

CANSI National Seminar 2018-2019: XC Program*

* Subject to change

Sunday March 3

7:00 pm Welcome: appetizers and cash bar at the Bulldog Grand Café

Monday, March 4

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

10:00 - 11:30 X-C Ski tour of Silver Star with Sandy Cook

11:30 - 1:00 Lunch

1:00 - 2:30 Presentations

X-C 1: Henry Madsen: *Diagonal stride*

X-C 2: Francoise Chatenoud: *Skating: it all starts with a good recovery*

2:30 - 4:00 Presentations

X-C 3: Eric Berlie: *One step double pole – analysis and improvements and a review of the teaching progression*

X-C 4: Tony Chin: *Uphill sprint skate technique (one skate and offset)*

7:00 pm Indoor presentations

Presentation 1: Henry Madsen: *Safety considerations in ski lessons*

Presentation 2: Bruce Passmore: *Supporting Diversity - ideas for building a more diverse client base or ski club*

Tuesday, March 5

9:00 - 10:30 Presentations

X-C 5: Bruce Bennett: *Introducing adult learners to hills through experiential education*

X-C 6: Bruce Passmore: *Athletes with Disabilities or Limitations (how to broaden our teaching perspective to accommodate various levels of physical ability)*

10:30 - 12:00 Private X-C lessons

12:00 - 1:00 Lunch

1:00 - 4:00 Downhill lessons for x-c skiers

X-C 7: Sand Cook: *On alpine skis*

X-C 8: Val Tinker: *On telemark skis*

X-C 9: George Young and Denys Lawrence: *On x-c skis*

7:00 - 9:00 - Indoor presentations (NATC)

Pres 3: Greg Redman: *Active recovery techniques for the nordic athlete; fascial release, rolling, manual therapy, and the biomechanics risk points of skiing*

Pres 4: Savio Otis: *new developments in x-c waxing and on the importance of stone grinding skis*

Wednesday, March 6

9:00 - 10:30 Presentations

X-C 10: John Gallagher: *Double pole from beginner to racer*

X-C 11: Bruce Passmore: *Athletes with Disabilities or Limitations (how to broaden our teaching perspective to accommodate various levels of physical ability)*

10:30 - 12:00 Private X-C lessons

12:00 - 1:00 Lunch

1:00 - 2:30 Presentations

X-C 12: Bruce Bennett: *Introducing adult learners to hills through experiential education*

X-C 13: Henry Madsen: *Diagonal stride*

2:30 – 3:00 Mini-presentations

Maia Engeli: *Stance, balance, movement and dynamic stretching in a warm-up routine*

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

7:00 pm CANSI AGM (NATC)

Thursday, March 7

9:00 - 10:30 Presentations

X-C 14: Francoise Chatenoud: *Skating: it all starts with a good recovery*

X-C 15: Tony Chin: *Uphill Sprint skate technique (one skate and offset)*

10:30 - 12:00 Private X-C lessons

12:00 - 1:00 Lunch

1:00 - 2:30 Presentations

X-C 16: Ken Schykulski: *Improving your high-speed step turns*

X-C 17: Eric Berlie: *One skate – analysis and improvements and a review of the teaching progression*

1:00 - 3:00 Indoor Presentation (NATC Team Room)

X-C 18: John Gallagher: *Standardizing marking in X-C courses (indoor workshop for course conductors)*

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

6:00 Supper (Bulldog Grand Cafe)

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 Presentation
X-C 19: Shane Landreville: *Fundamental skills for analysis and skier development*

9:00 – 10:30 Presentation
X-C 20: John Gallagher: *Double pole from beginner to racer*

10:30 - 12:00 Presentation
X-C 21: Ken Schykulski: *Improving your high-speed step turns*

12:00 Lunch/End of Seminar and departures/free ski time