Race Secretary: Charlotte Walker

Chief of Competition: Gerry Rideout

Chief of Timing: Robert Kuhne

Chief of Course: Alf Parsons

Chief of Safety: Craig Porter

Chief of Communications: Nazaire Simon

Social and Volunteer Coordinator: Beatrice Whittle

### **Eligibility and Licenses:**

All competitors must be register at Zone4 in order to participate in the 42<sup>th</sup> Annual PAL Great Labrador Loppet: <https://zone4.ca/register.asp?id=14741>





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### **Waivers:**

All participants will automatically sign a digital waiver when registering online for the event. Participants will not be permitted to race without signing the waiver.

### **Race Entry Fees and Deadlines:**

EARLY BIRD RATE before February 20<sup>th</sup> (Additional \$5 will be added after February 20<sup>th</sup>). Each member of Menihek Nordic Ski Club will receive a \$5 discount on registration.

- 10KM Recreational Ski- \$35/ participant
- 28KM Race- \$45/ participant
- 50KM Race- \$55/ participant

Race bibs can be picked up March 31<sup>st</sup>, 2017 beginning at 5 pm during the FREE Pasta Dinner

See Zone4 for children rates

Last day for is Registration March 31<sup>st</sup>, 2017 @ 2 pm.

All entry fees include Food and Refreshments during race and Children's Medal Presentations.

Youth medal presentations on race days after race.

Banquet/Adult Medal Presentation/Dance on Saturday night: \$40/person

### **How to Enter:**

Registration is now open on-line through <https://zone4.ca/register.asp?id=14741>. The Zone 4 system provides the opportunity for participants to confirm that their entry has been received. Please note: Zone 4 only supports VISA and MasterCard. Payment must be made at the time of registration. Banquet tickets will be available online. Limited tickets will be available on site as well depending on availability.



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### **Age Categories for Racers (M/F):**

<b>Category</b>	<b>Age</b>
10 KM Snowshoe (F)	All Ages
10 KM Snowshoe (M)	All Ages
28 KM & 50 KM (F)	21 - 30
28 KM & 50 KM (M)	21 - 30
28 KM & 50 KM (F)	31 - 40
28 KM & 50 KM (M)	31 - 40
28 KM & 50 KM (F)	41 - 50
28 KM & 50 KM (M)	41 - 50
28 KM & 50 KM (F)	51 - 60
28 KM & 50 KM (M)	51 - 60
28 KM & 50 KM (F)	60+
28 KM & 50 KM (M)	60+

### **Transportation:**

**Buses will be transporting skier to 10 KM and 28 Km Start lines. They will be leaving the Labrador Mall Soccer Field at 9:10 am. There will be corresponding trucks to busses for participants to put their skies and poles in. Please label your skies prior to putting them on the trucks.**

### **Waxing Facilities:**

A waxing trailer with electrical outlets is available near the park office at MNSC. Two other waxing areas will be available at the venue with power on Friday, March 31<sup>st</sup>. MNSC will be closed April 1<sup>st</sup> for the races.



## *CCNL Update, February 2017*

### **Accommodation:**

Labrador City has a variety of accommodations available. For any booking concerns, please contact Charlotte Walker at [walker@nf.aibn.com](mailto:walker@nf.aibn.com) Click on the button to link to website:



#### **Northern Inn & Suites**

700 Nicholas-Adams Hwy

Labrador City, NL

(709) 944-2425

(709) 944-3040



#### **Twin Cities B&B**

325 Viking Cres.

Labrador City, NL

(709) 944-4053

#### **Ptarmigan Nest**

Snows Drive

Wabush, NL

### **Car Rentals:**



### **Additional Information:**

Race maps, detailed schedules, weather updates and additional race information will be available at [www.meniheknordicski.ca](http://www.meniheknordicski.ca)



## *CCNL Update, February 2017*



### **Event Schedule:**

#### **Friday March 31<sup>st</sup>**

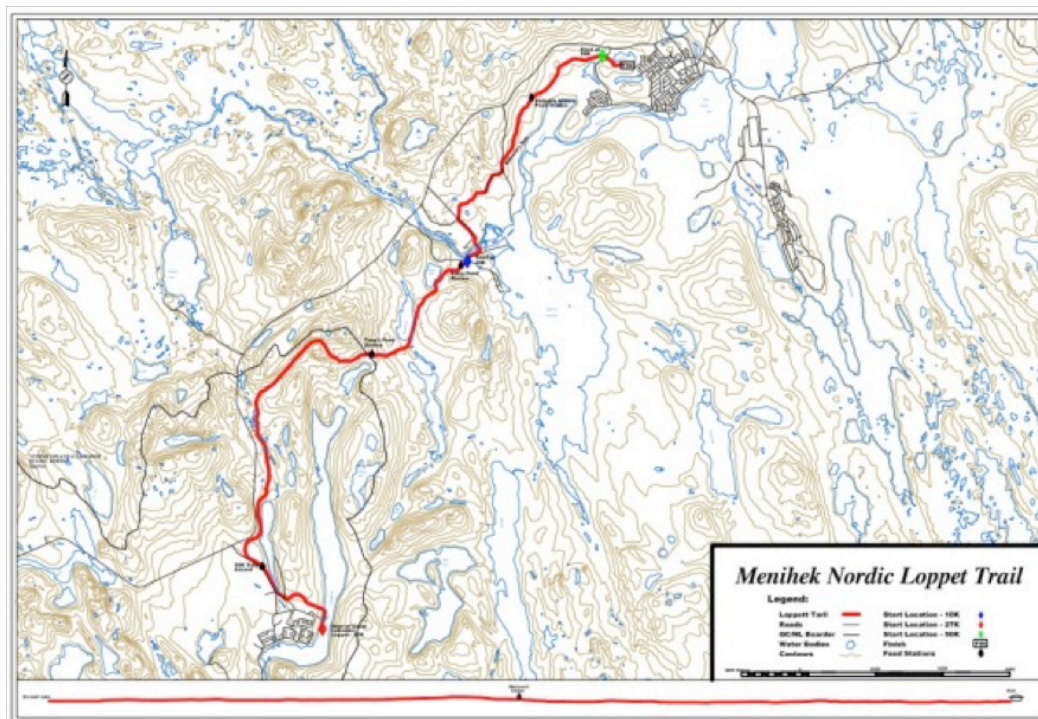
- 2 pm            Loppet Registration cut off
- 5 pm            Free Pasta Dinner & Bib Pick up at the chalet

#### **Saturday April 1<sup>st</sup>**

- 9 am            50 Km Race begins
- 9:10 am        Buses leave Labrador Mall to Start Lines
- 10 am          42<sup>nd</sup> PAL Great Labrador Loppet begins
- 11 am          Children's 2.5 Km Race begins
- 1 pm           Youth Medal Presentation
- 4 pm           Cut off for skiers to finish
- 7 pm           Awards Banquet @ Smokey Mountain Ski Club



## *CCNL Update, February 2017*







## *CCNL Update, February 2017*

### **Gander Invitational 2017 - An NL Cup 4 Event Preliminary Race Notice**

The 13th annual **Gander Invitational Ski Meet is on for March 25-26**. Please note the new date. This year the GI is part of the Newfoundland Cup Series and has become a 2 day event. Saturday will be sprints. A seeding time trial first followed by heats. Sunday's event will follow the traditional Gander Invitational format. Classic (diagonal stride) and Freestyle (skating) categories for the 5k, 10k and 15k distances with shorter 200m, 500m, 1k and 2k events for children.

The distances for Parandic and Special Olympics will be determined in consultation with the coaches of the athletes involved.

Registration at Zone 4 will soon be open.

For more information check out [www.airportnordic.ca](http://www.airportnordic.ca). Send inquiries to

[ansc.email@gmail.com](mailto:ansc.email@gmail.com).

### **Tentative schedule**

March 25, Saturday

- 1:30 pm Seeding Time trial for sprints
- 2:30 pm Sprints

March 26, Sunday Mass starts

- 11:30 am Start for children's distances
- 12 noon Start for 5km, 10km, 15km

### **Hotels**

- Comfort Inn [256-3535](tel:256-3535) [www.choicehotels.ca](http://www.choicehotels.ca).

10 rooms booked under Airport Nordic Ski Club for March 24 for 2 nights. These rooms have 2 beds in each room. The rate is \$135.00 plus taxes per room per night and includes Morning Breakfast. Will hold these rooms until February 24. Comfort Inn also has available rooms with kings.



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- Hotel Gander 256-3931

Rooms blocked for Saturday night only. 12 rooms blocked under Airport Nordic Ski Club for the above date. \$129.00 for single occupancy and \$139.00 for double occupancy. An extra \$10.00 fee for each additional adult per room. A complimentary, hot breakfast available for each person in the rooms served from 7am to 11am in the dining room. The room rates are plus tax. The rooms will be held until February 27.

***\*\*The Lakeside Loppet date has been switched to March 11, 2017.***



## *CCNL Update, February 2017*

### **CCC OFFICIALS LEVEL 3 CERTIFICATION COURSE**

**March 21-25, 2017**

**Canmore, Alberta**

Join fellow cross country ski officials from across Canada for this exciting opportunity to learn from a variety of our sport's top officials, to share event management experiences and to network with other club, division and national officials. Offered in conjunction with the 2017 Cdn Ski Nationals at the Canmore Nordic Centre it represents an ideal opportunity to review a number of interesting event formats under the direction of an experienced Organizing Committee. This facilitated course will combine a series of expert-led sessions with on-site event observation assignments and participant presentations on pre-course assigned topics. Pre and post course assignments complete the evaluation components of this course.

**A LEVEL 3 OFFICIALS COURSE** is designed to prepare officials to:

1. effectively structure, staff and manage a Competition Committee at Division through National level events,
2. perform any "major official" role at the National Championship level,
3. lead an event organizing committee for a major event,
4. perform the role of a Divisional TD,
5. be familiar with CCC technical packages, CCC/FIS rules and make appropriate rule interpretations as they apply to CCC Tier 1 and Tier 2 level competitions

#### **TARGET PARTICIPANTS:**

- ▢ Qualified Level 2 Officials seeking Level 3 certification (requires your Division recommendation which confirms your completion of Level 3 prerequisites as recorded in your experience log in the CCC Officials Registry. **See below reference from the Officials' Manual – updated Oct 2012**)
- ▢ existing Level 3 and 4 Officials/TDs who have not been recertified since 2008 (i.e. have not taken a Level 3 Officials Course or CCC/FIS TD Seminar Course.)
- ▢ Guest participants who belong to OCs that will be hosting Tier 2 level competitions in the near future. (Guests should email Al Maddox – [almaddox.tbay@gmail.com](mailto:almaddox.tbay@gmail.com) for approval)

#### **MEETING HEADQUARTERS:**

Rundle Room, Bill Warren Training Centre

#### **COURSE SCHEDULE:**

4 pm - 8 pm	Tuesday, March 21, 2017
8 am - 9 pm	Wed - Fri, March 22 - 24
9 am - 4 pm	Sat, March 25, 2017

These represent blocks of time that will be filled with presentations, discussions, site visits, on ski course inspections and observation activities along with sufficient breaks. The course schedule includes attendance at Team Captains' Meetings, races, etc.

#### **COURSE MATERIALS:**

- Bring your copy (on paper or on a laptop) of the
- CCC/FIS Rules & Regulations (with annual updates)  
(<http://www.cccski.com/Events/Rules-and-Regulations.aspx>)



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- 2017 Cross Country National Championships Technical Package, and the 2017 NorAm Technical Package (<http://cccski.com/Events/Technical-Packages.aspx>)
- CCC Officials Manual V3.4. and 2017 Guidelines for Jury Work - <http://cccski.com/Events/Officiating.aspx>

Access to additional pre-reading material and resources will be provided upon registration for the course on CCC's E-learning website at <https://cccofficials.moonami.com/login/index.php>

### CLOTHING & EQUIPMENT:

Bring clothing suitable for outdoor assignments during the competition. Include your ski equipment (skate and classic) so that you may take part in the on-course inspections and also get in some recreational skiing before or after the course.

### TRAIL FEES, MEALS:

Trail passes will be made available through the event OC when using the trails for course work. Participants will be responsible for paying for their own meals. Daily transportation between the hotel and the race site by car pooling will be provided. CCC and The Banff Airporter shuttle have partnered to provide reasonable transport from the airport. **Just click [www.banffairporter.com/book](http://www.banffairporter.com/book) and add the code "cccski" in the Promo code section for the \$18 rate**

### ACCOMMODATION:

Rocky Mountain Ski Lodge: <http://www.rockyski.ca/?gclid=CIGX-PfordECFY1aQodKtEJxw>

A limited number of shared rooms have been reserved at the RMSL for course participants with a

price range between \$110 - \$160. Please inform CCC when confirming your registration at the 1-877 # below for the course your interest in shared accommodation. If you are booking for two please confirm both names at the time of confirmation.

### REGISTRATION DEADLINE:

**February 28, 2017**

### REGISTRATION PROCESS:

- 1) Acquire your Division's approval and email to Dave Dyer. (**See attached form.**)
- 2) Pay the registration fee for this course via the CCC Office (see "REGISTRATION FEE" section)
- 3) Once payment has been completed you will receive your course access code (**enrollment key**). This permits you to register into the Level 3 course at the CCC Officials E-Learning site <https://cccofficials.moonami.com>. (If you have not previously registered at this CCC E-learning site, you must first create a log-in. Once you have logged-in, you will be able to use your 'enrollment key' to register yourself into this Level 3 course.) If you have problems with this step, contact Al Maddox – [almaddox.tbay@gmail.com](mailto:almaddox.tbay@gmail.com)



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### REGISTRATION FEE:

**\$150.00** - Payment must be completed by phone (or in person) at the CCC office. Call toll free - 1 877 609 3215 and speak with Carolyn at ext 31. She will accept only credit card payment over the phone.

### FACILITATORS:

#### **Al Maddox**

FIS Licensed TD: TD experience includes 2002 OWG – Salt Lake, Lahti WC 2010, 2005 Oberstorf WSC, 1998 OWG Nagano + 12 other WCs. Chief of Competition experience includes: 95' WNSC, World Cup, National Championship, Canada Cup and NorAm events.

#### **Len Apedaile**

FIS Licensed TD: TD experience includes: CCC rep to FIS Rules Committee, Chairman-IPC Technical Committee TD experience includes: CCC NorAms Canmore-2012, Rossland-2014, 2014 Sochi Paralympics, 2015 IPC WC Cable WI,

### PRESENTERS:

**Dave Dyer** – CCC Race Director

**Mike Norton** – Chief of Competition for Canmore WCs, FIS Lic TD with 4 WC ATD experiences, 2016 TD FIS WC Davos

Once you have completed registration at the CCC E-learning site for this course you will find:

- a detailed course outline,
- a list of pre-reading and a pre-course assignments
- course evaluation criteria
- links to additional current resources

**This L3 Course offering is scheduled to be opened no later than February 1<sup>st</sup> at**

**<https://cccofficials.moonami.com/login/index.php>**

To enter the course online you will need to have your 'Enrollment Key' supplied by the CCC office.



**Carolyn Cavaliere | Office Administrator**

**Cross-Country Ski de fond Canada**

100-1995 Olympic Way | Canmore, Alberta | Canada | T1W 2T6

T: 403.678.6791 x 36 F: 403.678.3885

[ccavaliere@cccski.com](mailto:ccavaliere@cccski.com) | [www.cccski.com](http://www.cccski.com)







## *CCNL Update, February 2017*

### **Coaching Development Update**

Contact CCNL Coaching Coordinator Judy May, [mayjmayb@nf.sympatico.ca](mailto:mayjmayb@nf.sympatico.ca), to arrange courses. Usual minimum is 6 participants, maximum 12-16, and minimum age 14 yrs.

ICC (Introduction to Community Coaching), 10 hours, preparation for Bunny Rabbit Leaders\*  
ICC will be offered on-line next season. General module by Coaching Association of Canada, Coach Initiation, [www.coach.ca](http://www.coach.ca) is available now; cross country specific module fall '17

CC (Community Coaching), 16 hours, part on-snow, preparation for Jackrabbits\*

L2T (Learning to Train), two 16 hour courses, dry-land and on-snow, preparation for Track Attack\*

T2T (Training to Train), two 16 hour courses, dry-land and on-snow, preparation to coach athletes 11-16 years, Provincial Team level

L2T and T2T are usually offered regionally for participants from more than one club. Coaches who want these courses should let Judy know.

\*= meets required CCC standard for that level and liability insurance coverage

Leaders taking these courses will receive instruction and information to make them more confident and prepared to offer a fun, safe and successful program. It's well worth the time and effort!

Learning Facilitators for ICC and CC, Judy May and Jeri Graham; for ICC through T2T, Mark Tierney. We need to train more LF's. If interested in being trained, contact Judy May.

Courses offered this season:

L2T and T2T Dry-land, Nov. 5-6 and 18-20, Corner Brook, 5 attendees, LF Mark Tierney

ICC and CC, Nov. 24-27, Lab City, 4 attendees, LF Judy May

T2T On-Snow, during Labrador Camp, 2 attendees, LF Mike Vieira, CCC

L2C on-Snow (Learning to Compete), Jan. 18-22, Ontario, Erik Charron attended

ICC, Jan. 29, Corner Brook, 4 attendees, LF Jeri Graham

ICC and CC, Feb. 3-5, Gander, 9 attendees, LF Judy May

Our Provincial Coach Luke Dunphy has progressed through ICC, CC L2T and T2T in the last year! Congratulations Luke!



## *CCNL Update, February 2017*

### **CCC Coaching License**

Coaches are at the core of the Athlete Development system as they have the most influence and responsibilities in developing athletes. As such it is critical for CCC and divisions to have complete standardized and reliable data in regards to who is an active coach, how many there are and what their coach training (NCCP) statuses are.

### **Benefits of the CCC Coaching License**

- **It is free!**
- CCC Liability insurance coverage for coaches, as long as other [Minimum Mandatory Coaching Qualification](#) requirements are met;
- Allowing CCC and divisions to assess trends in regards to coach retention, coach development and coach/athlete ratios, leading to more efficient and targeted coach and athlete development plans, policies and initiatives;
- Occasional communication on pertinent coaching information like newly developed coaching resources and other support available;
- Allowing CCC and divisions to speak of and represent the entire coaching community while negotiating and managing partnerships and sponsorships;
- Awarding Coaching Points towards CCC's Club Podium ranking; CCC Coach License statistics can also be used for other club awards reflecting Coaching Development.
- **Exclusive Coupon-Code providing 10% discount on all items in CCC's E-Store at any time!**

### **For who?**

The CCC coaching license is aimed at all active cross country ski coaches in Canada who are coaching with a registered cross country ski club (with their division).

An “active” coach is anyone who is given a regular coaching role with a specific participants’ group within a club or team program for the year or season.

Personal information collected is kept private and may only be used for risk management, planning and communication purposes between Cross Country Ski de fond Canada, the coach’s club and division.

The license is renewable on a yearly basis, starting July 1<sup>st</sup> of each year.

**Coaches are welcome to sign up now and earn Club Podium points for their club but the CCC Coaching License will become mandatory for all coaches starting July 1<sup>st</sup> 2017. Only coaches with a valid CCC coaching license will benefit from CCC's liability insurance while performing in a coaching role with a registered cross country ski club.**



## *CCNL Update, February 2017*

### **Sign up via ZONE4!**

French: <https://zone4.ca/register.asp?id=14210&lan=2>

English: <https://zone4.ca/register.asp?id=14210&lan=1>

Or simply search for "CCC Coaching License" on ZONE4 homepage.





## *CCNL Update, February 2017*

### ***CROSS COUNTRY NEWFOUNDLAND AND LABRADOR HALL OF FAME***

The CCNL Hall of Fame Committee would like the following format to be used when submitting nominations to the Cross Country Newfoundland and Labrador Hall of Fame. The purpose of the format is to help insure that the nominee's involvement and contribution is clearly outlined and detailed. This procedure will also assist the selection committee make a fair and informed decision on entry into the CCNL Hall of Fame. By following this format, the committee feels that the high standard for entry into the Hall of Fame will be protected.

When submitting a nomination in either the athlete or builder category, please list the events in chronological order, giving the most recent years first, and the involvement of the candidate under the applicable headings: International Competition (Olympics, World Championships, etc.); National Competition; Provincial Competition. (See sample guide) If the nomination is for an athlete/builder, the athlete and builder sections must be done separately.

**IMPORTANT:**      **ALL SUBMISSIONS MUST BE SIGNED BY THE NOMINATOR IN PART A AND THE NOMINEE OR THE NOMINEE'S REPRESENTATIVE IN PART B. THE DEADLINE FOR THE SUBMISSION OF NOMINATIONS IS MARCH 31 OF A HALL OF FAME YEAR.**

#### **PART A**

**Please indicate the Category of Membership and Enrolment in the CCNL Hall of Fame.**

**Athlete** \_\_\_\_\_ **Builder** \_\_\_\_\_ **Athlete/Builder** \_\_\_\_\_

**More than one of the above may be checked.**

Date of Nomination: \_\_\_\_\_

Nominee's Name: \_\_\_\_\_

Name Commonly Called: \_\_\_\_\_

Nominee's Mailing Address: \_\_\_\_\_

\_\_\_\_\_ Postal Code \_\_\_\_\_



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Telephone Numbers: Residence \_\_\_\_\_ Business \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

If Deceased, Date of Death: \_\_\_\_\_

Next of Kin: \_\_\_\_\_

Telephone number of Next of Kin: \_\_\_\_\_

Address of Next of Kin: \_\_\_\_\_

Period of Time of Residence in Newfoundland and Labrador: \_\_\_\_\_

Name of Nominator: \_\_\_\_\_

Address of Nominator: \_\_\_\_\_

Telephone Number: Residence: \_\_\_\_\_ Business: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Date of Nomination: \_\_\_\_\_

Signature of Nominator: \_\_\_\_\_

### **IMPORTANT SELECTION CRITERIA**

There are a number of key criteria used in the selection of an Athlete or Builder for the CCNL Hall of Fame. Although there is a significant judgment factor, the committee attempts to, where possible, assess nominations on the basis of fact submitted by the nominator. A brief outline of each major criterion follows.





## *CCNL Update, February 2017*

### **Criterion for Athlete**

#### **ABILITY LEVEL**

- Was the Athlete superior in terms of ability? (explain)
- Did the Athlete win/earn significant awards/honors? (Medals, National Team or Training Centre Team, etc.) Please indicate type and year.
- Was the individual recognized by peers, public etc. as being “one of the best” in the sport?

#### **COMPETITIVE LEVEL**

- At what level of competition did the Athlete participate? (International, National, Provincial)
- Give details as to the level, duration and frequency of the Athletes involvement. (for example: 15 years Provincial, 5 years National and one year International)
- List and give the year of significant Provincial, National etc. competitions.

#### **CHARACTER AND LEADERSHIP**

- Did the Athlete display leadership qualities? (Intelligence, tenacity, sportsmanship etc.) Explain.
- Was the Athlete recognized for their leadership? (Awards, etc)
- Give details of these distinctions. (Type of award/distinction and year)

### **Criterion for Builder**

#### **INITIATING, FOUNDING, REVIVING, OR DEVELOPING**

- Was the Builder responsible for the initiating or founding cross country skiing from the very beginning? If so, to what degree (what role did the Builder play)?
- Was the Builder responsible for reviving cross country skiing that was dormant for a period of time? (what role did the builder play)
- Did the individual play a significant role in developing cross country skiing in the beginning, through difficult years or in the years of significant growth of the sport? (what role did the builder play)
- Attempt to outline the personal contribution of the individual in the early years of keeping cross country skiing alive in terms of significant events.
- This selection is important – please try to list these early contributions.

#### **DEVELOPMENT**

- Would cross country skiing have progressed as well as it has without the Builder’s contribution? (Explain)



## *CCNL Update, February 2017*

- Was the individual responsible for initiating programs such as player development, officials' development and coaching development? (give examples)
- Was the individual responsible for introducing, reorganizing or modifying such areas as administrative or finance procedures? (give examples)
- Did the Builder earn the respect and acquire a reputation amongst his or her peers as being a "prime mover" for the sport of cross country skiing?

### **LEVEL OF INVOLVEMENT**

- Did the individual participate in a leadership role? (Executive level, committee chair, etc.) How significant were these roles?
- How many years in the various roles was the individual involved?
- What level was this leadership? (International, national, provincial or local)
- How many years was the individual involved in cross country?

### **PART B**

#### **SAMPLE/GUIDE**

Athlete

**(The following information is fictional)**

### **PARTICIPATION AS AN "ATHLETE"**

#### **INTERNATIONAL COMPETITION** (Olympics, World Championships, Etc.)

- **1996** Competed for Canada at World Cross Country Ski Championships
- **1992** Competed in the U-23 World Cross Country Ski Championships for Canada. Finished third winning a bronze medal.
- **1989** Competed at the World Junior Cross Country Ski Championships for Canada

#### **NATIONAL COMPETITION**

- **1995** Represented the Province in the Canadian Cross Country Ski Championships winning the Gold Medal in the 50 km free technique
- **1995** Won a gold medal at the Eastern Canadian Championships in the 10 km classic
- **1990-97** Competed in the Canadian Cross Country Ski Championships
- **1994** Won a bronze medal at the Eastern Canadian Championships in the 15 km classic
- **1991** Competed for Newfoundland and Labrador in the Canada Winter Games and won Gold and Bronze Medals
- **1986-1989** Competed at the Canadian Junior Cross Country Ski Championships



## *CCNL Update, February 2017*

- **1989** Gold Medal in 15 km free at Canadian Juniors
- **1988** Silver Medal in 10 km classic at Canadian Juniors
- **1987** Competed at the Atlantic Cross Country Ski Championships; won Gold Medals in classic and free technique

### **PROVINCIAL COMPETITION**

- **1984-1989** Won medals at all Provincial Championships as a junior skier

### **ACHIEVEMENTS AND AWARDS**

- Won a Gold Medal at the National Championships
- Won Gold and Bronze Medals at the Eastern Championships
- Won Gold and Bronze Medals at the Canada Winter Games
- National Training Centre Team Member 1989-1994

### **SUMMARY**

John Smith over a fifteen year career in cross country skiing has exemplified the qualities of an outstanding athlete. Not only has he demonstrated exemplary technical abilities in his chosen sport, he has demonstrated those intangible characteristics which made him a great competitor and team leader. His selection to the National Training Centre Team, to National Teams at international championships and his success at various competitions at the international and national level supports this claim.

In addition to John's strong competitive instincts and technical ability, he has also demonstrated outstanding sportsmanship and sense of fair play.

I, \_\_\_\_\_ (nominee) certify/declare that, to the best of my knowledge, the total contents of this nomination form is ACCURATE/TRUTHFUL/FACTUAL.

Date: \_\_\_\_\_



## *CCNL Update, February 2017*

### **Travel Subsidy Claim Forms**

The following links have been provided by Will Fitzgerald:

[Junior Development Claim Form for Travel Subsidy](#)

[CCNL Subsidy for Schools Attending the School Sports Newfoundland and Labrador \(SSNL\) Cross Country Skiing Championships](#)

### **Friendly Reminder:**

Please check with your sellers and get updates often on how ticket sales going.

Please get your ticket stubs to Greg Noonan before Feb.22nd,2017, if mailing by Canada Post

If you are bringing or sending your ticket stubs with someone then you have until last minute, but please let Greg know if you are doing this & who it is.

Also please use the reconciliation form attached.

Rules of the draw CCNL Jr Dev 2017 & Recociliation forms attached

### **Dear Vice-Presidents & Associated Ticket Sellers:**

The deadline for ticket sales is Feb.22,2017, please get **tickets stubs** and copy **reconciliation forms in** to Greg Noonan before **March 04th draw date in Stephenville.**

709-643-4993

[gnoonanguide@hotmail.com](mailto:gnoonanguide@hotmail.com)

**Send money** and a copy of reconciliation Form to Bridget Baker, CCNL Treasurer:

Bridget Baker

637 Caribou Cres.

Labrador City,NL

A2V 1P8

Tel 9444-6626

[Scenery2015@gmail.com](mailto:Scenery2015@gmail.com)



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Date: \_\_\_\_\_ To: Treasurer CCNL Ski Division

Bridget Baker  
637 Caribou Cres.  
Labrador City, NL  
A2V 1P8  
Tel 9444-6626 e-mail [Scenery2015@gmail.com](mailto:Scenery2015@gmail.com)

Enclosed is a copy of reconciliation form and cheque from Club/Person

\_\_\_\_\_  
For the Junior Development Ticket Draw to be held on March 04, 2017, **The Outfitter's Marathon , Stephenville, Whaleback Ski Club**

Number of Tickets Received: \_\_\_\_\_

Number of Tickets Sold : \_\_\_\_\_

Total Amount: \_\_\_\_\_

Less Postage: \_\_\_\_\_

Sub-total: \_\_\_\_\_

40% Club, Jr.Dev. Group or seller (Keep) \_\_\_\_\_

60% to CCNL. \_\_\_\_\_

Enclosed is a cheque in the amount of \_\_\_\_\_ to CCNL Cross Country NL Ski Assoc.

Club-Group- Person \_\_\_\_\_ Seller \_\_\_\_\_

**Also send copy of this form to Greg Noonan along with ticket stubs**

Greg Noonan - Western Vice-President –Draw Co-Ordinator  
63 Gillis Drive.  
Stephenville, NL, A2N 3R6  
709-643-4993 E-mail [gnoonanguide@hotmail.com](mailto:gnoonanguide@hotmail.com)





*CCNL Update, February 2017*  
*Sponsors for 2016 - 2017 Ski Season*



**Teck**





## *CCNL Update, February 2017*

President - Gerry Rideout  
Secretary - Pamela Cronhelm  
Treasurer - Bridget Baker  
VP Eastern - Blaine Pearce  
VP Central - Nick Soper  
VP Western - Greg Noonan  
VP Northern - George Pink  
VP Labrador - Darcy Hancock  
JackRabbit Dir. - Tina Newbury  
Coaching Dir. - Judy May  
Jr. Development Dir. - Brian Dunphy  
Head Coach - Luke Dunphy  
Ski Team Admin. - Karin Kuhne  
Officials Dir. - Brian Brewer  
Para Nordic - Margaret Tibbo  
Policies & Procedures Dir. - George Pink  
Newsletter - Pamela Cronhelm  
CANSI Dir. - Vacant