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Welcome

A Word from the National Seminar Coordinator

The CANSI national seminar is less than a one month away! Cross-country skiers will gather from February 26 to 28 at Mont Orford, Quebec and telemark skiers will convene nearby at Bromont from February 28 to March 2 to share the latest ideas on teaching skiing and skill development. The programs are taking shape and are posted on CANSI.ca. There will be a great mix of interesting presentations that will help you improve your teaching and your skiing. There are still openings for more presentations, so level III and IV instructors who would like to share their ideas with other instructors are welcome to submit their presentations to the seminar organizers at technical@cansi.ca

The national seminar as always has a strong focus on skill improvement for level I and II instructors. Not only will you be able to attend all these great presentations by high level instructors, but you will also have small group or one-on-one skill improvement sessions with them. You can get up to nine hours of individualized skill improvement sessions with some of the top instructors in Canada!

Register at CANSI.ca now for *your* national event on excellence in ski instruction. Early bird registration closes February 9. Come ski with us in the heart of the beautiful eastern townships of Quebec.



Ken Schykulski, Central Technical Representative
Canadian Association of Nordic Ski Instructors

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Orford - Bromont, QC



Registration, program, accommodation, ski passes, seminar banquet, transportation - all you need to know to plan your participation in CANSI's great annual celebration of nordic skiing and instructing is now posted on CANSI.ca.

Treat yourself with this fantastic opportunity for professional development, socializing and networking, and enjoy belonging to our prestigious professional association.

Tech Tip of the Month: Improving Your One Skate

By Lana Ohler-Madsen, CANSI X-C Instructor level IV, X-C Course Conductor Level III

For most recreational skiers, one skate is a technique used for fast trail conditions. More advanced skiers will use one skate for acceleration and even for uphill. One skate is a challenging technique for many skiers because it requires strong balance and pole-assisted glide in order to be efficient. In this article, the reader will be reminded of key technique points and exercises that can improve a skier's one skate technique.

Balance on one ski is fundamental to all ski techniques, and lack of strong balance is especially visible in one skate. Instructors will ... [read on](#)

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Committee



By Rob Henderson, Chair, Strategic Improvement Project

As part of CANSI's strategic plan to attract and retain members, we have identified the need to improve our website. Members of the technical committee, who are responsible for providing ski technique and teaching information to us, have been working hard this year to make online videos, articles and documents and online learning opportunities. Along with their efforts, members of CANSI's national board are working to improve our website and our approach to communicating with you, our members. This year we will be working to make our website more user friendly, accessible via smartphone and computer, and easier to navigate to find the information that is important to you.



We want to thank Mountain Equipment Coop for their help with this initiative. MEC provided CANSI with \$20,000 through their Community Improvement Grant. Please help us show our gratitude to MEC by visiting a store in your area or online.

To date, we have conducted a needs assessment involving representatives from each region's board and course administrators, the technical committee, national board and national office. We identified the areas we would like to improve and now we are looking at what is required to put these improvements into place. As with most improvement initiatives, we have lots of ideas and so the hard work starts now as we try to determine what can be achieved within our budget.

As an association that functions through the efforts of volunteer members, we need your help with this initiative. There are two ways you can help:

1. **Give us your opinion** – As a member, what do you want to see on the website? What would keep you engaged in CANSI? What specific information are you are looking for? What improvements would you like to see? Please take a few minutes to send your ideas or opinions to our [national office](#).
2. **Website design expertise** – We are looking for anyone who can help us with the technical details of web design, website editing tools and content management systems. Any help will be appreciated as we are trying to get the most out of our grant funds. If you have time and expertise to offer, please contact our [national office](#).

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move forward with our website improvement project.



Rob Henderson, Ontario Regional Representative to National Board

PSIA Telemark Academy at Big Sky, MT April 19-22, 2018



Here's your chance to ski with the PSIA Telemark Team in April at Montana's Big Sky Resort. The PSIA has kindly allowed a limited number of CANSI Telemark instructors to participate in the Telemark Academy.

[PSIA Telemark Team](#) members Grant Bishop and Gregory Dixon will lead you through three days of big mountain skiing, skill improvement, teaching progressions and drills, and more. From the release of PSIA's new telemark fundamentals to the ever-evolving telemark turn, be prepared to have your concepts and skills challenged. As always, with this telemark crew, expect lively and fun-filled social events to follow the day's work on the hill.

Rate increase after Friday, Jan. 31, 2018. Hurry and register now, because space is filling up fast!

- 3 days of structured on snow and indoor trainings with Telemark Team members
- 4-day lift tickets
- 4 nights at Big Sky

For more information, or to register, please call the PSIA National Office in Lakewood, Colorado 303-987-9390

Help wanted to produce the Newsletter

We are looking for a creative, innovative and computer-savvy member to help us make our newsletter as vibrant and inspiring as the world of nordic skiing and instructing. If you have these skills



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