



CCNL Update, October 2017

2017 Canada Day Dryland Camp Corner Brook

The 2017 Canada Day Dryland camp in Corner Brook saw 17 young skiers come out for the long weekend to kick off their summer training programs. A good contingent of Avalon Nordic skiers made their way across the island and we thank them and their coaches for making the trek. All skiers stayed in the Grenfell Campus accommodation where there was lots of great food and even some cooking lessons from the coach.

There was lots of trail running and Nordic walking on the various trails in the corner Brook area. This camp had two roller ski sessions the first of which took place in the city and the second was 10 minutes outside of town on Marble Drive. There was also a hike up the Man in the Mountain trail and the ever popular Gauntlet. The Gauntlet is an invention by the locals in Corner Brook whereby the most serious of trainers run up the side of a mountain several times stopping only to do pushups, sit-ups, pull-ups, box jumps and dips on the way up!

In between all the hard work, there was lots of time to take in some of the Canada Day celebrations in the park and play a few games and do some swimming. This camp was a lot of fun and thanks to all the coaches who came out for it. Thanks to Erik, Jamie, and Yolanda for lending a hand and making this one possible.

Luke Dunphy, CCNL Head Coach





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Eastport, Labour Day Weekend

XCNL extends a big thank you to Erik Charron, Paul Collett, Andy Poole and Luke Dunphy who coached the 3 night camp in Eastport this past Labour Day Weekend. Special thanks goes to Andy who was able to get us some mountain bikes to use during the camp.

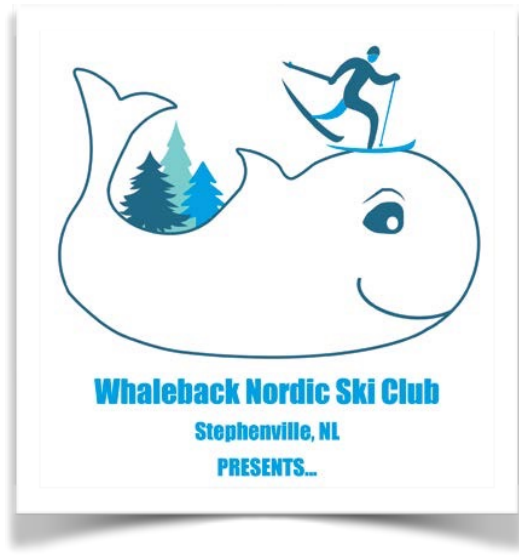
There were three great roller ski sessions (including a game of roller ski soccer). There was lots of beach and trail running, hill bounding and nordic walking, burpees and strength tests, mountain biking over the Louil Hill and a roller ski race along the shores of Dark Cove, swimming at the beach, water slides, pools, go carts, bumper boats, and mini golf. And of course, the second bi-annual Stir Fry Contest (won by Will, Mike, Skyler, Tadgh and Noah) with their African-inspired dish. This camp is pretty much all the fun you can have in four days.

Great job to everyone who took part in the camp and we hope to see you skiing down the trails sooner than you think! FYI: It's already snowing in Labrador.





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Happenings at Whaleback Nordic

Late last spring the Whaleback Nordic Ski Club were very pleased to receive a small provincial grant to re-shingle a portion of their chalet. The work, which was badly needed, was carried out last May. As well, as a result of a \$10,000.00 grant from the Town of Stephenville, the club was able to investigate and purchase commercial insurance on its properties and grooming equipment.

In addition, this funding will be used for work on a new 1.2km trail extension off the Foxtrot which is being "engineered" and cut this fall. An excavator will be used to grub the trail thus making it smooth enough for early snow and early skiing. With this 1.2km addition to the ski park, the club can now boast that it will have a full 21 km loop which will be ideal when it hosts the Provincial Marathon this ski season and years down the road.

Finally, during the 2017-18 ski season, the club will commemorate 50 years of being incorporated. Upgrading facilities and trails has been exciting. Club members and visitors can expect further special events as we celebrate this historic anniversary ski season.

Submitted by: Greg Noonan



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Airport Nordic volunteers Lillian and Jeremy Decker welcomed Minister of Health, John Haggie to the club display at the Town of Gander's Health & Wellness Expo on May 24th.





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Airport Nordic and CCNL promoted Cross Country Skiing at Sport NL's Sportfest at Gander's Community Centre on June 16-17.



Airport Nordic added another kilometre of lighting to its trails 3km west of Gander. Curtis Powerworks were contracted to erect the poles and install the wiring, guy-lines and lights on the Black Extension trail, the parking lot and entrance from the TCH. This brings the distance of lighted trail to 5km.





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Clarenville Nordic is very pleased this year to report that much work is underway on improving the nordic ski trails and facilities.

We were very fortunate to receive \$103,000.00 in funding cost shared between the federal government, provincial government and Clarenville Nordic. We have built a new warm up hut on the trail system to bring the total to four. We are presently working to widen trails and improve drainage on the system.

The club has also built a 1.25km trail off one of the existing trails that will form a 2.5km race loop that hopefully will be in great ski shape for upcoming races this winter.

The clubs commitment to the project was \$10,000.00 split between \$5000.00 cash and \$5,000.00 in kind contribution.

Clarenville Nordic has been blessed with having many eager volunteers who have contributed to tree removal for the new trail, re-shingling the Lee Churchill Chalet and refurbishing the Bear Pond warm up hut. Volunteers are also very busy looking after the contractor doing the excavator work on the trails. Many thanks to all who work so hard in the off season to enhance the ski and snow shoe experience for Clarenville Nordic members and visitors to the Corwin Mills Nordic Center.

We look forward to another great season.

Keith Barrington



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GLENN BOND XC SKI CAMP at Menihek Nordic / Labrador City, NL, November 9-12, 2017

Here is the link to register: <https://zone4.ca/register.asp?id=16427>

The registration and camp is the same as we have done in the past.

Participants can take all 4 days or Thursday and Friday camp or Saturday and Sunday camp or one day on the week-end.

Private coaching will be available in the afternoon for skate or classic. Details on the registration.

Glenn Bond

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www.glennbond.com





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Coach's Corner

CCNL Fall Executive Meeting Oct. 13-14, 2017

- Clubs which that want to schedule courses, as well as individuals wanting to receive training, should contact Coaching Director Judy May
- The on-line Introduction to Community Coaching (ICC) looks like it will not be ready for this season, but should be by next. The Coaching Association of Canada (CAC) "Coaching Initiation" module has been available since last season. Ideally ICC should be scheduled in the fall to minimize snow season travel. 8-10 hours, does not require snow, \$60. Preparation for teaching Bunny Rabbits and base for subsequent levels.
- Community Coaching (CC) is 16 hours, \$80, does include on-snow sessions. Preparation for coaching Jackrabbits Judy May, Jeri Graham and Mark Tierney are qualified to teach ICC and CC.
- Learning to Train (L2T) involves two 16 hour courses, Dry-land and On-Snow, \$100 each course. Preparation for coaching Track Attack age. These courses usually are taught regionally, for participants from more than one club.
- **NEW THIS YEAR:** Coaching License required for all coaches, no cost, see attached information.
- All coaches and managers must be at least 19 years of age as of March 1, 2018. Coaches must be active NCCP Competition Coaching Introduction (CCI - L2T) "in training*". If coaches need to upgrade their training to this level, the L2T Dry-land needs to be scheduled immediately and the L2T On-Snow this winter prior to the Games. Mark Tierney is qualified to teach this level.

We need more Learning Facilitators (LF's) in the province. People need to be L2T and then need to take the LF Training.

Coaching Athletes with a Disability Course, see link below.

http://www.coach.ca/coaching-athletes-with-a-disability--p161121?utm_source=wave&utm_medium=facebook&utm_campaign=cawad&utm_content=rt



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Minimum Requirements for Coaching License

All “active” club member coaches are required to apply for a coaching license on www.zone4.ca. This license is mandatory and tied to the CCC insurance policy as of July 1, 2017. Complete information may be obtained from the following link:

<http://www.cccski.com/Programs/Coaching-Development/CCC-Coaching-License/Cross-Country-Canada-Introducing-NEW-CCC-Coaching-.aspx#.WKY8dGXxs1Y>

Please refer to the summary table below to determine the minimum requirements for a coaching license:

Age Group	Coach	Assistant	U-16 Assistant
0-6	NCCP CC “in training” ICC	none	ICC workshop
7-9	NCCP CC “trained” CC	NCCP CC “in training” ICC	CC workshop
10-16	NCCP CCI “in training” L2T	NCCP CC “trained”	not permitted

To maintain insurance eligibility a coach must:

- be a registered CCNL club member
- have the minimum coaching requirements as outlined in table above
- register with a coaching licence on Zone4

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



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[CCC-NCCP Certification Challenge policy](#) (Policy 2.4.3)

For most coaches, NCCP training is required to acquire the necessary knowledge, skills and competencies in order to succeed the evaluation process for each coaching context and becoming a certified coach. In rare cases though, coaches may have achieved pertinent training and acquired pertinent competencies via an alternative (non-NCCP) development pathway.

Through the application of the NCCP certification challenge policy, CCC's Coaching Development Committee may grant coaches meeting the eligibility criteria below the right to proceed with NCCP evaluation for a given context without prior corresponding sport-specific training.

<http://cccski.com/Programs/Coaching-Development/Coaching-Policies-and-Procedures.aspx>



17 new CCC/XC Ski Nation videos of **rollerski drills (balance and agility)** have been added to CCC's Athlete Development Matrix (ADM) for CCC coaches.

These videos show different drills to improve athletes' balance and agility on roller skis;

<http://www.cccski.com/Programs/XC-Ski-Nation-technique-analysis/17-new-rollerski-drill-videos-just-posted!.aspx?lang=en-CA>

<http://www.cccski.com/Programs/XC-Ski-Nation-technique-analysis/17-new-rollerski-drill-videos-just-posted!.aspx?lang=fr-CA>

Cathy Harris | Coach and Athlete Development Coordinator

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SkiTrax Spring 2017 Flip Page Released

This was a rock ‘em, sock ‘em “golden” season for North American Nordic skiers. Topping the heap are Alex Harvey’s historic 50km victory at the close of the Lahti 2017 FIS Nordic Worlds (our cover boy) and Lowell Bailey capturing the U.S.A.’s first-ever Biathlon Championship gold medal in the men’s Individual 20km. Susan Dunklee’s mass-start silver marked the first individual Biathlon worlds medal by an American woman.

Add two more World Cup golds for Harvey, one with Len Valjas in the team sprint and two golds for Jessie Diggins, and you start to get the picture. Canadians Léo Grandbois and Megan Bankes delivered back-to-back golds at the IBU Youth/Junior World Championships for good measure.

The hard work is paying off, not to mention the slew of silver and bronze medals also captured. *Don’t Stop Believin’* is the new mantra for Canadian and American winter athletes.

For the **SkiTrax Spring 2017** Flip Page edition please click [here](#).





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CCNL 2017-2018 ski membership! What a great way to stay active this winter!



SUPPORT

- Connection to 350 clubs with whom your Division and CCC can facilitate mentorships and partnerships
- Direct link to Division and CCC personnel who have a wealth of knowledge, skills and experience
- Access to 29,000 social media followers, a national website and newsletter ready to promote your events
- A link to a unified national voice that promotes the sport of cross country skiing

MONEY

- Access to \$250,000 per year in grants from CCC for programs, athletes, coaching and officiating
- Fundraisers organized for you, tax receipts for funds donated to your organization, and the opportunity to make joint grant applications with CCC's charitable registration number
- CCC-negotiated discounts on car rentals and other services that save you money

KNOWLEDGE

- Proven programs, competition and support for developing your skiers through the beginner Jackrabbit program, up to the highest level of competition
- Coaching and official development, including a top-rated program, mentorship, clinics and opportunities

ZONE 4 REGISTRATION SYSTEM

- Access to the national registration system for your members where you can collect fees easily while gathering important data to improve your club and the sport overall
- A CCC subsidy for each of your club members' Zone 4 fee of \$1.50

PROTECTION

- Insurance coverage for your club, its members, volunteers and staff
- A structure that gives continuity even when your club members and leadership change

This is just a sampling of what we do with you in partnership with your Division. Do you want to know more about these opportunities and how your club can benefit? We want to get to know you and learn how we can serve you better. Please call your Division or Cross-Country Ski de fond Canada:



403-678-6791
INFO@CCCSKI.COM



Cross Country Alberta
www.xcountryab.net
780-415-1738



Cross Country British Columbia
www.crosscountrybc.ca
250-545-9600



Cross Country Ski Association of Manitoba
www.ccsam.ca
204-925-5639



Cross Country New Brunswick
www.xcski-nb.ca
506-395-0020



Cross Country Newfoundland and Labrador
www.crosscountrynl.com
709-944-5842



Cross Country Northwest Territories
www.nwtski.com
867-446-4787



Cross Country Nova Scotia
www.crosscountryns.ca
902-425-5454, ext 316



Nunavut
anirajakclub@gmail.com



Cross Country Ski Ontario
www.xcski-ontario.ca
807-768-4617



Cross Country Prince Edward Island
srobrien@eastlink.ca



Ski de fond Québec
www.skidefondquebec.ca
450-744-0858



Cross Country Saskatchewan
www.crosscountrysk.ca
306-780-9236



Cross Country Yukon
www.crosscountryyukon.com
867-633-8420

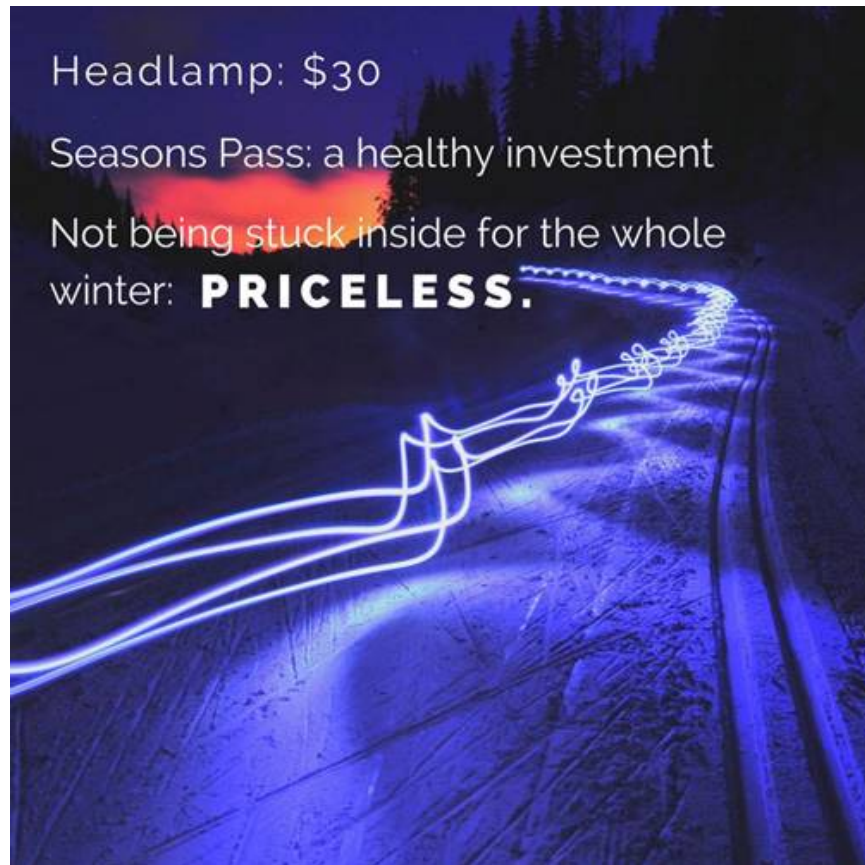


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The CCNL association fee for 2017-2018 is \$17 (aged 14+) and \$13 (aged 13 and under). These fees include CCC's association fee.

CCNL Membership Comparison 2016-2017 Ski Season

	Total Membership	Female 12-	Male 12-	Total 12-	% 12-	Female 13+	Male 13+	Total 13+	% 13+
Aurora	185	27	16	43	23%	106	36	142	77%
Birch Brook	160	26	18	44	28%	69	47	116	73%
Clarendville	375	29	35	64	17%	188	123	311	83%
Avalon	181	23	41	64	35%	54	63	117	65%
Pasadena	220	34	18	52	24%	100	68	168	76%
Mt Nascopi	140	25	22	47	34%	63	30	93	66%
Mt St. Margaret	69	22	17	39	57%	20	10	30	43%
Airport Nordic	463	38	47	85	18%	218	159	377	81%
Blow Me Down	587	58	55	113	19%	258	216	474	81%
Exploits Valley	454	75	77	152	33%	189	113	302	67%
Whaleback	249	24	27	51	20%	108	90	198	80%
Menihek	287	34	26	60	21%	131	95	226	79%
Total	3370	415	399	814	24%	1504	1050	2554	76%





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2017-18 Calendar of Events

<http://crosscountrynl.com/events>

	2018 - Proposed					
	Calendar	Provincial	Club		National	Kids fest
	Dec 3-10	Lab Camp NL1				
	Jan 13-14	Ye olde NL2				
	Jan 20-21		NL Games Qualifiers		World Masters	
	Jan 27-28		Snowy Owl			
	Feb 3-4		Lakeside Loppet		Easterns	Kid Fest LW
	Feb 10-11	NL Masters				Kid Fest LS
	Feb 17-18		Highschools	BMD Loppet		Kid Fest LE
	Feb 24-25	Provincials NL3	Whaleback loppet			
	Mar 3-4	Marathon				
	Mar 10-11		NL Games (Mar 10-13)		Nationals	
	Mar 17-18				Nationals	Kid Fest W
	Mar 24-25	Gander NL4	Labrador Loppet			Kid Fest N
	Mar 31-1					
	Apr 7-8	DHS NL5				



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Sponsors for 2017-2018 Ski Season



Teck





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CCNL EXECUTIVE 2017-18

President/Fundraising - Gerry Rideout
Secretary/Newsletter - Pamela Cronhelm
Treasurer - Bridget Baker
VP Eastern - Blaine Pearce
VP Central - Paul Collett
VP Western - Brian Moores
VP Northern - George Pink
VP Labrador -
Government Liaison and Grants - Will Fitzgerald
JackRabbit Dir. - Tina Newbury
Coaching Dir. - Judy May
Jr. Development Dir. - Brian Dunphy
Head Coach - Luke Dunphy
Ski Team Admin. - Karin Kuhne
Officials Dir. - Shawn Leamon
Para Nordic - Margaret Tibbo
Policies & Procedures Dir. - George Pink
Director at Large - Jamie Merrigan
Webmaster - Jason Soper, CGS Media
CANSI Dir. - Vacant

<http://crosscountrynl.com>

