

Program for CANSI National Seminar - Cross Country

November 24

7:00 - 9:00 pm - Evening get-together (Bar of the Georgetown Inn, 1101 Bow Valley Trail, Canmore)

Day 1 (November 25) - Cross Country Professional Development Canmore Nordic Centre Day Lodge

9:00 - 12:00 - Group lesson (classic)

#1 - *John Gallagher - A different approach to teaching downhill to beginners*

#2 - *Paul Jorgensen - The telemark turn on classic skis - a fun thing to do and a bit of a diversion from going straight down the hill*

#3 - *Ken Schykulski - Achieving the high speed step turn with students**

12:00 - 1:30 - lunch and travel to **Lake Louise - Moraine Lake Road**

1:30 - 3:30 - Group lesson (skate)

#3 - *Marie-Cat Bruno - Using classic skiing to improve your skate technique*

#4 - *Lana Ohler- Madsen - Teaching techniques from a skills based approach*

#5 - *Mini-session with John Gallagher - Timing of the pole plant in diagonal skate**

Day 2 (November 26) - Cross Country Professional Development Lake Louise - Moraine Lake Road

9:00 - 10:30 - Group lesson ski technique (classic)

#1 - *Henry Madsen - The progression of uphill diagonal stride techniques**

10:30 - 12:00 - Small group sessions (team of III/IV CC with 5 students) to improve ski technique (classic)

11:30 - 12:00 - Mini sessions (classic)

#2 - *Ken Schykulski - Diagonal stride on curves**

12:00 - 1:00 - lunch

1:00 - 2:30 - Group Teaching lesson (skate)

#3 - *Bruce Bennett - Using internal versus external cues with learners*

2:30 - 3:30 - Small group sessions (team of III/IV CC with 5 students) to improve ski technique (skate)

6:30 - 8:00 pm - CANSI AGM - Meeting room at Alpine Club of Canada

**Day 3 (November 27) - Cross Country Professional Development
Canmore Nordic Centre Day Lodge**

9:00 - 10:30 - Group lesson ski technique (classic)

#1 - *Paul Jorgensen - One step double pole: drills and techniques for improving a challenging manoeuvre.**

10:30 - 12:00 - Small group sessions (team of III/IV CC with 5 students) to improve ski technique (classic)

1:00 - 2:30 - Group Teaching lesson (skate)

#2 - John Gallagher - Reflective learning as a teaching tool

2:30 - 4:00 - Small group sessions (team of III/IV CC with 5 students) to improve ski technique (skate)

Notes:

*** Denotes a session in which a new or modified CANSI approach will be presented.**

Description of presentations:

John Gallagher: A different approach to teaching downhill to beginners

A vast majority of Trail Sports lesson clients are mainly interested in learning to control downhill skiing. This clinic will introduce a simpler way to teach speed control and turning to your beginner clients.

Paul Jorgensen: The telemark turn on classic skis - a fun thing to do and a bit of a diversion from going straight down the hill. Lots of people

are fascinated with the telemark turn, but they are such die hard cross country skiers, they will never go to a downhill resort to take a telemark lesson. This is an exercise they can work on, without leaving familiar terrain. My method acknowledges that modern era classic...and skate skis are not really designed for turning. However it is still possible to turn at slower speeds with careful attention to stance, steering, edging, pressure control, etc. I like to concentrate on what we have on our feet without changing equipment or going to a downhill area.

Ken Schykulski: Achieving the high speed step turn with students. This session will present the full progression of skills needed to have students move from balancing on a single moving ski to angulation and body position for high speed turns. Changes to the CANSI pedagogy in respect to step turns and high speed step turns will also be presented.

Marie-Cat Bruno:

Using classic skiing to improve skate technique

In this session participants will learn how to use all the commonalities between skate and classic to either use them as drills or to convince their clients to also adopt classic technique

Lana Ohler-Madsen: Teaching techniques from a skills based

approach: This session will explore a skills based approach to teaching, with emphasis on using the same foundational skills with modifications for different levels of skiers. Through facilitation, participants will have the opportunity to collaborate and develop/share drills and strategies that work on each of the foundational skills.

Henry Madsen: The progression of uphill diagonal stride

techniques. Uphill diagonal stride and running up a slope are not separate techniques but are simply progressions of diagonal stride dependent on the amount of glide. Driving the foot forward (as in uphill diagonal stride) and running up the hill are ways to maintain the skier's rhythm through varying terrain. This session will examine diagonal stride from flat ground to the herringbone going up a hill.

Bruce Bennett: Using internal vs external cues with learners.

This session takes research into how learners acquire skills and puts it on snow. We will apply the concepts in a lesson, then test them in our own teaching. The range of concepts starts with how we introduce skills,

moves to how learners practice and ends with improving the feedback we give.

Paul Jorgensen: One step double pole - drills and techniques for improving a challenging manoeuvre. One step double pole is a challenging technique. How can one best introduce it to students and work with them to ensure they are able to achieve it. This often involves working on double poling and diagonal stride to improve their one step double pole. Even the telemark stance can be used as a skill improvement exercise for one step double pole.