

Telemark A brief overview of Sessions planned for the CANSI National Telemark Seminar from January 9-11, 2012 at Ski Bromont:

“Developing the telemark skier” – Analysis of telemark skiing skills by using performance criteria as an evaluation tool. Strategy and development tactics will be based on the principles of motor learning (IACRCv). **by Norman Thibault**

“Timing and weight transfer” – The importance of rhythm and coordination in weight transfer. Where is the apex (maximum pressure) of the turn? **by Stéphane Perreault**

“Crossing the void” - A review of stance & balance skills and methodology specific to teaching telemark skiing to veterans of alpine skiing. **by Guy Paulsen**

“Confidence in the moguls” – Techniques and skills for having fun in the bumps and varied terrain. **by Denis Vézina and Robert Lesage** (separate sessions)

“Relativity” – Understanding skills vs performance criteria. **by Pat Gauthier**

Presentation by Marie-Cat Bruno:

“Visualization” – How to practice this technique used by world-class athletes.

Course Conductors :

Marie-Cat Bruno	CANSI Cross-country Course Conductor level III and Instructor level IV, Telemark Instructor level II, CSIA level III
Patrick Gauthier	CSIA Instructor IV and Course Conductor II, Park & Pipe level I CSCF level II, CANSI Telemark level III and Coach level I
Robert Lesage	CANSI Telemark Instructor III and Course Conductor II CANSI Cross-country level II, CSIA Instructor II
Guy Paulsen	CSIA Course Conductor level IV, Instructor level IV CSIA InterSki 2003 and 2007 CANSI Telemark level II and Cross-country level III
Stéphane Perreault	CANSI Telemark Course Conductor III CANSI Cross-country Instructor level I, CSCF level II trained
Norman Thibault	CANSI Telemark Course Conductor, Telemark Coach level Introduction – Trained, CSIA Instructor III and Course Conductor level I, CSCF level II certified
Denis Vézina	CSIA Instructor level IV CANSI Telemark Instructor III and Course Conductor level I

Cross-country A brief overview of Sessions planned for the CANSI National X-C Seminar from January 11-13, 2012 at Mont-Orford Park:

Sessions :

Double poling – clarifications regarding the new technique by **Jean-Pierre Lavoie**

Downhill and turns – controlling descents and quick turns at the Orford Ski Resort by **Guy Paulsen et Marie-Cat Bruno**

Balance from a different perspective – bring your own tennis ball! by **André Proulx**

The One Skate – from basic to competition by **Gilles Lefebvre**

The Final Touch – Individual guidance and feedback by **Carmen Archambault**

Presentations : NCCP – common vision for CANSI and NCCP?
by **Jean-Sébastien Thibault**

“Visualization” – How to apply this technique used by world-class athletes by **Carmen Archambault**

Course Conductors:

Carmen Archambault	CANSI level IV X-C Course Conductor CANSI level IV XC Instructor
Marie-Cat Bruno	CANSI level III X-C Course Conductor, level IV XC Instructor and level II Telemark Instructor, CSIA level III
Jean-Pierre Lavoie	CANSI level IV X-C Course Conductor Telemark Instructor level II & Course Conductor I
Gilles Lefebvre	NCCP Coach IV
Guy Paulsen	CSIA Course Conductor level IV, Instructor level IV CANSI Telemark level II and Cross-country level III
André Proulx	CANSI level IV X-C Instructor CANSI level I X-C Course Conductor
Jean-Sébastien Thibault	CANSI level IV X-C Instructor CANSI level II X-C Course Conductor

National Seminar - Timetable - January 2012

				Telemark			
Jan 9, 2012	Monday	from 7:00	Orford Arts Center dining room	Breakfast		<---- 3165 chemin du Parc, Orford 819-843-3981	
	Monday	8:30 to 9:15		drive 40 min to Bromont		<---- 150 rue Champlain, Bromont 450-534-2200	
	Monday	9h15 to 10:00	"Croque Mitaine" SkiBromont	Welcome & info		<---- parking P1, Croque Mitaine up the stairs on left	
	Monday	10:00 to 11:30	SkiBromont	Tech Committee Group sessions			
	Monday	11:45 to 13:15	Cafeteria SkiBromont	Lunch			
	Monday	13:30 to 15:00	SkiBromont	Tech Committee Group sessions			
	Monday	15:30 to 17:30		travel to Orford Arts Center			
	Monday	18:00	Orford Arts Center dining room	Dinner			
Jan 10, 2012	Tuesday	from 7:00	Orford Arts Center dining room	Breakfast			
	Tuesday	8:30 to 9:15		drive 40 min to Bromont			
	Tuesday	9h15 to 10:00	"Croque Mitaine" SkiBromont	Welcome & info			
	Tuesday	10:00 to 11:30	SkiBromont	Group sessions			
	Tuesday	11:45 to 13:15	Cafeteria SkiBromont	Lunch			
	Tuesday	13:30 to 15:00	SkiBromont	Group sessions			
	Tuesday	15:30 to 17:30		travel to Orford Arts Center			
	Tuesday	18:00 to 19:15	Orford Arts Center dining room	Dinner			
Tuesday	19:30 to 20:30	Orford Arts Center Pavillion E	Marie-Cat Bruno - Visualisation		Cross country		
Jan 11, 2012	Wed	from 7:00	Orford Arts Center dining room	Breakfast			
	Wed	8:30 to 9:15		drive 40 min to Bromont		walk to Mont-Orford Park X-C venue	
	Wed	9h15 to 10:00	"Croque Mitaine" SkiBromont			Welcome & info at Mont-Orford Park Lodge	
	Wed	10:00 to 11:30		Group sessions		Tech Committee Group sessions	
	Wed	11:45 to 13:15	Cafeteria	Lunch		Lunch	
	Wed	13:30 to 15:00		Group sessions		Tech Committee Group sessions	
	Wed	15:30 to 16:30		return to Orford Arts Center			
	Wed	17:00 to 17:45	Orford Arts Center Pavillion E	"Happy Hour" hosted by CANSI-Quebec - All participants welcome!			
	Wed	18:00 to 19:15	Orford Arts Center dining room	Dinner			
	Wed	19:30 to 21:30	Orford Arts Center Pavillion E	Annual General Meeting			
Jan 12, 2012	Thursday	from 7:00	Orford Arts Center dining room	Breakfast			
	Thursday	9:00 to 9:15		3165 chemin du Parc, Orford 819-843-3981	--->	go to Mont-Orford Park X-C venue	
	Thursday	9h15 to 9:45	Mont-Orford Park	Welcome, info & waxing			
	Thursday	9:45 to 11:15	Mont-Orford Park	Group sessions			
	Thursday	11:30 to 13:30	Mont-Orford Park	Lunch and drive to Mt Orford Alpine Ski Resort			
	Thursday	13:30 to 15:30	Mont-Orford Resort	4380 chemin du Parc, Orford 819-843-6548	--->	Group sessions	
	Thursday	15:30 to 17:30		return to Orford Arts Center			
	Thursday	18:00 to 19:15	Orford Arts Center dining room	Dinner			
Thursday	19:30 to 21:30	Orford Arts Center Pavillion E	Carmen Archambault - Visualisation Jean-Sébastien Thibault - NCCP				
Jan 13, 2012	Friday	from 7:00	Orford Arts Center dining room	Breakfast			
	Friday	8:30 to 9:15		go to Mont-Orford Park X-C venue			
	Friday	9h15 to 10:00	Mont-Orford Park	Welcome & info at Mont-Orford Park Lodge			
	Friday	10:00 to 11:30	Mont-Orford Park	Group sessions			
	Friday	11:45 to 13:15	Mont-Orford Park	Lunch			
	Friday	13:30 to 15:00	Mont-Orford Park	Group sessions			
	Friday	15:30 to 17:30		return to Orford Arts Center			
	Friday	18:00 to 19:15	Orford Arts Center dining room	Dinner			

Lieu de rencontres Meeting places

**Hébergement, petit déjeuner et souper
Lodging, breakfast and supper**

Centre d'arts Orford - Orford Arts Center
3165 chemin du Parc, Orford, (Qué) J1X 7A2
800-567-6155 819-843-3981 www.arts-orford.org

Telemark ski venue

Ski Bromont **PARKING P1**
150 rue Champlain
Bromont, (Qué) J2L 1A2
450-534-2200 ext 2703 www.skibromont.com

Indoor meeting place "Croque Mitaine" is up the main red stairs on the left.
On-snow sessions start at sign-post "Rendezvous Ecole de Ski"

Lieu de rencontre interieure "Croque Mitaine" est à gauche après l'escalier rouge.
Ateliers sur neige débutent à l'affiche « Rendezvous Ecole de Ski »

X-C ski venues

Parc national du Mont-Orford
3321 chemin du Parc
Orford, (Qué) J1X 7A2
819-843-9855 www.sepaq.com

Ski Mont-Orford (x-c alpine portion only)
4380 chemin du Parc
Orford, (Qué) J1X 7N9
819-843-6548 www.orford.com

CANSI National Seminar, January 9-13, 2012 Eastern Townships, Quebec:

Theme: Attitude is Everything

This year's theme reflects the importance of ATTITUDE in everything we do.

Do we project a contagious love for the sport of skiing?
Are we compassionate and encouraging when we teach?

Our customers pay to improve their ability in a leisure activity. This is not an essential activity like food or lodging, but often a discretionary investment of time and money in their favorite pastime. It behooves us to make this experience safe, worthwhile and *enjoyable*. If we project a contagious love for the sport and a compassionate and encouraging ATTITUDE, the customer will have a satisfying and productive experience, might even come back for more, or at the very least speak highly of the experience to other potential customers.

A contagious smile and light appropriate humor will pack a powerful punch when combined with all the professional training that instructors and course conductors have in their toolbox.

ATTITUDE is also very closely tied to the results we obtain when we ski.
Do we dominate the slope, or let it dominate us?

"Are you trainable? A good look inward at your ATTITUDE towards learning can help improve your quest for personal development". This quote is from an excellent article by Kelly Beairsto in the most recent CSIA 2011 Season issue of SkiPro Magazine.

A positive ATTITUDE in EVERYTHING we do is the theme of this Seminar.

Where can I benefit from world-class telemark and X-C training, enjoy fine French cuisine and impeccable country-style lodging at an incredibly reasonable price? **At this year's National Seminar!** Log on to www.cansi.ca and register now! Early registrants benefit from a significant discount!

The overall theme of the Seminar is "**Attitude is everything**".

The 3-day telemark program will be held at Bromont. High-level instructor/course conductors will cover a variety of techniques from basic skills and techniques to bump skiing to glade skiing and variable terrain skiing. Bromont invested another \$5 million this year; with over 1,100 snow canons operating we expect another great season of moguls, groomers, steeps and glades. The chairlift installed last month services a whole mountainside dedicated to glade skiing!

The 3-day X-C program will be held on the renowned circuit of the Mont-Orford National Park. High-level instructor/course conductors will cover a variety of skills and techniques including alpine turns, double poling, skating and balance. Enjoy the track, then relax in front of the warm fireplace at the rustic park lodge.

In addition to the on-snow programs, there will be evening presentations too!

Visualization by Marie-Catherine Bruno on Tuesday evening (in English).

Visualization by Carmen Archambault on Thursday evening (in French).

NCCP by Jean-Sebastien Thibault on Thursday evening.

Do not miss these presentations by our highest level Course Conductors!

In the heart of the Eastern Townships, accommodations at the prestigious Orford Arts Center are warm and welcoming. Only 1 km from the X-C venue, participants have exclusive use of a 32-room pavilion with community washers, dryers, TV, frig and microwave. BYOB permitted in the Pavilion. Team up with a friend ... 2 single beds per room with private shower at \$30 per bed per night.

Our lodge is a short walk from the on-site 5-star Arts Center licensed dining room. Breakfast (\$9) and evening dinner (\$17) offered daily at the Orford Arts Center. The chef told us that he doesn't like leftovers so extra helpings are free until all the food is gone! **Gluten-free menu available on request; just send me an e-mail so we can tell the chef.** Delicious noon meals will be available at each venue cafeteria (\$12).

This year's seminar program, venues, fine cuisine and attractive accommodations have all been arranged at VERY reasonable price. We are making every effort to have all details taken care of so every skier can **have fun, sleep soundly, eat well, learn and meet the amazing community of Nordic skiers from across Canada.**

Talk about a hassle-free high quality Seminar! Why not bring your partner – better to share a room with the devil you know than the devil you don't know!

Log on to www.cansi.ca and register now!

Looking forward to meeting you,
charles.blair@live.com and carmenarch@hotmail.com
Charles Carmen