

CANSI National Seminar 2018-2019: Telemark Program*

* Subject to change

Sunday, March 3

7:00 pm Welcome: appetizers and cash bar at the Bulldog Grand Cafe, hosted by CANSI

Monday, March 4

9:00 am Welcome, registration for sessions, buy passes (NATC)

10:00 - 12:30 Tele 1: Rob Henderson: *Stance and Balance - The foundation to great skiing. How to see it, feel it and develop it*

12:30 - 1:30 lunch

1:30 - 4:00 Presentations
Tele 2: Mario Filion: *Detecting and rapidly improving fundamental skills*

7:00 pm Indoor presentations:
Presentation 1: Henry Madsen: *Safety considerations in ski lessons*
Presentation 2. Bruce Passmore: *Supporting Diversity*

Tuesday, March 5

9:00 - 12:00 Presentation
Tele 3: Guy Lavoie: *The art of the movement: external reference applied to the technical reference.*

12:00 - 1:00 Lunch

1:00 - 4:00 Private telemark lessons
Larissa Pitton: *Telemark skill improvement (Women only)*

7:00 - 9:00 Indoor presentations (NATC)
Presentation 3: Greg Redman: *Active recovery techniques for the nordic athlete*
Presentation 4: Savio Otis: *New developments in x-c waxing and on the importance of stone grinding skis*

Wednesday, March 6

9:00 - 12:00 Presentations
Tele 4: Interski Team: *Working in sync*

12:00 - 1:00 Lunch

1:00 - 4:00 Presentations

Tele 5: René-Luc Morin: *The Canadian technical reference: all you ever wanted to know but couldn't find in the book*. A session full of discovery on snow

1:00 - 3:00 X-C lessons for telemark skiers

3:00 - 4:30 *The Great CANSI Challenge*

7:00 pm CANSI AGM (NATC)

Thursday, March 7

9:00 - 12:00 Presentations
Tele 6: Guy Paulsen: *Canadian Approach to Telemark Skiing. Beginner / Novice/ Advance / Expert Outcomes* (Interski presentation)

12:00 - 1:00 Lunch

1:00 - 2:30 Private telemark lessons

3:00 - 4:30 Indoor Presentation (NATC Team Room)
Tele 7: Mario Filion: *The four ski objectives and the reality of teaching telemark*

3:00 - 4:30 Indoor Presentations (NATC Auditorium)
Presentation 6: Henry Madsen: *Effective teaching strategies*
Presentation 7: Bruce Bennett: *Effective communications in teaching*

6:00 Supper (Bulldog Grand Café)

7:30 Member presentations:
Jamie Stirling: *Guiding at the 2010 Paralympics*
Rob Henderson: *CANSI's new website*
Glenn Lee: *Places to dream about – Telemark*

Friday, March 8

9:00 - 12:00 Presentations
Tele 8: Denis Vezina: *Get ready for the next turn*

12:00 - 1:00 Lunch

1:00 - 4:00 Presentations
Tele 9: Larissa Pitton: *The efficiency of the telemark turn using downhill skills*

4 :00 End of seminar / Departure