

A Word from the President

Improve your Technique for the Season Ahead

It's November and time for winter. It seems to me that snow is always welcome in November, and my ski legs are starting to twitch in anticipation of the snow and winter to come. I have renewed my CANSI membership and I have agreed to run a number of courses here in the Pacific Region. My training goal this winter is to improve both my skiing and teaching technique in telemark skiing and perhaps to go to [Interski](#) in Bulgaria in March 2019. So, let it snow because I am ready. Are you?

This month's newsletter has some interesting material for CANSI members to read and consider. I especially like Henry Madsen's article on double poling. CANSI has a lot of incredibly talented instructors, and Henry is certainly one of them. Please check out his article. You won't be disappointed.

[Courses](#) are being posted in your region. Make sure you take advantage of the chance to learn and improve your skiing and teaching technique. Be sure to remember to refresh your certifications at least once every three years. Think about attending the CANSI National Seminar, to be held at SilverStar Mountain Resort in Vernon, BC, from March 4 to 8, 2019. It's going to be a great winter. Make sure you are prepared to take advantage of it!



Denys Lawrence, President

Canadian Association of Nordic Ski Instructors

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CANSI National Seminar - March 4-8, 2019

Ken Schykulski, CANSI Technical Committee

The CANSI National Seminar is a little more than three months away – March 4 to 8 at SilverStar Mountain Resort in Vernon, BC – and it's looking like the ski event of the winter . . . [Read on](#)

CANSI National Seminar - Register Now!

Early bird prices are now in effect! Sign up and pay only \$350. Registration price goes up to \$400 after February 18, 2019.

Read all the registration details for both cross country and telemark [here](#).

Marie-Cat Bruno Special Fund



Following the sudden passing of our friend and colleague [Marie-Catherine Bruno](#) in late September, CANSI is announcing the creation of a special fund and a simple online donation process. Donations for the Marie-Cat Bruno [Special Fund](#) will financially help women pursue their goals in the Nordic ski industry. A former racer, Marie-Cat was the first and, to this day, only woman to have achieved the highest levels of certification in both cross country and telemark ski instruction. She effectively contributed to develop and maintain the highest standards in Nordic skiing technique and instruction at the regional and national levels both through her continued involvement as CANSI-Pacific Technical Representative, and through her own skiing, teaching and coaching. It is to continue the legacy of Marie-Catherine Bruno that CANSI created this fund.

[DONATE NOW](#)

Tech Tip of the Month: Double Poling

Henry Madsen

We have all watched our skiers while they double pole. Some of our skiers use arms and chest to thrust poles backward. Some do an ab crunch, similar to a vertical sit up. Some get their body weight high, lifting heels and centre of gravity above the ground. Some do a combination of the above. How you think about double poling will influence . . . [Read on](#)



Tele Tips to Start the Season Right

The tele season starts soon! For your first few runs, concentrate on centring yourself over your skis.



Choose an easy run then push yourself beyond your comfort zone with these great exercises . . . [Read on](#)



Interski 2019 - Yas Kawasaki



Full name and discipline/role at Interski 2019:

Yasuyuki Kawasaki; telemark demonstrator

Do you have a nickname we should be using?

Kawasaki, Yas, Ninja

[Read on](#)

Passionate about Video? We Need your Help!

Are you passionate about video? Then this project might be for you. CANSI's Technical Committee will be working this winter to create a bank of technical videos and photos to be accessible on the CANSI website. Read more about this [project](#) and contact our [office](#) if you'd like to help.



Ontario News

Meet Your Board Members

Rob Henderson

As I write this, we are experiencing early snow in my area of King City, Ontario, and this is creating early-season excitement and great anticipation for when we will be able to get out to ski for the first time. It won't be long! Speaking of skiing, are you thinking of attending a course or refresher this year? Go to the [CANSI website](#) as the Ontario cross country and telemark courses, refreshers and activities have been posted and are waiting for you to register. [Read on](#)

How to contact National Office

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CANSI National Office

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News from CANSI

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