



## KNSC Nordic News December 2010

### **2010-2011 Membership Update**

Congratulations go out to Sally Harvie of Peterborough who won the early bird raffle prize this year - a \$200 gift certificate donated by Wild Rock Outfitters! Sally's name was drawn from over 580 members who submitted their membership registration by December 1<sup>st</sup>. KNSC membership continues to grow with 350 memberships to date representing over 730 skiers (approx 5% higher than this time last year).

A special welcome to Kawartha Nordic for the 106 new members who have registered to date! Contact Bruce at [membership@kawarthnordic.ca](mailto:membership@kawarthnordic.ca) for any membership questions.

### **Cabin Keeper Volunteers Needed**

We are in need of additional volunteers as cabin keepers this year, especially on Sundays throughout the winter. If you have time to spare to volunteer time to help out at the WOODfine Chalet (start the fire, make hot chocolate, be friendly!), please email [membership@kawarthanordic.ca](mailto:membership@kawarthanordic.ca).

### **Youth Program Registration Eclipses Century Mark**

Once again, registration for Jackrabbits, Track Attack, and ADP has filled up rapidly. 125 youth will be part of Kawartha Nordic's skill development program this season. We have more than 25 volunteer coaches and program leaders running our program this year and we are always looking to bring new faces and energy into our coaching team.

If you are interested in helping out with our youth programs in any way please contact one of our program coordinators:

Diane Rogers, Jackrabbit Coordinator: [jackrabbits@kawarthanordic.ca](mailto:jackrabbits@kawarthanordic.ca)

Tim Hadfield, Track Attack Coordinator: [trackattack@kawarthanordic.ca](mailto:trackattack@kawarthanordic.ca)

Jon Grimwood, ADP Coordinator: [adp@kawarthanordic.ca](mailto:adp@kawarthanordic.ca)

### **Trails Update**

Attention: Due to the ongoing logging operations on Crown land, we anticipate the PL Road trail will be closed for the 2010-2011 season. Skiers who wish to ski the Kenner wilderness trail to the north and up to Bennett Cabin are advised to use caution as

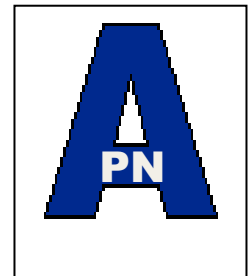
they will need to cross an active logging road. Be prepared for a long day of skiing as the round trip to Bennett is approximately 4-5 hours. The Tanney Cabin loop that includes the Wolf, Kenner, Owl, and Kawartha trails is open.

Club members will notice that the trailhead to our ski trails has been relocated slightly in order to make our trails more accessible and to offer a continuous, skiable trail around our stadium area. Our Stadium Area and Sprint Loop in front of the Woodfine Chalet have been upgraded to offer better skiing, better teaching and instruction areas, and improved capacity for events and races.

The location of the Kawartha Easy trail has been relocated immediately north of the Chalet to make it less confusing with the practice loops south of the Chalet.

### **Paranordic Skiing at KNSC**

Kawartha Nordic Ski Club is a ParaSport Ontario club – one of only two in Southern Ontario District. Watch for the following symbol identifying our para-nordic accessible trails.



We are looking forward to hosting a “Ready, Willing, and Able” Paranordic Ski day in February. Check [www.kawarthanordic.ca](http://www.kawarthanordic.ca) for details closer to February.

### **Logging Update**

Due to weather and other delays, logging continues at the northern end of our trail network. The logging activity is occurring on Crown land under an approved forest management plan and KNSC is not affiliated in any way with the logging activity. The active logging is around the PL road and north. In the end, our trails and club will have increase accessibility, some widened trails, and sustainable bridges and drainage. Thank you for your patience. The logging company’s contract expires in March 2011 and the logging will end then if not sooner.

### **Wild Rock Trailer**

KNSC has partnered with Wild Rock Outfitters to provide trail pass sales, ski and snowshoe rentals and lessons at KNSC for the 2011 ski season.

The Wild Rock Ski Outpost is in a trailer located at the trailhead. Wild Rock will be open from Dec 26<sup>th</sup> until the end of the ski season. Hours are 10:00am-4:00pm weekdays and 9:00-4:00 on weekends. The trailer has a wax room with ski forms and irons which is open to members. KNSC trail passes will be sold at the Wild Rock Ski Outpost during business hours (credit card, debit and cash accepted). After-hours please use the fee boxes (cash only) located beside the Wild Rock trailer.

Wild Rock and KNSC partnered to bring hydro into the trailer through an underground trench. The chalet remains 'unpowered' but we may extend it at some point in the future. Reserve rentals, sign-up for ski lessons or inquire about the services by calling the Wild Rock Ski Outpost during business hours (phone 705.933.6723) or drop in to say hello.

## **Trail Passes and Day Use Fees**

Trail passes for day use are available for purchase in the Wild Rock trailer located at the KNSC trailhead. New this year, day users will receive a trail pass for display while skiing similar to most other ski areas. After hours passes can be purchased using the traditional honour-system drop-box located at the Trailhead.

## **Membership Cards - New this year**

New this year, with the sale of trail passes for day users, we have decided to issue membership cards to all KNSC members 13 years of age and older. Members can pick up their 2010-11 membership card from the Wild Rock Trailer after January 1<sup>st</sup>. Simply stop in at the trailer and ask for your card from one of the friendly staff. Starting in January, members are asked to carry and display their membership card while on KNSC trails. The card is a simple, small laminated card - members are asked to provide their own lanyard or pin.

## **Calendar of Events**

A full list of KNSC events and dates can be found on our website at <http://www.kawarthanordic.ca/events.php>. Notable events include:

January 8, 2011 Opening Day for Jackrabbits & Track Attack

January 12, 2011 Kawartha Sprints High School Race

January 23, 2011 Bennett Cabin Ski

February 5, 2011 The Kawartha Enduro and Member's Social

February 16, 2011 Kawartha Invitational High School Race

February 26, 2011 KNSC Youth Festival

## **KNSC Coaching Development**

Over the course of three weekends in November and December, a number of Kawartha Nordic coaches were trained as Community Coaches under the National Coaching Certification Program. These coaches are key members of our volunteer coaching team that runs our youth programs. Congratulations and Thank You goes out to Diane Rogers, Tim Hadfield, Tom Parsons, Luke Parsons, Lucas Shewen, Ryley Hilker, Kelly Milne, Claire Menendez, Bubba Loughheed, Jen Deck, Justin Nevills, Gord Gallant, Anne Gallant, and Josh Nevills.

## Athlete Development/ Ontario Cup Racing Team

Members of the Athlete Development Program O-Cup Racing Team and their coaches traveled to Highlands Nordic in Duntroon on December 18/19 for the first Ontario Cup race of the season. Results can be found at [www.zone4.ca](http://www.zone4.ca). The next Ontario Cup race is in Thunder Bay on January 7, 8, and 9 and five skiers and a coach will be traveling up for the weekend events. Thank you to our sponsors Wild Rock, Champlain Animal Hospital, and Kawartha Nordic. We are always looking to partner with local sponsors who support community sport. For more information please visit [www.kawarthanordicadp.com](http://www.kawarthanordicadp.com)



## North Bay Training Camp

Members of the Athlete Development Program traveled to North Bay on November 20/21 for a Performance Training Camp. The theme of the camp was “Witness the Fitness”. Six of our young athletes and two coaches took part in the camp training with other club athletes and coaches from across the province. Sessions included classic ski technique, warm-up and warm-down strategies, athlete/ sport psychology, intensity training, a presentation from the National Development Centre in Thunder Bay, and a time trial classic roller ski race. For a coaches report on the camp go to [http://www.xco.org/hp/temporar/11-02-01\\_WitnessTheFitnessReport-1.pdf](http://www.xco.org/hp/temporar/11-02-01_WitnessTheFitnessReport-1.pdf) .

