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Welcome

Off we go for another season of glide!
Enjoy your reading.



Gaétan Lord
Président national CANSI
Association canadienne des moniteurs de ski nordique

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Membership Renewal

With the CANSI year running from October 1st to September 30th of each year, it is time to go to cansi.ca/en/membership/renewal and pay your dues for

the 2015-2016 season.

As a current member you will then have access to your profile, your training plan and

to the Members Area, which contains in particular links to the CANSI Instructor Manual and other technical material, as well as to the CANSI Uniforms and to the ProDeals. This will also allow you to register for one of our free refreshers or for any other CANSI course.

After renewing your membership, please go to [your profile](#) and check your details: contact info and certifications expiry dates. Remember that you are no longer covered by the CANSI insurance after your instructor certification has expired. To recertify and keep benefitting from the coverage you need to take a refresher, a higher level course or attend the National Seminar.

Membership Fee

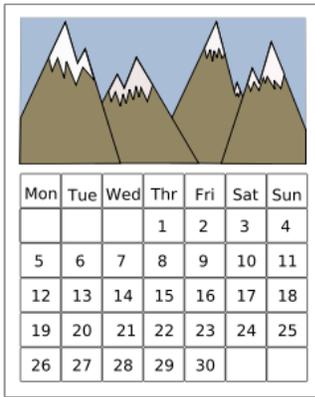


CANSI decided to increase our membership fee by \$5 this year. This is our first increase in eight years, other than when we had to start charging PST/GST/HST a few years ago. We have attempted to hold our membership fees constant, in spite of ever-increasing costs, and doing so reduces our ability to finance the priorities identified by our Technical Committee.

This increase will go to financing special projects that will directly benefit our members. Our Technical Committee (and a committee developing an updated Strategic Plan) will identify the specific priorities where the money will be used.

This year our National Office generated a financial surplus, the first of any substance in a number of years, and a portion of this will also go to membership special projects.

Note that our membership price at \$75 is still 40 percent below CSIA's and more than 25 percent less than CASI's.



2016 National Seminar

CANSI members can now schedule their next vacation. This year, as you know, we will meet in Charlevoix, one of the best ski areas on the east coast.

The committee has finally settled on an official date: Wednesday, Feb. 17 to Sunday, Feb. 21. A special committee has been put in place to work on this year's seminar formula. We hope that holding the seminar over a weekend will make it easier for you to attend.

A lot of thinking and planning go into the seminar formula and, again, we need your input. You may not yet know whether you can join us in February, but we would really like to know your expectations of the seminar. We kindly ask you for one minute of your time to answer a single-question survey to help us in our preparation. Your input is very important.

The survey is anonymous and available here

<https://fr.surveymonkey.com/r/LTVCZVY>

CANSI uniform items

Are you ready to go out? Whether teaching, training or just enjoying one of your favourite sports – do you have this piece of clothing with a CANSI logo that makes you stand out as a CANSI Instructor?

This fall, CANSI offers you a variety of high quality uniform items. All were selected by our Technical Committee based on their functionality, performance, style and adaptability to practicing as well as teaching X-Country and telemark ski. They are made by leading Canadian manufacturers and are sold at below-retail prices:

- Nordic hat and fleece beanie by Silverfoot;
- Telemark and X-Country Acto MX hoody by Arc'Teryx;
- X-Country MicroZone jacket by Louis Garneau.

A very light and versatile vest made by Sugoi and especially patterned for CANSI Instructors is also available.

For technical details, pictures, prices and to order, please check out the Uniforms page on cansi.ca.



Interski, Wow!

By Gaetan Lord

We talked about it up until our last issue in August. It is now the time to say "it was." Ushuaia, the end-of-the-world city, welcomed more than 30 countries for the quadrennial Interski events.

The Canadian Ski Instructors Alliance (CSIA) invited CANSI members to represent the country in our favourite sport. Apparently CANSI made a great impression. Here's the letter I received from their managing director.

re: Interski 2015 - Argentina

Dear Gaetan and Marie-Catherine,

On behalf of the CSIA - National Board of Directors and our Interski 2015 delegation, we would like to extend thanks and congratulation on contributing to a terrific joint presentation in Argentina on behalf of Canada. Our time spent together throughout this international event allowed us to build further working relationships between our two organizations and discuss ways to provide additional value to our members in the future.

We hope to harness the energy and inspiration felt during Interski 2015 and look forward to creating further opportunities to dialog and strengthen our partnership going forward.

Regards,

Dan Ralph Managing Director - CSIA

Jim Peever National Board Chair - CSIA



I was at Interski

By Charles Blair

“Hey, Charles, do you realize that you are the only level III in the Canadian Interski delegation?”

I was sitting across from a CASI level IV snowboarder who also had a CSIA level IV ski instructor certification. The rest of the people at the supper table in Argentina were all level IV something-or-others. Even my telemark demo team partners had level IV certifications in either XC or CSIA alpine. But the friendship I had developed with my interlocutor was such

that I raised my glass of wine, clinked his raised glass, and replied, “Up yours!” as we both continued laughing tears through another great evening.

Training camp in Farellones, Chile began at 6:15 am daily and ended with a late supper. The synchro routines came together nicely for the three disciplines: telemark, snowboarding and alpine. On day three our coach said, “At last my skiers are skiing freely again.” After all, most of us had been off skis for the last four months. After three days of training on very icy groomers, my quads were so sore I had to brace my hands on the sink and bathtub to ease myself down onto the toilet seat.

The next two travel days allowed enough rest for the quads to chase all the pain away. But don’t underestimate the overall fatigue of flying from Santiago to Ushuaia, “The End of the World,” so called because it is the southernmost city in the world, 40 km from the southernmost ski area in the world.

Interski opening day had all countries skiing the demo slope in a festive synchro, one after the other in alphabetical order. Each country had between 2 and 60 delegates. Days two to four allowed each country to do precise technical demo runs in the morning, with the head coach of each country providing technical commentary over the sound system. Afternoons were spent attending, or offering, on-snow sessions with the other participants. Evenings were spent reviewing videos and documenting information gathered during the afternoon.

Thanks to the negotiating ability of our head coach, we sat down for supper at 9 pm, one hour earlier than the usual 10 pm supper hour in Argentina! The adrenalin felt like a level III instructor exam that lasted 14 days.

It didn't take long for all telemark skiers to find each other and organize on-snow sessions dedicated to our discipline. The bonding was so strong that at the request of the "Telemark Nation" the closing ceremony was modified to allow telemark skiers from most participating countries to ski together in a single snake down the demo slope. I commend the organizers and the national team coaches for allowing this to happen.

I would like to conclude with a special thanks to all the generous fundraising supporters who help me and Marie-Cat.

And, yes, I was the only level III in the whole Canadian delegation. I suspect that means I learned more than anyone else who attended. Which made it all the more worthwhile.

Ski-Bounding : Why?

By Françoise Chatenoud

For cross-country skiers, fall is the perfect time to include ski-specific exercises in our physical activities. We want to develop cardio, increase strength, power and agility, and improve dynamic balance in order to enjoy the magic of glide from the first snow on! While rollerskiing comes closest to the real thing and may deliver the biggest physical and technical benefits, ski-bounding provides great, time-tested dryland training for very little cost, and it can be practiced anywhere there is a hill.

All you need is a pair of running or trail-running shoes and ski poles. Ideally these should be 5 to 10 cm shorter than your winter poles; eventually you may retrofit them with carbide ferrules for about \$20. Bike or ski gloves will add comfort to your hands and prevent blisters.

Then find a hill in your neighbourhood park or get on a trail network. You can practice ski-bounding on the uphill and run/jog/walk on the downhill. Have fun and design your own program. For example, focus on technique and strength at the park on a weeknight, then go for a long scenic tour on your favourite XC ski trails on the weekend, adding natural intervals on short uphill or working in longer intervals on those long climbs to improve endurance and resistance. Give yourself or your participants great workouts in the great outdoors! As a significant added benefit, because you will be out rain or shine, your body will adapt to the change in temperature and be perfectly ready for winter.

Ski-striding and ski-bounding closely mimic diagonal stride and uphill stride. You can

also offset skate on steeper hills. Correctly practising these techniques over the fall months will give your muscles good specific conditioning and contribute to building muscle memory. This will pay off immediately on snow, since great technique requires that each and every muscle knows and does the right job at the right time.

Whether teaching or training, the progression is the same: start ski-walking, progress to ski-striding with a more dynamic push-off and finally ski-bound with an explosive push-off and shorter strides. The biomechanics is the same as on snow and so are key points, challenges, cues and benefits.

I found that the lack of glide, perceived as a major shortcoming of ski-bounding, is also to some extent an advantage: by removing the difficulties of balancing on a potentially fast-moving ski and of achieving kick, it helps in isolating and working on fundamental skills such as bringing hips ahead of ankles, extending the rear leg at push-off, or landing on the ball of the foot.

Those of us who worry about impact and potential wear and tear on feet, knees and hips will find that correctly executed ski-striding and ski-bounding are easier on the joints than trail running, which in turn is significantly easier than running on asphalt. Moreover, they engage and strengthen key large muscles as well as stabilizers. The hardest part is going down the hills – so don't race down, just walk and use your poles to reduce impact.

You will also find ski-bounding more tiring and not as fast as running! Don't cheat: remain aware of your technique and maintain good form - you ARE becoming a better skier!



X-Country Newsletter Articles

Over the next few months you'll see many telemark-related articles. Our telemark members have participated in a couple of events outside the country and will share with you their experiences, technical information, videos, and more.

Besides national and regional news, the content of CANSI newsletters depends greatly on contributions from members. If you have something to share with us, don't be shy. You'll see it's easy to break the ice. We are looking for XC input in your newsletter. Just send it to National Office at office@cansi.ca.



Mountains News

Notice of Annual General Meeting

CANSI Mountain Region will be holding its Annual General Meeting in meeting Room B of the Canmore Nordic Centre on November 21st at 4 pm. All current members are invited to attend.

The meeting will be finished by 5:20 pm. Light refreshments will be served. Please register at cansi.ca/en/courses/.

CANSI Mountain Fiesta (Regional Refresher)

CANSI Mountain Region will again be holding its cross country fiesta on November 21st at the Canmore Nordic Centre. Participants will be able to choose 3 skill improvement sessions where high level instructors will assist in improving their personal skiing.

A northern fiesta will be scheduled in Edmonton in January.

The annual telemark fiesta will be held at Sunshine Village on November 22nd. The course conductor will be Jesse Moore (CANSI Tele III, CSIA 3, CASI 3). Arrangements have been made for discount lift tickets which you can obtain at Sunshine Village Customer Service prior to getting on the gondola. Please meet outside the ski school at 9 am.

Please register for the each fiesta at cansi.ca/en/courses/.

Skills Improvement Clinics for CANSI Members in Canmore

The Mountain Region will be doing a trial run of skills improvement clinics for CANSI members in the 2015-16 season. The object of these inexpensive clinics is to prepare members for their next level of certification and to tune up their own skiing skills. The clinics will be taught by Level IV instructors and/or current course conductors.

The 4-hour clinics will be offered for \$50 per clinic to current members only. Each clinic includes individualized video analysis.

There will be a skate clinic, a classic clinic and a downhill clinic, and members can take

part in one or multiple sessions. These sessions offer participants skills improvement opportunities at far below market prices. (It should be noted, however, that the clinics do not count as a "CANSI refresher").

The first round of clinics at the Canmore Nordic Centre will be:

Classic Clinic - Wednesday, December 2, 2015 -- 5:30 to 9:00pm

Skate Clinic - Wednesday, December 9, 2015 -- 5:30 to 9:00pm

Downhill Clinic* - Wednesday, December 16, 2015 -- 5:30 to 9:00pm

*We may hold the downhill clinic at the Canada Olympic Park if most of the registrants are from Calgary.

Registration opens October 1st at cansi.ca/en/courses/. Participants should register separately for each clinic they wish to attend. Registration closes 1 week before the start date of each clinic.



Pacific News

Save the Date - Pacific Fiesta - Fri/Sat, December 4th and 5th

Silver Star will again be hosting a dedicated Regional Refresher and Briefing in conjunction with the Pacific AGM on Friday evening. A formal invitation will be sent out to all Pacific members soon once we have finalized a few more details. What we can tell you is that it will follow a similar format to last year with XC on the Friday and Telemark on the Saturday.

If you are a member that has recently moved to BC or the Yukon, please ensure to update your profile at www.cansi.ca so that you make it on the invitation list.

CANSI Pacific is offering Scholarships! Apply Now!

CANSI Pacific Region is pleased to offer various scholarships to candidates who are registered or intend to register for a CANSI Course. Scholarships detailed below.

Scholarships:

- Higher Level Scholarships: Up to 6 available. Up to \$390 each, but no more than the cost of the course to the registrant who passes a CANSI Level II, III or IV certification course in either XC or Telemark.
- Level I Scholarship: Up to 2 available. Up to \$220 each, but no more than the cost of the course to the registrant who passes a CANSI Level I in either XC or Telemark Instruction.
- Level I Course Conductor Scholarship: As part of your training to become a Course Conductor you must “Rookie” on a Course. This involves assisting a fully trained Course Conductor, also known as the Examiner, in running a Level I instructor certification course. Typically, this is done in your spare time. While you would not have to pay for this part of your training, you wouldn’t get paid either. This scholarship offers you an opportunity to be paid to be trained! Up to a \$390 value. Payment is in the form of wages at \$125 per day for a total of \$250 for the course + 2 years free membership. Your membership would be updated manually upon commitment to teach and promote at least one Level I instructor certification course in the CANSI Pacific Region in each of the following two seasons.
- Travel Scholarship: Must be under 30 years of age to apply. One scholarship available. Up to \$200 with submitted receipts for an applicant under 30 years of age needing to pay travel costs to a course Level II or higher. May be combined with other scholarships.

Go to <http://goo.gl/forms/gEHMd6u7Wv> and fill out our application form. As per the details on the bottom of the form, complete the application process by forwarding a cover letter and resumé to pacific@cansi.ca with the subject line: “Scholarship Application – [your name]”. Any questions can be directed to Tracey-Kim Campbell, Scholarships Coordinator at the same email address. Please allow some time for a response as TK is not the one monitoring the email account.

Funding Guidelines (the fine print):

Please note: There is no set dollar amount per scholarship issued because it depends on the total costs to the participant, which may be offset by facilitator scholarships and other subsidies. However, there is a budget for each category of scholarship. More money is allocated within each category to those applicants who are under 30 years of age and funded by the Promotion of Youth and Development Committee that was struck following the 2014/15 CANSI Pacific AGM in response to a motion by the members for the members. All this to say... your age is important!

1. CANSI Instructor Level II, III or IV courses must be completed within a two year time frame. CANSI Level I the same year.
2. Individuals can apply for scholarships up to the cost of the course or the assigned value, whichever is less.

3. Individuals need to justify their need for funding and further, must disclose any other sources of funding.
4. Applications are approved and/or voted on by the CANSI Pacific Committee.
5. The scholarships will be awarded over a period of 2 years and candidates must be an active member to receive it: 60% in first year and 40% in second year.
6. The applicant must pass the CANSI Course and fulfill all the Scholarship requirements to receive the funding.
7. Any funding provided would follow CANSI Pacific Region guidelines, as outlined, and will be reimbursed towards the end of the CANSI Pacific Region fiscal year end (Sept 30) to an address specified in the application letter.
8. Committee members may also apply for scholarships. If a committee member applies and there are also other regional members applying for the same scholarship, the scholarship will be awarded by a vote of the general regional membership via email and may take longer to process. The other Board members may also vote but their votes hold no more weight than that of any member. To allow time to process a membership vote, committee members must apply no less than 6 weeks prior to the course.
9. The applicant will be notified no less than 2 weeks before the course starts as to whether or not the application was approved.

Note: This Scholarship offer does not in any way commit CANSI Pacific Region to fund applications in whole or in part.

Request a CANSI Course for the 2015/16 season in the Pacific Region

Don't see a suitable course listed in the Pacific Region at www.cansi.ca/en/courses/ ? Go to <http://goo.gl/forms/iirUWhWqXp> and request a course in your area. We'll do our best to accommodate.

Marie-Cat Bruno
Technical Rep, CANSI Pacific

Denys Lawrence
Course Coordinator, CANSI Pacific



Nouvelles du Québec

- La date du séminaire étant maintenant officielle, nous espérons que vous pourrez libérer votre agenda et venir libérer vos talons avec nous.
- Le calendrier des stages, des remises à jour et des journées thématiques sera en ligne sur notre site web début novembre. Nous pouvons déjà vous confirmer que nous aurons une ou des journées thématiques de bosses et de télémark haute performance. Nous travaillons aussi à mettre en place au moins une thématique de ski de fond. Étant donné que cette liste est évolutive, nous vous encourageons à vous y référer fréquemment via le site web.

How to contact National Office

email: office@cansi.ca

phone: 819-360-6700 - fax 819-776-0017 - mail :

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