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Welcome

A Word from the President

The technical committee has announced the dates and locations for this year's national seminar. We will meet at Mont Orford, Quebec, from Feb. 26 to 28 for the cross-country portion, shift to Bromont for the national AGM on Feb. 28, and continue in Bromont for the telemark portion from Feb. 28 through March 2, 2018.

The two Marios, Filion and Levesque, Carmen Archambault, and Ken Schykulski are heading up the organizing committee and will release details as they become available. Keep an eye on CANSI.ca for more information. This promises to be a fun and informative gathering of the best CANSI has to offer.

I look forward to seeing and skiing with you there!



Denys Lawrence, President
Canadian Association of Nordic Ski Instructors

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News from your Technical Committee

Well, it's finally that magical time of year again, when we can glide through landscapes that just a few months ago we would have had to walk or bike through!

As we begin teaching and sharing our passion with others for another ski season, it's not uncommon to encounter challenges in helping certain students master crucial skills. Sometimes we're able to think outside the box and come up with a creative new way of helping students, but

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If you ever find yourself stumped with one of these challenges, it's important to know that there's someone there who can help. The members of your CANSI technical committee live and breathe to help people learn how to become better instructors!

The tech committee is made up of technical representatives, telemark and cross-country, from each of CANSI's six regions across the country. All of these folks have years and years of experience, not only in teaching skiing but also in teaching good skiers to become great instructors. They are aware of the most recent discoveries and trends in both technique and pedagogy, and every one of them is motivated to impart their passion for the sport. In fact, they're so motivated that they volunteer countless hours of their time to make the acquisition of snow sport skills an easy and fun process!

So, whether you have just recently become a CANSI instructor or you have been teaching for years, **please don't hesitate to contact any one of your tech committee members.** They will be more than happy to learn about your current challenge and provide you with some interesting, practical and creative solutions.

Here are their names and email addresses:

Marie-Catherine Bruno	Pacific Region	X-C and Telemark	technical@pacific.cansi.ca
Henry Madsen	Mountain Region	X-C and Telemark	henry.madsen@epsb.ca
Ken Schykulski	Central Region	X-C and Telemark	kschyk@mts.net
Jean-Pierre Lavoie	Ontario Region	X-C	jean-pierre.lavoie@rogers.com
Sasha Skoropad	Ontario Region	Telemark	sashaskoropad@yahoo.ca
Denis Vézina	Québec Region	Telemark	denisdia@hotmail.fr
Marc Ricard	Québec Region	X-C	skidefond@quebec.cansi.ca
Larry White	Atlantic Region	X-C and Telemark	lwhite@pelicaneng.com
Robert Lafleur	Québec Region	X-C and Chair	technical@cansi.ca

By the way, you can also spend a few days skiing with many of the tech committee members at the CANSI national seminar. The seminar will be held in Quebec's Eastern Townships this winter from February 26 to March 2. It's a fun time to learn information, share ideas, make new friends and renew old acquaintances. Registration will open soon. Check CANSI.ca for details.

In closing, I would like to wish you a very merry Christmas and a happy, healthy new year filled with -6C, sunny, fresh powder ski days!

Robert Lafleur, Chair
National Technical Committee

Tech Tip of the Month: Does the steepness of the slope affect where your centre of mass is?

I haven't been able to get out for any turns yet this year, but it doesn't mean that I'm not thinking about skiing. One topic that crossed my thoughts recently was: "Does the steepness of the slope you're skiing on affect your centre of mass?"

As you know, the centre of mass can be thought of as the three-dimensional balance point of an

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In order to visualize this, we need a skier. This skier is wearing a backpack, which will move his centre of mass rearward. Our skier's physical shape moves his centre of mass forward from the midline of his body. On this slope, the centre of mass seems to be right above the midpoint between the toe of his rear boot and the heel of his front boot, which is generally what we want.

Our skier has sufficient core strength and skill to maintain his position independent of the pitch of the slope he is on, which is perfect for our observations.

When he is skiing a much flatter slope with the same body position, his centre of mass appears to be much further back from the vertical line through the midpoint of his feet, maybe even behind his back foot. Perhaps the contents of his pack are not as heavy as they appear!



On a steeper slope, our skier's centre of mass looks like it could be over his front toe.

So, based on our observations, and the expert demonstrations by our skier, what conclusions can we draw?

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(BOS), we need to adjust, by flexing all our joints.

Merry Christmas and best wishes for the new ski year. Thanks to our skier, S.C., for the visuals!

Glenn Lee

CANSI Telemark Course Conductor Level III

Tech Tip of the Month: X-C Skiing Technique Videos

Classic: [Failure to launch](#)

Skate: [Easy glide for skate skiing](#)

Enjoy your viewing!

Marie-Catherine Bruno

CANSI X-C Course Conductor Level IV

To Cancel or Not To Cancel



Whitehorse had a good start to the ski season and there has been a lot of interest in lessons, especially for new skiers. However, the weather has been uncooperative. In one week, I had to cancel a morning skate lesson due to cold weather, then three days later I cancelled a group beginner lesson due to melting, unsafe conditions. A week later, the same group lesson had to be cancelled due to icy conditions.

As an instructor, it is sometimes difficult to cancel a lesson because of the loss of income and the difficulty of rescheduling. The reluctance to cancel has to be countered with the priority of client safety and enjoyment. An experienced instructor may be able to enjoy ski conditions that are not ideal. With experience you can cope with hard-packed trails or klistor conditions or slow snow, but a new skier will have difficulty with all of those conditions. A beginner's safety will be compromised by icy hills or marginal ski tracks and it is the responsibility of the instructor to postpone in those situations.

When teaching people who are new to cross country skiing and in many cases, new to Canada, with no experience with any form of sliding sport, I want to ensure that they enjoy their first time on skis. That means that grooming has to be nearly perfect and snow conditions ideal for waxing and

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I have found that no-wax skis are better for new skiers for a couple of reasons. Grip wax can sometimes be too grippy at the wrong time, especially when starting down a hill. When first introducing diagonal stride, there is some walking on skis and herringboning on hills so any sticky wax can cause difficulties and make the first experience less enjoyable. It can be difficult to get enough grip, which is equally unenjoyable, but that is easily fixed outside, with the addition of wax. These issues can be avoided by using no-wax skis.

If a client is insisting on a lesson regardless of conditions, it is the instructor's responsibility to say no if the conditions are known to be unsafe. It may be possible to find a safe location for a lesson, but the instructor has to be confident in the decision to go ahead. The instructor should also provide a safety warning about the conditions that will be encountered away from the teaching area if the client plans to practise after the lesson.

As a CANSI certified instructor, I know that I'm covered by liability insurance, but I am responsible for the safety and enjoyment of each client. I would not like to see a broken arm or a concussion just because I thought the conditions were good enough.

Mike Gladish
Whitehorse

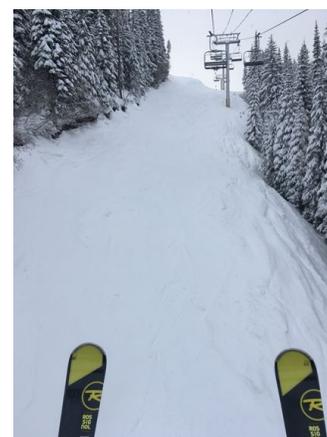


Pacific News - Hello November snow!

The ski season in the Pacific Region has started with a storm of courses and activities. Early snowfalls have led to spectacular openings. Even Mt Washington on Vancouver Island managed to open in December.

The Pacific Fiesta and AGM at Silver Star in Vernon attracted over thirty skiers.

Cross Country Level One courses have already taken place at Silver Star and Sun Peaks out of Kamloops, with more taking place at Cypress Mountain in Vancouver, Callaghan Valley at Whistler and Dawn Mountain in Golden. There are also courses scheduled for Stake Lake near Kamloops, Otway near Prince George and Mt McIntyre near Whitehorse, Yukon. Additional courses are being discussed for Silver Star and Dawn Mountain in the New Year. Take a look at the CANSI website and find a level one course near you.



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The Cross Country Level Three and Four Preparation Clinics, at Silver Star, have already sold out. The new Cross Country Level Four Training Course, to be held at Silver Star in February, is almost half full and the Evaluation Course is beginning to fill. The new format allows candidates to attend the Training component separately from the Evaluation component. Upon completing the Training Course, candidates can decide to continue to the Evaluation course, or simply continue to train. This is a new and experimental approach, which could become the new model for CANSI, following the examples found in CSIA and CASI.

Telemark courses are beginning to fill. Check things out on the website.

Finally, a big Pacific welcome to Jessica Stichelbout, our newest Course Conductor in the East Kootenay, and a welcome back to June Hawkins, the new Program Director at Nipika Mountain Resort. CANSI Pacific is happy to have these cool ladies involved in our area. Skiing with them will improve your skiing and teaching. It will also put a smile on your face. Welcome Jessica and June.

Denys Lawrence
CANSI-Pacific Course Administrator

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