



CCNL Update, October 2018

Cross Country Newfoundland and Labrador is proud to announce this season's Provincial Ski Team. These young skiers will be representing our province at this year's Eastern and National Canadian Championships. These events will be held in Collingwood, ON and Cantley, QC respectively. It was a lot of hard work and results that earned everyone a spot on the team and CCNL would like to congratulate the team:

<http://crosscountrynl.com/ski-team>

Junior Women

Angela Cronhelm - Aurora Nordic

Junior Girls

Hilary Pilgrim - Aurora Nordic

Alyson Thomas - Mount Nascope

Juvenile Girls

Clare Youden - Avalon Nordic

Ella Tucker - Blow Me Down

Chloe Reid - Blow Me Down

Midget Girls

Jillian Coates - Clarenville Nordic

Junior Men

Hugh Warkentin - Blow Me Down

Junior Boys

Abraham Rodgers - Avalon Nordic

Daley Merrigan - Blow Me Down

Isaac Blundon - Whaleback

Juvenile Boys

Noah Piercey - Avalon Nordic

Isaac Merrigan - Blow Me Down

Skyler May - Blow Me Down

XCNL Corner Brook Dryland, Date: July 14-16, 2018

Hailing from Stephenville to Lab City and everywhere in between, fourteen young skiers kicked off the Corner Brook Dryland camp. Activities included trail running, an impromptu dip in Margaret Bowater park stream, distance roller skiing, a roller ski time trial, a relaxing yoga session, and healthy cooking demonstrations. Thank you to Kistine Coleman for leading this yoga session. A Big Thanks to everyone who helped out: Jeff Wareham, Shirley Parsons, Trevor Coates, Jamie Merrigan, Andrew May, Erik Charron and Luke Dunphy.



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XCNL Eastport Dryland Camp, Date: October 5-8, 2018

This year, a Dryland training camp was held in Eastport over the Thanksgiving long weekend. Seventeen young skiers took part in the four-day event including one Para-Nordic skier who used a sit-ski for his workouts. The unseasonably warm weather and the October foliage made for some beautiful hiking, roller skiing and kayaking in our Terra Nova National Park.

In between all the workouts, we squeezed in some local entertainment. There were plenty of parades, shows, fairs and other events happening around the community because of an agricultural festival being hosted by Eastport that weekend.

Suppers were prepared by Alton Pilgrim and very delicious. He even prepared a full-on turkey dinner Sunday night, including peas pudding and cabbage. Thank you very much to Alton for his services - everyone greatly enjoyed. Thank you to volunteer coaches and chaperones Erik Charron, Muggs Tibbo, Trevor Coates and Marie Budden. Thank you also to Happy Adventure tours for the great deal on kayaks and the White Sails Inn for their gracious hosting.

Provincial Coach, Luke Dunphy

CCC Coaching and Athlete Development Workshop, Canmore AB, Sept. 13-15, 2018

Jamie Merrigan, Junior Development Director, and Judy May, Coaching Co-ordinator attended. It was a useful opportunity to be updated on changes at CCC and new directions in coach training and especially interacting and sharing with our counterparts from across the country.

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

The CCC coaching license is aimed at all active cross country ski coaches in Canada who are coaching at least 7 hours per year with a registered cross country ski club (with their division).

The license is renewable on a yearly basis, starting June 15th and effective July 1st of each year.



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The CCC Coaching License will become mandatory for all coaches coaching for more than 7 hours/year starting July 1st 2018. Only those 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. <https://zone4.ca/register.asp?id=18446&lan=1&cartlevel=1>

For further information or expressions of interest and requests for courses contact Judy May, Coaching Coordinator. mayjmayb@nf.sympatico.ca 709-639-7279 h or 709-632-9764 c

Spring & Summer News from Pasadena Ski & Nature Park

The club is fortunate to have Henry Mann amongst our members. Henry, a retired Associate Professor of Biology and Environmental Science at Grenfell Campus, Memorial University of Newfoundland, prepared a Nature Series called: *Notable Nature along the Pasadena Ski & Nature Park Trails*. These are informational slide shows that were posted to our website for anyone to use as a self-guide or as a supporting tool when exploring the trails with Henry. Henry offered his knowledge at 2 guided tours, one in early July and one in mid-August, with about 40 interested participants in total.

Our third event was an **Intro to Geocaching workshop** in early October. A local Girl Guide leader spear headed this Geocaching workshop for anyone interested. We have several geocaches located within our club.

<http://www.pasadenaskipark.org/index.html>

2019 Canada Winter Games Newfoundland and Labrador Cross Country Ski Team Selection Criteria



<http://crosscountrynl.com/wp-content/uploads/2017/12/2019-Select-Criteria-CWG-11182017.pdf>



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Glen Bond Cross Country Ski Camp

NOVEMBER 15-18, 2018

Menihek Nordic

Location: Labrador City, NL, Canada

Thursday and Friday Camp

Saturday and Sunday Camp

Morning sessions 10:00am-12:30am coaching and lunch included \$200.00

Afternoon private coaching available \$85.00 per hour

Exploits Nordic Chalet and Trail Work



Photos submitted by David Stoodley



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Early Snow at Menihek Nordic, October 12, 2018



Photos submitted by Gerry Rideout

CCNL Proposed Schedule for 2019, *subject to change*

Dec. 1 - 2, NL Cup 1 (Lab Camp)

Dec. 15 - 16, World Junior Trials

Jan. 5 - 6, NL Cup 2 (Canada Winter Games Selection) Blow Me Down

Jan. 1 - 20, Easterns Cantley, QC

Jan. 26 - 27, Snowy Owl?

Feb. 2 - 3, Provincial Masters

Feb. 9 - 10, National Masters / Exploits Loppet

Feb. 16 - 17, NL Cup 3 (Provincials)

Feb. 23 - 24, NL Cup 4 (Summit), Lake Loppet, Canada Winter Games

Mar. 2 - 3, Canada Winter Games

Mar. 9 - 10, Marathon (Pasadena) / Kids Fest Lab West

Mar. 16 - 17, NL Cup 5 (Gander Invitational) / LWG / Nationals

Mar. 23 - 24, LWG

Apr. 6 - 7, NL Cup 6 (DHUYS) / Lab Loppet



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Sponsors for 2018-2019 Ski Season

