



## KNSC Nordic News October 2009

**\*Membership registration is now open for the 2009-2010 season.** We are excited about the up coming season and hope that you are too. Again this year, the deadline for discounted membership fees is December 1<sup>st</sup>. Renew early and save 20% off regular membership fees and be eligible to win a raffle for a \$200 gift certificate donated by Wild Rock Outfitters. Based on the feedback from club members, we have introduced a discounted senior's rate. We have also established a new rate structure where fees are calculated for individual skiers (i.e., there is no family rate). Simply add all skiers to the membership form and check the fee schedule for the applicable fee for their class (Adult, Senior, Youth, Child, or Student). This new fee structure better reflects costs such as liability insurance that the club pays for every registered skier and follows the trend at most other Nordic ski clubs. As always, your club directors are open to feedback on this change. Contact Bruce Wurtele at [membership@kawarthanordic.ca](mailto:membership@kawarthanordic.ca) or 741-5791.

We continue to work hard at fundraising. Thank you to everyone who came out to our summer event at 4<sup>th</sup> Line Theatre. The play "The Right Road to Pontypool" was fantastic and the whole evening was a great success. The feedback in to date is that we should make it an annual event! Please seriously consider topping up your membership fee with a donation this fall and help us retire our property debt as soon as possible.

**\*Registration opens for all 2009-2010 youth programs October 1st.** We have had a waiting list for the Jackrabbit program in the past, so don't delay! The highlights are listed below. For more details, visit our website at [www.Kawarthanordic.ca](http://www.Kawarthanordic.ca) or contact Jon Grimwood at [jackrabbits@kawarthanordic.ca](mailto:jackrabbits@kawarthanordic.ca)  
**Jackrabbits** ages 5-9 (Introduction to Nordic Skiing for fun & skill)  
**Track Attack** ages 10-12 (Introduction to Nordic Skiing for fun, skill, and fitness)  
**Athlete Development Program (ADP)** 13-18 (Introduction to training/ racing)  
**Cost:** \$80 registration fee for all programs in addition to club membership.  
Additional costs associated with ADP based on race costs.

**\*We have lots of work to do this fall** to get the trails, Chalet, and cabins ready for the season. Trail work weekends are listed below on the Fall Calendar of Events. We could still use **cedar fence rails and posts, steel t-fence posts, culverts (plastic or steel)** to help with help with trail maintenance and improvement. If you can help us out, please contact us.

**\*We are still looking for someone to work with us at the executive level on marketing and promotion** for the club. Please contact us if you are interested.

**\*Check out what we have planned for the fall.** There are some new **coaching and training opportunities** to get involved with.

## Fall Calendar of Events

**Oct. 10th -- ADP opening day and Dryland Camp** at Lakefield District Secondary School

**Oct. 17<sup>th</sup>/18<sup>th</sup> - Trail Work Weekend.** Meet at the WOODfine Chalet at 9am. If no one is working in the immediate area, check the board for a list of the day's tasks. Bring your own food and water.

**Oct. 24<sup>th</sup> and 25<sup>th</sup> - Trail Work Weekend.** Meet at the WOODfine Chalet at 9am. If no one is working in the immediate area, check the board for a list of the day's tasks. Bring your own food and water.

**Oct. 23/24/25 -- NCCP coaching certification course:** Learn To Train (dryland) formerly known as Level 2. This is an intermediate coaching course for coaches looking to improve their knowledge and skills of dryland Nordic training.

Contact Jon Grimwood at [jackrabbits@kawarthanordic.ca](mailto:jackrabbits@kawarthanordic.ca)

**Oct. 24/ 31, Nov. 8/ 15 -- Roller skiing workshops.** Bring your SNS ski boots, a bicycle helmet, active-wear clothing and a pair of ski gloves for this 4-part workshop that introduces roller skiing as an off-season Nordic activity. \$25 for the first introductory workshop or \$75 for all four workshops. You must attend workshop #1 in order to participate in workshop 2, 3, or 4. Each workshop will last 90 minutes. Workshop #1 focuses on technique, handling, and safety. Workshops 2-4 will progressively build skier's skills on roller skis ending in a tour of the Rotary Trail. Workshops begin at 8am each day meeting in the main parking lot of Thomas A. Stewart Secondary School. Cap of 12 participants due to equipment limitations.

Contact Jon Grimwood at [jackrabbits@kawarthanordic.ca](mailto:jackrabbits@kawarthanordic.ca) or sign-up beginning Oct. 10 at Wild Rock Outfitters.

**Oct. 31<sup>st</sup> and Nov. 1<sup>st</sup> -Trail Work Weekend.** Meet at the WOODfine Chalet at 9am. If no one is working in the immediate area, check the board for a list of the day's tasks. Bring your own food and water.

**Nov. 6/ 7/14 -- NCCP coaching certification course:** Introduction to Community Coaching/ Community Coaching -- formerly known as Level 1. This is an excellent introductory coaching course that will have relevance and meaning to not only those who wish to coach Nordic skiing but also to those who might be looking for an introduction to sports coaching.

Contact Jon Grimwood @ [jackrabbits@kawarthanordic.ca](mailto:jackrabbits@kawarthanordic.ca)

**Nov. 28 -- Cross Country Canada Level 1 Officials training course:** learn about Nordic racing and become certified as a Nordic Ski Official. KNSC would like to build a foundation of trained officials within our club so if you've ever thought about being more educated or involved in the racing scene then this is the course for you.

Contact Jon Grimwood at [jackrabbits@kawarthanordic.ca](mailto:jackrabbits@kawarthanordic.ca)

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