



## *CCNL Update, December 2017*

### 2017-18 Labrador On-Snow Camp

Menihek hosted another great on snow training camp this season. The camp took place from December 3-10 and the weather throughout the week cooperated very nicely. There was plenty of snow to ski on almost all of the trails and the temperatures were mostly in the single digits.

This year, we saw 16 skiers attend the week long camp at the top of Smokey Mountain. Everyone took part in lessons and drills in both the morning and the afternoon, as well as distance skis twice per day. There were a lot of miles logged this week and a lot of tired bodies on the Sunday flight home.

We capped off the weekend with the first NL Cup race of the season: Classic interval start Saturday followed by a Mass start free skate on Sunday. Results are posted on [www.zone4.ca](http://www.zone4.ca). You can also see many photos throughout the week at <https://www.facebook.com/teamxcnl/>. NL Cup standings, <https://docs.google.com/spreadsheets/d/1PbIpawVwk-fidFKNFZ08KnIcEDhyA96O862c771QardY/edit#gid=985110357>

Thank you very much to the great staff at Menihek who prepared hot lunches for our group every day and catered to us. Also, thank you to the race and grooming staff for putting off the event. Thank you to a fine group of young people that displayed excellent behaviour and manners throughout the week. Finally, thanks to XCNL staff on the ground in Labrador City making this event possible (Karin Kuhne, Brian, and Luke Dunphy).

**Photo submitted by Luke Dunphy**





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### **CCNL CALENDAR OF EVENTS 2017-2018**

- Ye Olde Christmas Race, NL Cup #2, Jan. 13-14, Blow Me Down, Corner Brook
- 2018 World Cup Masters, Jan. 18-26, Minneapolis, MN
- NL Games Qualifier, Jan. 20-21, venue to be determined
- Snow Owl Classic, Jan. 27, Whaleback Nordic, Stephenville
- Canadian Eastern Championships, Feb. 2-4, Gatineau, Quebec
- Lakeside Loppet, Feb.3, Gander Airport Nordic
- Kidsfest Labrador West, Feb. 3-4
- NL Provincial Masters Championships, Feb.10-11, Whaleback Nordic, Stephenville
- KidsFest, Feb. 10, Labrador South
- High School Championships, Feb. 17, location to be determined
- Blow Me Down Loppet, Feb. 17, Corner Brook
- KidsFest Labrador East, Feb. 17-18
- NL Cup 4 (Provincials), Feb. 24-25, Clarenville
- Whaleback Loppet, Feb. 24, Stephenville
- Outfitters Marathon, March 3-4, Whaleback, Stephenville
- NL Winter Games, March 10-13, Deer Lake, Pasadena Ski and Nature Park
- Canadian National Championships, March 10-18, Thunder Bay, ON
- KidsFest NL West, March 17-18
- NL Cup 4, Mar. 24-25, Gander, Airport Nordic, Gander
- Great Labrador Loppet, March 24, Menihek Nordic, Labrador City



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- KidsFest NL North, Mar. 24-25
- NL Cup 5, April 7-8, Aurora Nordic, St. Anthony. NL Cup series prizes will be awarded Sunday.

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

**Please check out our Fantastic Website!**

**<http://crosscountrynl.com/>**

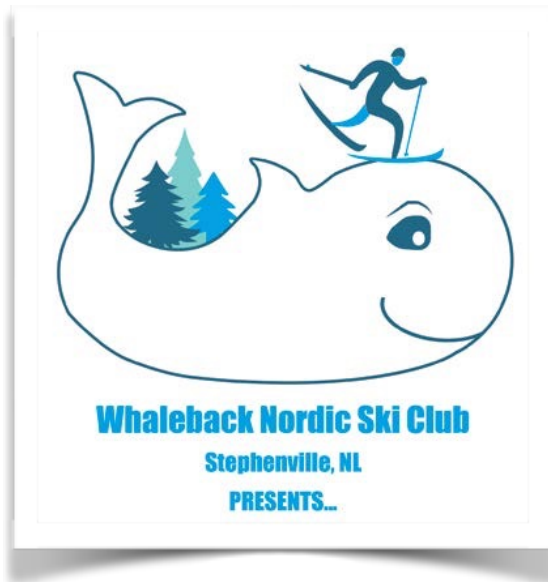






## *CCNL Update, December 2017*

50th Anniversary of the Whaleback Nordic!



This coming season, 2018 will mark the 50<sup>th</sup> Anniversary of organized skiing in the Stephenville/ Bay St. George area and will be celebrated by Whaleback Nordic Ski Club with a series of special events, socials and other happenings culminating with the hosting of the 48th annual Newfoundland Cross Country Ski Marathon on March 3, 2018.

While individuals have always skied in the area from the time of the earliest settlers, in 1968 a number of interested enthusiasts from the community led by the late Percy Pieroway met and formed what was initially the Stephenville Ski Club and which was incorporated in 1970 under that name. At first, the group focused on the development of a downhill slope with rope tow situated near where the Stephenville Dome is now located, with a chalet made from the renovated American TV studio at the top of Maryland Drive. But they soon recognized that the future for skiing in the area lay in cross-country, due to the topography of the region and the efforts beginning at that time of the sports and recreation department of government to promote cross-country skiing with equipment and expertise imported from the Scandinavian countries. In 1983, the club renewed its incorporation under the name Whaleback Nordic Ski Club and has operated under that banner ever since.





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Located at the intersection of Route 460 and the Cold Brook road near Stephenville with a current membership of approximately 300, the club operates some 25 kilometres of groomed trail, of which 2.5 kilometres are illuminated for night skiing. It has recently completed a 1.2 kilometre trail extension with assistance from the Town of Stephenville which will enable it to host the 2018 Provincial Marathon and future marathons with a regulation length of 42 kilometres in two equal laps.

(Excerpt) <https://whalebacknordic.files.wordpress.com/2015/06/december-10-2017-edition.pdf>  
*New 1.2 km trail adjacent to the Foxtrot.* Yes, that's correct...a new trail has been marked, cut, grubbed and ready to go. All we need now is a little snow. Can't wait to give er a go. A BIG Thank You to the crew who assisted in making this suggestion a reality. Volunteers galore...it was an enjoyable experience. Thanks to Carter for taking the lead. In addition, the wood(mostly birch) is stored alongside the trail waiting to be hauled out to chalet.

*Club Membership is open.* Thanks to Peter, Membership Chair, registration is open online or available at Debbie's Video. Yes, the 5% discount is available up until Dec. 22nd. *Also, following our 50th Anniversary theme, did you know that a brand new member or a person who haven't been a member of the club can join at a 50% discount? WOW! What a deal! Spread the word.*

Other Important stuff: Big thank you to Don Cormier for building an outhouse at Don's Den. Don is very pleased with the finished product...heated toilet seat, powder room, hair dryer and mirror just to mention a couple of features. Congratulations to Don who attended our General Meeting last week and won a free locker for the year.

In case you were not aware, the Town of Stephenville awarded our club with a \$10,000.00 grant. Great news or what? Grant money was used to purchase commercial insurance on our chalet, groomer garage, BR 250 and 2 snowmobiles. As well, a printer will be purchased for the timing room and direction signs will be installed on White's Road. The funding was also used to grub the new trail mentioned above.

For more information contact:  
Greg Noonan, President  
709-643-4993

Doug Fowlow, Secretary  
709-643-9540



## CCNL Update, December 2017

### Menihek Nordic Ski Club has a New Brochure



Please check out CCNL website under Resources: Club Brochures, <http://crosscountrynl.com/brochures>

### *Fancy stuff Happens at Menihek*

Photo submitted by: Gerry Rideout



### Menihek Nordic Ski Club Sponsored Families this Christmas,



Thank you so much for your generosity! You'll be happy to know we have raised over \$1700!! We are so excited to help three families this year. Alicia Curran, SportNL [give-the-gift-of-sport](http://give-the-gift-of-sport)



## CCNL Update, December 2017

**CCNL Junior Dev. Draw Tickets** are now in circulation. Let's Sell them All!

Clubs keep \$2.00 from each ticket sold.

Please support CCNL by buying or selling tickets.

Send me your mailing address and I will provide tickets.

Sincere thanks

Gerry

944-1802



### Cross Country Newfoundland and Labrador Junior Development Prize Draw 2018

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

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

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


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

Licence #17-10339500LT

**<no1>**



### Cross Country Newfoundland and Labrador Junior Development Prize Draw 2018

1st Prize  2 Tickets anywhere PAL flies Value \$2200  
(donated by PAL Airlines)

2nd Prize **\$500 CASH** (donated by CCNL)

3rd Prize **Go Pro** Value \$300 (donated by CCNL)

4th Prize **Fit Bit** Value \$250 (donated by CCNL)

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)

10th Prize **Gift Certificate** - \$100 value (donated by Menihek Nordic Ski Club)

**Tickets: \$5.00 each** **<no1>**

**Draw Date: March 3, 2018 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 #17-103395000LT





## *CCNL Update, December 2017*

### Clarendville Preparing for a Busy Season Ahead



**Photo Caption:**

Our children have been volunteering, as well, in the various projects during this past fall. This is the new Gazebo in our ski playground. L-R: Katie Spurrell, Jillian Coates, Mark Spurrell, Jocelyn Coates

In 2017, Clarendville Nordic Ski Club was very excited to receive grant money through the Canada 150 Grant Program. The Club received approximately \$100,000 which has been used to create a new warm-up hut (with snowshoers and children in mind), for extensive trail work and upgrades (including a new 2.5km competition trail), creation of an awesome ski playground for our Jackrabbits and Bunnies, as well as acquiring materials for our Jackrabbit program and other things for racing.



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With that in mind, we are excited to once again host an NL Cup Series Race, as well as it being the CCNL Provincials for 2018. Our committee will be meeting in the New Year and will post

the Race Package to the website, [clarevillenordicskiclub.com](http://clarevillenordicskiclub.com), as well as alerting clubs when Zone 4 registration goes live for that event.

We are so excited for winter, and as I write this, it looks as though the East Coast is set to get its first storm this coming weekend. Our skis and snowshoes are crossed. We would also like to wish the very best of the season to our fellow clubs in the province, and we look forward to seeing lots of familiar faces on our trails this coming winter. Go to our website to check out a drone video capturing some of the awesome trail upgrades and the new ski playground.

DRONE VIDEO LINK: <https://www.youtube.com/watch?v=cmam5oUnvss&feature=share>  
Submitted by Richard Churchill

**2018 NL Winter Games in Deer Lake has launched their website at [deer-lakegames2018.com](http://deer-lakegames2018.com)**



Cross Country Ski is a FIRST HALF Sport in the 2018 NLGames from March 10-13.

### **TECHNICAL PACKAGE**

[https://docs.google.com/document/d/1E\\_gZ8nOfGgAysCgFttOEtbgBtDTu2k15kOsr-G8UKMmO/edit](https://docs.google.com/document/d/1E_gZ8nOfGgAysCgFttOEtbgBtDTu2k15kOsr-G8UKMmO/edit)



## *CCNL Update, December 2017*



### **2019 CANADA WINTER GAMES Technical Packages – Age Categories**

<https://www.canadagames.ca/sports?2019>

The Canada Games Council has been working very closely with all National Sport Organizations on the 2019 Canada Winter Games program to develop their sport-specific technical packages. Age categories are being selected to develop Canada's next generation national team athletes in the "Train to Compete" phase of their sport's Long Term Athlete Development Model, or other suitable phase of LTAD as justified by NSO, and approved by the Canada Games Council, to suit next generation national team athletes.

The Canada Games Council Sport Committee has approved the age categories for the following sport on the 2019 Canada Winter Games program:

<b>SPORT</b>	<b>AGE CATEGORY</b>
<b>Cross Country Skiing</b>	<b>ABLE-BODIED COMPETITION:</b> Competitors 20 years of age and under (born no earlier than 1999), and maximum of one competitor 23 years of age and under (born 1996 to 1998, inclusive).  <b>PARA-NORDIC COMPETITION:</b> All competitors shall be born in the year 1984 or later.





## *CCNL Update, December 2017*



Dear Skiers and Coaches,

The Canadian Eastern Championships Organizing Committee 2018 (CECOC2018) extends a warm invitation to attend the Haywood NorAm Canadian Eastern Championships.

<http://cecski.ca>

The CECOC2018 is a joint initiative of clubs in the Ottawa-Gatineau cross-country ski community, namely:

- Nakkertok Nordic
- Club Skinouk
- Chelsea Nordiq

The event takes place Friday, 2-4 February 2018 at the Nakkertok South Nordic Centre, in Gatineau/Cantley, Québec.

The Canadian Eastern Championships is part of the Haywood NorAm Series, Canadian Sprint Series, FIS Continental Cup Series, US Ski & Snowboard SuperTour, Coupe Québec, Ontario Cup, National Capital District Series, Ontario and Quebec University/College races, and Para-Nordic Nationals. We look forward to welcoming athletes, coaches, and their families.

Jacques Dumont and Cathryn Bjerkelund  
**CECOC2018 Co-Chairs**

Pierre Millette  
**Chief of Competition**



## *CCNL Update, December 2017*

### Para Nordic Skiing

There are great opportunities for persons with a disability to get out and enjoy winter... Para Nordic skiing is one way! CCNL has equipment for those who may need to ski from a sitting position, and for those who can stand and are able to propel themselves there are resource people available to assist with getting you started. Whether you are just looking to get out and enjoy skiing with friends or are interested in competing---we can help you!!!

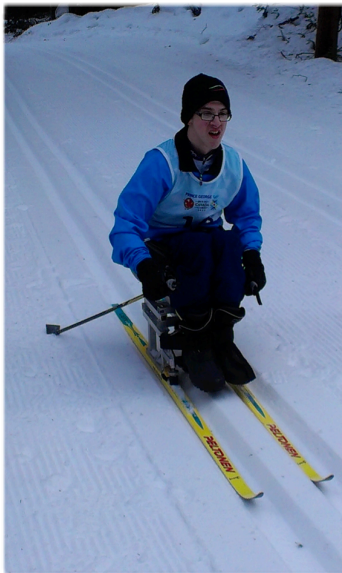
The NL Winter Games being hosted in Deer Lake March 2018 includes Cross Country Skiing and para skiers have been participating since 1990 when sit skiing was introduced. Standing and sitting skiers can participate in the upcoming games. If you have anyone interested in the Games or who just wants to give it a try, please contact Muggs or your local Cross Country Ski Club.

[margarettibbo@nf.sympatico.ca](mailto:margarettibbo@nf.sympatico.ca)

Muggs (Margaret) Tibbo

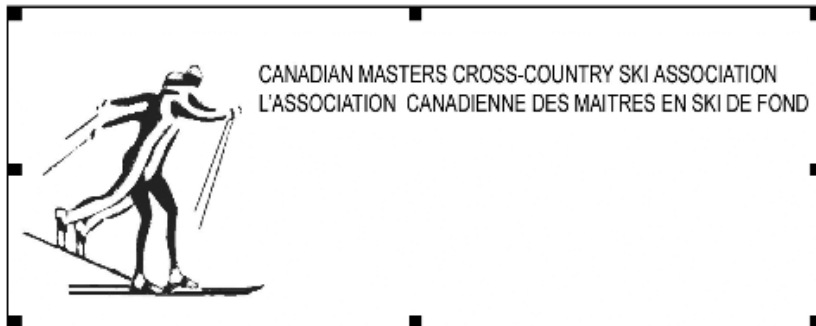
Director Para Nordic, CCNL

709 (753-3625)





## *CCNL Update, December 2017*



### **2017 Fall Newsletter**

Welcome to Fall all members of the Canadian Masters. The 2017-18 ski season should be an exciting one with MWC 2018 being held in Minneapolis. We don't have the long flight to Europe and the drastic time change so hopefully our numbers in Minneapolis will be significant.

As I stated in an earlier information release, Canadian Masters are to use the online method of registration for MWC 2018. Please remember as well that you can now register for any three races. With hopefully a large number of Canadians attending we should be able to have a relay team in most age categories. The criteria for qualifying for the relay teams will be the same as in other years. The fastest two skiers in each age category in the 10km classic and free technique races will have the first option to participate in the relays.

A reminder again that the 2018 Canadian Masters will be held in conjunction with the Masters World Cup. Results from MWC 2018 will be used to determine final results for our Championships. We will have our medal presentations on Monday and Friday nights.

### **MWC 2019**

At the recent meeting of the WMA in Beitostolen Norway, The OC for MWC 2019 asked for approval to change the scheduled date of the event. The MWC 2019 will now take place from March 5-14 2019. I will have more information on this event in the Spring newsletter.

Mike Bell, our Director for BC has been instrumental in finalizing a design for a new masters ski suit. Meanwhile, Wendy Grater of Ontario has been working on a toque design. Information on how to

order these items should be available soon. Hopefully we will have some sharp looking skiers in Minneapolis.

Please remember to renew your membership and purchase a ski draw ticket. I look forward to seeing many of you in Minneapolis.

Bruce LeGrow







## *CCNL Update, December 2017*

### Coach's Corner

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

Clubs which that want to schedule courses, as well as individuals wanting to receive training, should contact Coaching Director Judy May [mayjmayb@nf.sympatico.ca](mailto:mayjmayb@nf.sympatico.ca)

- 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.

**All "active" club member coaches are required to apply for a coaching license on <https://zone4.ca/register.asp?id=15648&lan=1&cartlevel=1>**

**This license is mandatory and tied to the CCC insurance policy as of July 1, 2017.**

<http://www.cccski.com/Programs/Coaching-Development.aspx>

**There is an online coaching course through NCCP called "Coaching athletes with a disability." It's free until January 1st.**

<https://www.coach.ca/coaching-athletes-with-a-disability--s17345>

*CCNL Update, December 2017*

## Healthy Eating Policy for Cross Country NL Ski Association

CCNL is concerned about health issues. The Board of Directors is interested in increasing the availability of healthy food and beverage choices, being physically active, staying tobacco-free, caring for the environment and supporting local products.

What we eat and our level of physical activity can be positively influenced by healthy and supportive policies where we live, learn, work and play.

Foods such as vegetables, fruit, whole grains, lower fat milk products and lean meats help prevent chronic diseases. A Provincial Sport Organization supportive of healthy food and beverage choices helps create and maintain healthy individuals and communities, and helps enhance the athletic performance of its members.

Offering healthy food and beverage choices is important in striving for a healthy lifestyle. Therefore, effective June 1<sup>st</sup>, 2015, when food and beverages are served at CCNL operated events the organization will follow our healthy eating policy.

**We will do our best to offer at least two (2) of the following healthy choices according to Canada's Food Guide:**

- 1) Vegetables and fruit (fresh, frozen or canned)
- 2) Whole grain or whole wheat grain products (e.g., wraps, breads, cereal bars, etc.)
- 3) Skim, 1% , or 2% white or chocolate milk; yogurt and/or cheese
- 4) Lean meat and alternatives (e.g., lean ground beef, eggs, tuna, nuts and nut butters (*if permitted under existing allergy policy*), etc.)
- 5) Plain water to quench thirst

**We will also do our best to:**

- Provide smaller portion sizes
- Choose green options when possible





## CCNL Update, December 2017

- 1) Encourage young athletes to choose healthy food and beverage choices by making the link between nutrition, health and athletic performance.

**This policy will take effect as of June 01, 2015 for all events under the responsibility and operation of the CCNL Ski Association**



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**Dear Club Presidents,** (*voir version française ici-bas*)

In collaboration with your division, Cross Country Canada is happy to announce the launching of the **2017-18 Club Survey**. The goal of this survey is to improve CCC's and divisions' understanding of the state of affiliated clubs in Canada in regards to their nature, their programs, their membership, their successes, their best practices and their challenges. This information will greatly enhance CCC's and divisions' capacity to meet clubs' needs and help us serve our membership to the best of our collective ability. CCC will not publish the club names of respondents.

**We would be immensely grateful if a representative of your club could complete the survey by January 8<sup>th</sup> 2018.** Please only complete 1 survey per club. Ideally you will mandate one of the directors on your board to complete the survey in the club's name. That person should be quite knowledgeable about the club's programs, strategic plan and strengths, weaknesses, threats and opportunities.

If you have any questions about the survey please address your questions to Stéphane Barrette, CCC Director of Coaching and Athlete Development: [sbarrette@cccski.com](mailto:sbarrette@cccski.com)

English version: <https://www.surveymonkey.com/r/clubsurvey17-18>

Version française: <https://www.surveymonkey.com/r/sondageclubs17-18>





## CCNL Update, December 2017



Headlamp: \$30

Seasons Pass: a healthy investment

Not being stuck inside for the whole winter: **PRICELESS.**

Greetings fellow skiers!

With most clubs open or opening soon, quite a few of you will be pulling your xc ski gear out of storage.

Check out this Globe&Mail article on the jaw-dropping benefits of xc skiing, confirming your excellent choice of sport:

<https://beta.theglobeandmail.com/life/health-and-fitness/fitness/the-jaw-dropping-benefits-of-cross-country-skiing/article6747824/?ref=http://www.theglobeandmail.com&>

XC skiing is an excellent way to get outdoors and enjoy the fantastic winters we experience in this province. Even on weeknights, with more facilities offering lit trails, as well as headlamp technology, it's an additional opportunity to stay active this winter! So, get out there and get active! ~ Karin Kuhne, CCNL Membership Director



### Ways to grow your club membership:

- Word of mouth ~ a personal recommendation is worth its' weight in gold
- Offering programing targeting all ages and abilities
- Have a ski swap
- Social activities/themed events
- Partnering with community organizations
- Family/Student/Senior discounts
- Actively posting on social media
- Provide a feeling of belonging, by asking new members to get more involved as active volunteers, focusing on their strengths ~ club "health" is very much determined by these numbers

### CCNL membership comparison:

Last year (2016-2017):

- 3370 registered members
- 13 clubs

YTD (2017-2018):

- 1305 members to date
- Presently 10 clubs with active online registrations on [www.zone4](http://www.zone4)
- We're tracking well early in the season ~ keep promoting!



## *CCNL Update, December 2017*

The following are links to travel subsidy policies and applications offered by CCNL:

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

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

### *Sponsors for 2017-2018 Ski Season*





## *CCNL Update, December 2017*

### **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  
CANSI Dir. - Vacant

**Webmaster: Jason Soper**







## *CCNL Update, December 2017*

Merry Christmas from CCNL Executive 2017-2018  
and  
Many Happy Trails in the New Year !



Pamela Cronhelm  
Secretary, CCNL Ski Association