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An inspirational figure in sport and life passes away – remembering Heinz Niederhauser p. 3



Letter from the Editor

I am not one of those people with a five year plan, but I do have a little "things I want to do some day" list in my head. In recent years I have started being more disciplined about ticking things off that list. Go hiking in Patagonia. Tick. Buy a house. Tick.

Ski the 50 km route at the Caribou Marathon. Well, that needed a little more work – so I trained for and ran a half marathon in November as part of building my endurance levels. A half marathon was also on my list – another tick - but I was still hesitant about actually tackling the 50 km race, and thinking limiting myself to the 30 km distance.

On the Friday before the race, I was driving to 100 Mile House, heading through the Fraser Canyon in typical "wet coast" winter conditions. I had winter tires and was driving under the speed limit. Apparently, not slow enough, because my car fishtailed on black ice as we approached the last, and longest, tunnel.

I'll spare the gory details, but three times in the next minute, I had reason to believe my friend and I were going to at the very least suffer serious bodily injury, and at the worst not make it out of that tunnel alive. Miraculously, after banging off the wall, narrowly missing an oncoming RV trailer, and being rear ended, there was no damage to people and minor scrapes to the vehicles.

So, when we got to the race registration office later that day, I took the plunge and signed up for the 50 km race. And I had a great time doing it!

What does any of this have to do with CANSI ski instructors, you ask?

We've all set goals to become instructors, or to move on to the next level. But many of our students have also set themselves a goal – to learn how to ski or get into shape, or improve their technique so they can ski faster. And by taking a course, they are taking action to meet that goal. Our challenge is to help them achieve it by getting them moving, or turning, or faster on skis, but most importantly enjoying and hopefully becoming passionate about the sport.

It's important to remember we do more than break down technique into manageable bits of information. As instructors, we are facilitating people's aspirations. Even if it's as simple as mastering the snow plow, that can be a very big deal to someone with a fear of falling.

My favourite moment in a class is when something "clicks" for the student and you can see their face light up because they got "it". I also love seeing my former students out skiing on their own. Then I know that by helping them achieve their goal, I have met another one of mine – to get more people out there, loving those skinny skis. Tick.



Sherryl is smiling because she is on Madely Creek, one of the recreational trails in the new Callahan Valley cross-country ski area (also known as Whistler Olympic Park). Woohoo, new trails!

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This year's deadlines for publication are:

Spring issue

March 15, 2008

In Memorium

Heinz Niederhauser

Nordic skier, coach, master ski waxer, pastry chef, mentor, father and beloved husband

Born August 27, 1935, Switzerland, died January 5, Canada

By Jack Sassesville

On the first weekend of January, cross country ski racers descended on the ski trails at Highlands Nordic, near Collingwood, to compete in races that would select Canada's team for the world junior and under-23 teams. As usual, Heinz Niederhauser, one of Canada's great cross country ski coaches, was on site to help the Ontario Nordic ski team do its best.

It was there, on Saturday January 5, that he took a break between races to ski one of the loops at Highlands. "It's a great day for a ski," Heinz said to one of the coaches on the trail. Moments later, he collapsed in the snow.

Heinz, who at 72 was still a handsome man with a sturdy, athletic body, died doing what he loved to do – cross country ski and coach young athletes, from the club level to the Olympic greats.



courses, conducted clinics for high school teachers and athletes, and initiated many races in Southern Ontario.

In the late 1970s, he became the Technical Director for the National Ski Team. Cross country skiing was really beginning to blossom and it needed trained leaders, coaches and instructors, and Heinz was at the forefront in all of these areas. He launched the Coaching Certification program by running the first coaches' courses in 1977. He was one of the three founding fathers of the Canadian Association of Nordic Ski Instructors. He started the first Junior National Team and the first sport science committee for the National Team.

He coached plenty of great cross country skiers, including several stars of the national ski team like Jenny Walker, Kate Brennan and Perianne Jones.

Marty Hall, former National Team coach, wrote: "Gatineau Park will never be the same--it was my time to be with and see Heinz--the king and his court---so many skiers, coaches and athletes were mentored, coached and touched by Heinz in so many good ways---not only in sport but in life--could there be any more vibrant encounter each and every time you met up with him at one of the cabins, trails or parkways--he always made your day better."

He was a rigorous coach. At national ski team training camps, he would insist that cross country skiers begin the day with a run in the dark at 6:30 a.m. Heinz was always the first one up and the leader of the morning run and stretches. These were not optional runs, they were mandatory, even for those veteran senior skiers on the team that had never done it before. That was Heinz's way – we all did it, there were no exceptions and we all did it on time. Everything about that camp was organized in the way that only the Swiss can organize.

After the 1980 Olympics, Heinz returned to the club and division level as the coach of the Ontario Ski Team and the National Capital Ski Team. He also started the Ottawa Ski Racers Ski Club and helped many athletes make the National Team.

In the 1980s, he moved to Lowney Lake, west of Ottawa, where he ran a campground, installed swimming pools, did income tax returns and baked fantastic desserts for his campground guests and other local

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Heinz has been described as enthusiastic, motivated, kind, encouraging, passionate, dedicated, persistent, hard working, knowledgeable, fun, difficult, and a role model.

Heinz was born in Switzerland, the son of a chocolate maker. After training as a pastry chef in Switzerland, he immigrated to Finland to work in the factory of one of the biggest chocolate and pastry companies in the world. There he married a Finnish girl, and in the late 1960s he immigrated to Canada to work as a baker in Southern Ontario.

When he arrived in Canada, cross country skiing wasn't very popular here; the only cross country skiers in those days were immigrants from Europe, primarily Scandinavia, where cross country skiing for fitness and sport had been popular for over a century. Yet it was then, just as the fitness boom was fuelling an interest in cross country skiing in North America, that Heinz discovered his lifelong passion for the sport.

Heinz quickly moved from racing to instructing and coaching. He developed and coached the Southern Ontario Division team, instructed and examined Canadian Ski Association Instructor and coaching

Heinz, Continued from page 3

cottage and home owners. His specialty was chocolate tortes, or anything chocolate. He started the Lowney Lake Nordic Ski club primarily for the children of his second family, Jana and Sven, who became very accomplished ski racers.

There have been many words used to describe Heinz: Enthusiastic, motivated, kind, encouraging, passionate, dedicated, persistent, hard working, knowledgeable, fun, difficult, and a role model. He was all of these and more. He was a loving husband to his wife Blanche and to five children from two marriages.

*...so many skiers, coaches and athletes were mentored, coached and touched by Heinz in so many good ways---not only in sport but in life--
... he always made your day better*

Heinz loved cross country skiing and people. He loved to help people and he genuinely cared about others. Throughout his skiing life, he always tried to help others to become better skiers and people. He lived his life at 100% forward speed, always challenging skiers, coaches, and administrators to be better.

His legacy will live on long after he is gone. It will live on in the skiers that he has coached, in the coaches that he has trained and in the structure of the sport of cross country skiing that he has made better. Like ripples flowing out from a rock hitting the water of a lake, the legacy of Heinz Niederhauser will live on in cross country skiing for as long as there are skiers in Canada.

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About Jack Sassesville

Jack took his Level 1 CANSI in one of the first courses ever offered at Sunshine Village in the spring of 1978. He took his Level 2 the next week. He took his Level 4 in 1980 in Panorama. Heinz taught Jack all of his CANSI courses, Level 1 to 4.

He was on the CANSI technical committee from 1981 to 1984 and helped to write the first CANSI manual with Lyle Wilson, Anders Lenes and others.

He did run a number of Level 3 and 4 courses in the early and mid 80's but was not that active in CANSI because of his work with the National Ski Team.

He was a National Team coach from 1979 to 1992 and coached at 4 Olympics and 4 World Championships and 8 World Junior Championships. One of his skiers, Marie-Josée Pepin, won a silver medal at the World Juniors in 1989.

He was one of the founders of the Jackrabbit program in Winnipeg in 1976 and ran the first Racing Rabbits program in Canmore in 1993.

After his work with the National Ski Team, he coached the Canmore Ski Club from 1993 to 1995. In 1995, he moved to Hardwood Hills where he is the Program Director and Head Coach working full time in ski instruction from 1995 to 1998. He started Team Hardwood in 1996 and has coached this team since then. In the past 5 years, Team Hardwood has been in the top 5 clubs in the country at Nationals and was 2nd last year. They have also won the Ontario Cup for the last 5 years.

As most of you no doubt know, in addition to his contributions as a coach, Heinz was one of the three founding fathers of CANSI.

Paul Viger, the first president of CANSI, wrote when informed of Heinz' death:

Very sorry to hear of the passing of Heinz. My memories of Heinz go way back to the late 70s. He took a bunch of sad sack skiers and turned us into the nucleus of The Canadian Association of Nordic Ski Instructors (CANSI). His contribution to this sport will never be forgotten.

More tributes to Heinz can be read at the CANSI website at <http://www.cansi.ca/en/news/2008/01/000215.php>

Other articles on Heinz's incredible commitment to cross-country racing, skiing, coaching and his community in general can be read at: <http://www.xcottawa.ca/articles.php?id=934>

And

<http://www.pilonfamily.ca/runtime.php?SiteId=3387&NavigatorId=56992&ItemId=146208&viewOpt=dpaneOnly&op=tributeCondolenceView>

Xcitation editors past and future?

Their involvement with CANSI brought these two instructors together 4 years ago. Now they are pleased to announce their direct involvement in training the next generation CANSI instructor.

Proud parents Brian Scott and Karla Wikjord have just learned what it is like to fall in love all over again.



Introducing: Alexander Lennox Scott
(Zander)

Born November 30, 2007

Weight - 7lbs

Zander returned home in a blizzard and so has had his first taste of the white stuff already.

The pulk is ready to go.

Happy Trails!!

GET ENERGIZED!

This month's feature energy food is the "I Can't Believe it's Tofu" Smoothie

You'll love this quick energy drink for breakfast or your afternoon snack. It's dairy free, but packed with protein so you will not feel hungry quickly. My friend smuggles the tofu into her teenagers' smoothies every morning, and they have no idea! Even tofu haters will be fooled.

- 1 banana
- 1 cup orange juice
- 6 ice cups
- ½ pack of soft tofu

Put it all together in the blender and use the ice crush setting. If you want, substitute the soft tofu (it MUST be soft or the recipe will not work) for a flavoured desert tofu, such as coconut or peach mango.

Makes two servings

CANSI Instructor Profile

Okay, here's how it works – in the interest of getting to know each other a little better, I'd like to see people send in short, snappy bits like this, with a picture. Yourself, your staff, your friends, I don't care.

I'll go first since you are all so shy.....

Name: Sherryl Yeager, CANSI Level 1 Cross-country

Location : Sigge's Sport Villa, Vancouver - Will also provide lessons for red wine, and occasional coach for the Nordic Racers Learn 2 Loppet program

Years in CANSI: 3

Day Job: Vice chair with the Workers' Compensation Appeal Tribunal

Favorite Drill: The scooter (or skateboard, depending on the demographics) because it's fun and teaches fundamentals of weight transfer and pre-load

Volunteer: yes – on track to be an official for the Callahan Valley events in 2010!



Ask A Pro

by Keith Nicol

Q: Videotape can be a great tool to help students see where their technique may be improved. What can you do if it is not possible to videotape your students?

A: Practice common errors.

As an instructor of course you need to ski well, but at times it is worth practicing some common errors.



Toe push

When I do a lesson, I often try to show a skier where their weak points are through a demo of how they ski

For instance if a skier is toe pushing while skating or skating with their weight on their heels I will demonstrate that style of skiing. Sometimes this is easy to mimic but other times it requires some practice.

I often videotape myself doing these errors to ensure that I am demonstrating them "correctly." Being able to show another skier how they are skiing allows them to see where the problem is and often is the first step in improving their skiing.



Weight on heels



Weight and push are fine

Contributor Keith Nicol is a CANSI Level 4 X-C Ski instructor and Level 3 Telemark. He writes the Tech Tip columns for *Ski Trax* and is the CANSI Atlantic Technical Committee Rep. He can be reached at knicol@swgc.mun.ca

To see some common errors demonstrated see his web page at www.swgc.mun.ca/~knicol - click on Nordic ski tips or his most recent U Tube postings. Search under k2nicol and scroll down to the x-country skiing clips.

Technical Seminar and pre-level IV course will make you hurt so good

By Cameron Smith

As I drove from Ottawa to Highlands Nordic in Duntroon, ON for the CANSI AGM and Technical Seminar, I wondered if I should have brought my golf clubs instead of my skis. The warm rains that fell in January in southern Ontario had wreaked havoc in the Collingwood area, leaving the farm fields looking very autumn-like. Thankfully, Highlands Nordic had managed to retain some snow, a portion of its trails were still open and the forecast looked promising.

Initially my intention was to only attend the AGM and use it as an opportunity to meet some of the instructors whose tips I have been reading in CANSI publications. I am presently a Level 2 instructor in Ottawa with a plan to attain Level 3 in the next year or two.

The Technical Seminar that accompanies the AGM is normally reserved for Level 3 and Level 4 instructors. It serves as a forum to discuss new ideas and provide a framework to the teaching protocols that the rest of us will eventually use. The theme this year was Innovations in Ski Instruction. One of my CANSI mentors, Paul Graner, suggested I

attend the Technical Seminar as well as the Pre-Level IV that followed.

A number of instructors had come from the Southern Ontario area for the AGM and the cocktail and dinner periods gave us time to get acquainted. The meeting itself discussed various administrative items as well as motions to the CANSI Board of Directors. Almost every corner of the country was

ski scene for many years both as a racer and a coach. He is currently working with National Team skiers Chandra Crawford and Devon Kershaw, as well as the indi2010 Team.

Our morning began with some video and a discussion on the current techniques being employed at the World Cup level, predominately in diagonal stride and double poling. By mid-morning we were out on the snow observing Ulf and practicing some of the new techniques.

A complete discussion of all the techniques would take an entire article. In summary, the elite skiers are using much more forward body position, more bend at the ankles and sharp knees in diagonal stride, and an extreme forward lean, high hand position and a short explosive crunch on the double pole.

The title of the afternoon session run by Mark Simpson was "Review and Consensus on High Level Skiing Criteria." Mark has impressive credentials, superb skiing skills, and is a creative course conductor. We discussed both classic and skate technique but spent the better part of the afternoon on our skate skis. As we had participated in some very aggressive classic skiing all morning, it

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represented and the discussions and feedback were great.

The Technical Seminar began on Sunday and was a two day affair comprising of modules run by guest instructors and CANSI Level 4 course conductors. Sunday began as a classic day, with Ulf Kleppe running the morning session.

Ulf is a respected authority on classic technique and has been on the

Hurt – continued from page 7

was a welcome change.

Mark led an interesting session focused on skill assessment and judging over-all ski abilities and

promoted some lively discussions on the merits of terrain based ability assessment. His questions to us were these: Can we assess a high level candidate on skill based exercises alone? Should a Level 4 candidate be able to ski well on all terrain in varying conditions? How can we best assess that?

On Monday morning we headed to the private ski resort of Devils Glen for the session "Innovations in Downhill Technique" run by Rob Henderson.

The resort was closed for the day, which allowed us uninterrupted access to the hill, and as icing on the cake, we had 10cm of fresh snow. Rob ran a very dynamic session that was both interactive and fun.

At the end of these three days I had learned so much my brain hurt almost as much as my legs

His session forced us to think outside the usual CANSI models of teaching, incorporating some aspects of the new CSIA and telemark teaching methods. Alpine and telemark instruction is becoming much more movement based and is using fewer static demonstrations to help students learn to ski.

Rob encouraged us to be creative in our teaching, to "get off the grid" and whenever possible to ski the terrain with our students. We ended the session with some Telemark turns and an exciting Rail demonstration by Rob.

In the afternoon former national team coach Jack Sasseville entertained us. It was my first time meeting this larger than life character with a booming voice and infectious enthusiasm for skiing.

His presentation on innovations on skate skiing used video from races in Europe and from the United States Ski Association, showing the dynamic double pole and aggressive offset maneuvers currently being used on the World Cup circuit.

Again we had an opportunity to ski with Jack and attempt to utilize these new techniques. Some aspects had similarities to our present curriculum, and some were very different.

Offset employed the sharp knees and very flexed ankles that classic has adopted and more lateral than rotational weight transfer. The double pole as demonstrated by Jack was explosive, employing an extreme forward lean, hands originating at eye level and 100% weight transfer to the poles resulting in a pivot at the bindings as the skiers feet literally come off the skis!

All of our instructional techniques have originated at the elite level and then filtered down to the recreational user, so we were most likely witnessing the future of ski instruction!

By Tuesday morning many of us were fatigued after three days on skis. The Pre Level 4 course was run by Mark Simpson and had four candidates as well as me (intending only to observe).

Mark had other ideas and ensured that I participated fully. He also indicated I would be assessed as a Level 4 candidate and given feedback on my skiing. I felt very much out of my league at this point, but Mark and

the other candidates were welcoming and included me in every aspect of the day.

At the end of these three days I had learned so much my brain hurt almost as much as my legs. But the skiing skills and creative teaching



styles I witnessed have added greatly to my repertoire of ski instruction.

I strongly recommend any Level 2 instructors that are considering a move to Level 3 in the next few years to ask to attend the seminar. You will not be disappointed!

Cameron Smith is a Level II instructor from Ottawa who likes to road cycle and sail in the off-season.

A Telemark Racing Team in the province of Quebec

by Robert Lesage, Telemark II

Did you know that there is a telemark racing team in the province of Quebec ? Well, yes! This team has been active for 10 years and presently 20 racers make up the team, men and women.

Very well managed and trained by our excellent coaches, we begin weekend training sessions at the very beginning of winter. Afterwards, advanced telemark clinics are held on a GS (Grand Slalom) course to help us improve our techniques.

Our chief coach, Annie Laurendeau and her assistants, Stéphane Perreault and Maurice Mondoux are always present to teach the techniques, to give us personalized hints and above all, to encourage us.

And by the way, these clinics are opened to all ! So at the same time, I would like to invite all who wish to try it and see to come and join us on Monday evenings at Mont-Chanteclerc in Saint-Adèle from 7 to 9 p.m.

Then, all winter long, from 5 to 7 competitions are held at different sites in the province.

Also, these events give way to the selection of a team of 10 racers to compete on the World Cup circuit.

Just imagine yourself in the mountains of Norway, of Switzerland and of Germany, and to have the privilege to compete against the best telemarkers in the world.

I have lived the dream and I can assure you that it was quite an experience... for sure unforgettable!

In conclusion, all these training sessions and races have helped improving my performances, but above all to surpass myself and to feel big thrills.

If this has excited you and you want to hear more on this team and the clinics, you can check the team website:

www.telemarkquebec.qc.ca

My progression in telemark

Since I first came down a hill on telemark skis, I have continuously evolved in the sport. With the passing years, as it became a passion, I decided to devote time in promoting telemark skiing. To all of you who wish to get involved in this sport, I would like to share with you my progression, hoping that you will become enthusiast in following these steps.

First, I participated in Levels I and II telemark courses. Then, I started giving telemark clinics at various events like the Mont-Comi Festival and worked during one winter to set up a telemark school for youngsters at Mont-La Réserve in Saint-Donat. I also gave introduction courses to students of the Polyvalente Val-Morin.

Last year, I started giving telemark clinics one evening a week. All interested were welcomed. While promoting telemark skiing, these clinics allowed me to become better known in my region, the Saint-Sauveur Valley, and to become more sure of myself and experienced in teaching.

This last endeavour has particularly encouraged me to continue since there were 4 or 5 people present at the beginning of the season and more and more people came as the season went by. At the end of the season, a group of 12 to 15 people gathered for the evening session.

In order to accomplish all this, I had to publicize myself. So, I handed out my business cards along with an info leaflet. I also had the opportunity to be interviewed for the local newspaper. Finally, I am working closely with the ski shops Atmosphère and Kanuk of Saint-Sauveur.

And this year, quite a challenge awaits me in my new role as telemark courses coordinator for CANSI



Robert displays his two passions

Quebec.

In ending this article, I would like to wish you all a good telemark skiing season!

Telemark Clinics

This winter I will be giving telemark skiing clinics in the Saint-Sauveur Valley region. All levels of skiing are welcomed, beginners as well as advanced skiers in a club format system.

The clinic lasts 2 hours from 7 to 9 p.m. on Wednesdays at Mont-Habitant and on Thursdays at Mont-Chanteclerc.

If afterwards you feel the need for a more personalized course, it is always possible to get together.

Also the ones who wish to register in a Level I or II instructor's course will be welcomed and can check on the CANSI Website for dates and sites at: www.cansi.ca/fr/

If you want to discuss more about these clinics or courses, you can contact me anytime.

Robert Lesage

Tel.: 450-744-3023

Email: robylesage@hotmail.com

Cold weather students create the rare, but beautiful downhill offset

By Henry Madsen

In Canada's North, if you wait for balmy -20°C weather before you pull out your cross country gear, you won't ski. Members of Canada's Arctic communities are accustomed to cross country skiing in conditions where most of the rest of the country's ski community would stay indoors to put on warm glide wax and drink hot chocolate.

Such was the case in early December of 2007, when six hearty North West Territory residents took



a CANSI Level 2 certification course. And it was during this course that the rare but beautiful downhill offset was perfected.

In technical circles, the downhill offset is a seldom discussed maneuver. This is likely due to the fact that few cross country skiers have had the privilege of skiing in Yellowknife,

NWT at -40 °C (-50 with the wind chill).

But, during this recent Level 2 course held high in Canada's North, that is exactly where the mercury dipped. So ... two questions were "hot" topics.

First, what wax generates glide on sandpaper? And second, how do we accelerate enough to teach "high speed step turns?"

The answer to the first question remains a mystery. The answer to the second question - find a

steep downhill, and accelerate using the rare but beautiful, downhill offset.

Chances are most skiers will seldom have need for this demanding technique, but if you can master it, you are a candidate for the "Chill Factor Winter Games."

The course was brilliant. The highlights, apart from developing a new and rare technique, included wonderful northern hospitality (warm by any standard),

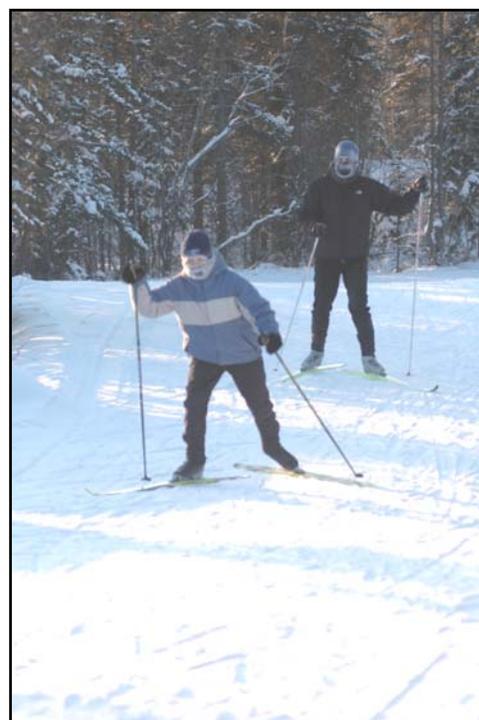
sharing Arctic char, skiing with enthusiastic Nordic colleagues and skiing on many kilometers of trails lit only with strings of Christmas lights.

Indeed, despite the cold, night skiing was a high point, with the Northern Lights above, and the trails lit with

delicate pin points of light paralleling the perfectly groomed tracks. Rumor has it that we were just unlucky. Normally the temperature is a pleasant -30!

If you have the opportunity, take advantage of a northern skiing experience. You won't be disappointed, and you may be able to use the rare but beautiful downhill offset!

Congratulations to our new level 2 instructors!



Pros outweigh cons if you go to the National Telemark Seminar

By Larry White

Here I am a lowly Level I Telemark instructor relatively new to CANSI who had to beg to go to the seminar (my knees still hurt). So why would I go?

Let's look at the down sides first:

begging, cost, long drives in the middle of the night (Air Canada's fault) and rain. Actually, I have to explain the last one.

Whenever I go skiing somewhere it either (a) rains or is (b) icy, and I mean anywhere (B.C., Tahoe, you name it). And, I almost forgot – skiing with instructors who are so much better than I am.

Okay, we know the negatives, so what were the positives?

The biggest and easiest one to quantify is the camaraderie. Where else in Canada can you hang out with a bunch of great people who share your passion? Sure, yes

they can all ski circles around me, but to be honest that is part of the appeal.

The on-snow sessions led by senior instructors were excellent! We covered a lot of things not

CSIA Level 4, and high performance telemark turns from a racing perspective.

The off-snow sessions and discussion were equally stimulating, and you get to have

your voice heard at the national level with the people who make the decisions that define where CANSI is going.

But the real reason to go is that in the end your skiing will be better, maybe not that day but certainly as you move forward. And more importantly you will be thinking about your skiing and the direction that technique is moving in nationally. All of these will make you a better instructor. So why

didn't you go?

Larry White is a lowly Tele Level I Instructor with sore knees from the Atlantic Region



directly covered by any of the CANSI courses. Some examples are: the teaching progression for never ever skiers in a ski school setting, current CSIA alpine technique and teaching led by a

New CD to Check Out

Review by Keith Nicol

At a recent national seminar we had a great skating session with Jack Sasseville. He told us about a new CD that the USSA has produced and I have recently obtained a copy.

It is very good and deals with racing classic and skating technique. For CANSI members who have been following the developments in x-c ski racing you will have noticed some big changes in some techniques lately-particularly double pole. And this translates to changes in 1 skate and 2 skate as well since they employ a double pole action.

There are drills and sections of elite racers using these techniques on the CD. It is good addition to any ski teachers tool kit.

It is available from the USSA at U.S. Ski and Snowboard Association. Box 100 1500 Kearns Blvd Park City, UT 84060 Main Phone: 435.649.9090 FAX: 435.649.3613

The CD is called **Cross Country Technique Fundamentals** ISBN 0-9774582-3-7

Teen earns Gold Bar in third marathon for cancer

Jessie Krejcik was 10 years old when she completed her first 160 km Canadian Ski Marathon (CSM), earning her Coureur des Bois Bronze designation two years ago. Last year, she achieved the CSM Coureur des Bois Silver for completing all 10 sections of the CSM route while carrying a 5 kg pack.

On February 10, 2008 this amazing young woman completed her Coureur Des Bois Gold, which means that in addition to completing the trail and carrying the pack, she camped outside overnight. Jessie skied for the benefit of children with cancer, throughout Canada and the USA.

Nobel Prize nominee Phil Gold, CC, OQ, MD, PhD, and most importantly, a cross country skier himself, referred to Jessie as being "remarkable."

Please spread the word about Jessie and her effort. Anyone anywhere can sponsor Jessie by contacting any children's hospital.

Read more about Jessie's drive to raise money for children's hospitals, or make a donation, at:
<http://jessie160k.wordpress.com>.

Read more about this year's CSM at:
http://www.skitrax.com/index.php?module=Section&action=viewdetail&item_id=3413

Murray Levine

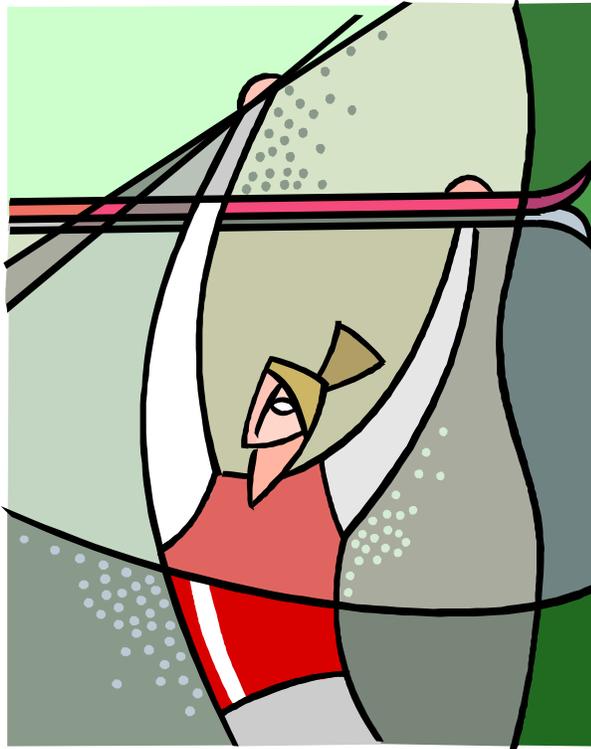
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Club Alpin du Canada (Montreal)

President, ACC Keene Farm Inc. [501 (C)

(3)www.accmontreal.ca



Remember to surf www.cansi.ca for current news on scholarships, course offerings, jobs and more!

CANSI PACIFIC is pleased to be able to offer financial assistance to aspiring ski instructors and course conductors who demonstrate a commitment and enthusiasm to cross-country and telemark skiing.

There are five \$200 scholarships available for the 2008 season.

For more information on how to apply, check out www.cansi.ca

Check out our website frequently, as there is always new information being posted. You can also check our current status online, and post your comments on a variety of items. Keep in touch!

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