



## *CCNL Update, December 2018*

### *2018-19 Labrador on-snow Camp*

Menihek hosted another great on snow training camp this season. The camp took place from November 26 to December 2 and the weather throughout the week cooperated very nicely. There was plenty of snow to ski on all of the trails and the temperatures were milder than recent years.

This year we saw 14 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 mass 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/>.

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 the local Menihek parents and volunteers who provided transportation all week. Thank you also 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, Erik Charron, James Merrigan and Luke Dunphy).





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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>



2019 CANADA WINTER GAMES

**Selection races are scheduled to take place in Corner Brook, January 4 - 5, 2019**



Stay tuned for the race package!



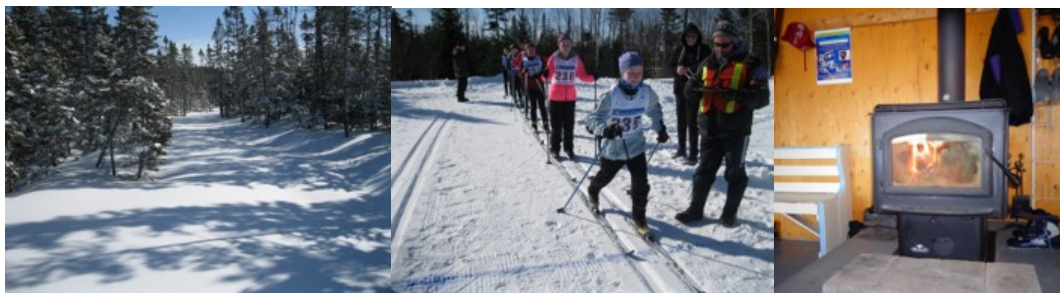
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A VERY MERRY CHRISTMAS WITH LOTS OF LOVE, JOY, PEACE, GOOD WILL ---  
AND IDEAL SNOW CONDITIONS TO ALL OUR FELLOW SKIERS FROM THE  
MEMBERS OF WHALEBACK NORDIC.

MAY YOUR 2019 BE FILLED WITH HEALTH AND HAPPINESS.



**Whaleback Nordic Ski Club**





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### *CCNL Executive 2018-2019*

Gerry Rideout - President /Fundraiser  
Will Fitzgerald - Secretary/Government Liaison & Grants  
Jennifer Jennings -Treasurer  
Karin Kuhne - Executive Director & Membership Director  
Judy May - Coaching Director  
Luke Dunphy - Head Coach CCNL Provincial Ski Team  
Jamie Merrigan - Director Junior Development/Chair Ski Team Comm.  
Tina L. Newbury - Jackrabbit Director  
Pamela Cronhelm - Director at Large/Newsletter  
George Pink - Northern Vice President/Policies & Procedures Director  
Natalie Chambers Hughes - Director at Large  
Blaine Pearce - Eastern Vice-President  
Brian Moores - Western Vice President  
David Stoodley - Central Vice-President  
Shawn Leamon - Officials Director  
Margaret Tibbo - Para Nordic  
*Vacant: Labrador Vice-President*  
Webmaster - Jason Soper



*We Wish You a Very Merry Christmas and Happy New Year 2019!*



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### *Sponsors for 2018-2019 Ski Season*

