
XCitation

*Official Newsletter of the Canadian Association of Nordic Ski Instructors
Bulletin Officiel de l'Association Canadienne des Moniteurs de Ski Nordique*



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Got something to say?

Deadlines for next year's XCitation are

Spring	Mar 15, 2009
Christmas	Dec 15, 2009
Fall	November 15 2009



Editorial

What could CANSI mean to you? Your input please....

At the recent AGM in Whistler, several members spoke out about their desire for improvements to what CANSI their membership provides, and the need to increase the organization's profile. One of the key questions was how to add value to the CANSI membership – do members want to see more swag and promotional material come their way? Or would they like sponsorship to attend Interski or take higher level courses?

The second area of discussion was how to raise CANSI's profile in the industry. What would make resort operators more willing to recognize CANSI certification as an essential criterion for hiring instructors?

CANSI is losing approximately 200 members a year. People are taking their level 1, but they don't renew their membership or continue on to become higher level instructors. Why?

The upshot of the discussion was to establish a committee to explore the issues and propose some solutions. Headed up by Brian Tuskey, some of the things the committee wants explore: Is it a question of "what has CANSI done for me lately?" (imagine some Janet Jackson playing in the background). What else do you want for your membership fees? How can CANSI promote its members and standards as an essential instructor requirement to industry operators?

If you have any feedback, contact Brian through the "CANSI Promotion and Development Basecamp" available to members via the <https://cansi.projectpath.com/login>, which has been set up to assist in easy online communication.

Wanted – New XCitation editor for 2009/2010

This will be my last season as editor of XCitation – it's been a lot of fun, but there's only one of me and too many things to do. It's time to turn XCitation over to someone with lots of energy and creative ideas, who loves to ski and instruct.

This is essentially a volunteer position, however there is some cash reward. The editor currently receives \$2000 annually for four issues. How much that breaks down into an hour will depends on your layout skills.

The editor solicits articles and photos, edits and lays them out for the production of the final PDF document. You need to have some computer savvy and be comfortable with Word and photo editing programs. There may also be opportunity to become involved in CANSI's other member communication formats.

If you would like to flex your creative brain muscles, and earn some money for new skis, contact Garry Almond at president@cansi.ca for more details.

National Seminar at Whistler a big success!

By Mark Simpson

Despite thin snow conditions, we managed to have some good skiing, a few laughs and a fantastic turnout at the National Seminar, which was jointly hosted by Pacific and Mountain regions in Whistler, B.C. this December.

This cross-country session at Callaghan Country was notable in that we used snowcat access to get to better snow at higher elevations as the snow was too thin lower down. This is a first for our National seminars and special thanks goes out to Brad Sills and the good people at Callaghan Country for making this happen.

We asked participants to email in a few notes on their experiences, which we would like to share with all CANSI members. These notes are unedited, as is, and unadulterated.

Some of my personal highlights were: skiing an entire session on telemark skis with no poles (that will test your balance), watching some of our folks trying the wobble board, bosu board and balance ball drills, taking the snow cat up to sub alpine and having a great mid-winter ski to Callaghan Lake at 4500 feet elevation, the return of fellow level 4, Lyle Wilson, one of our founding members, to active duty,

skiing well and full of life (and a few stories) and winding down over pints of Guinness at the Mallard lounge in sumptuous luxury at the Chateau Whistler. Good beer is always mandatory at these events.

I always enjoy these sessions as a good time to catch up with good friends, make some new ones and as a good motivator to show up well trained, skiing strong and ready to rip.

Becoming a level 4 is a journey that never ends, not a destination!

To view a side show of this event, which includes photos of these fantastic dryland training strategies, please view at

<http://picasaweb.google.ca/marcusteleman/CANSINationalSeminarDec2008?feat=email#>

I would also like to ask for all other members that took pictures to send me their best 3 or 4 pictures, which I will incorporate and republish in the slideshow.

Mark Simpson is a CANSI Master Instructor



Some happy participants at the cross-country refresher awaiting their ride up the trails to find the snow



CANSI National Seminars – summary of sessions and reactions

The CANSI National Seminars for the 2008-2009 season were held December 4-8, 2008 at Whistler, BC. The unusual early season conditions made it challenging for organizers, but in the end, the sessions were successful and well received.

Glenn Lee assigned each presenter to write down a paragraph on what they did in their sessions, and asked each attendee to write down a sentence on each session they attended. The results were edited for length.

The agenda topic is listed first, followed by the words of the presenter and the attendees.

Telemark Pedagogy Session - The psychology of delivering and passing courses

Brian Tuskey

The goal: Early season ski improvement.

The method: Assume all delegates were at Level 2 Tele course conductor (so we could work both tele and alpine technique) and run them through a session of skill based pedagogy training. Starting with basic skills we discovered effective tools for developing instructors (ourselves). Demonstrations and effective use of turn shapes in a fun skill progression got the cobwebs out of the brains and bodies, opened the minds to the many layers of pedagogy, and got us all turned on for the season.

From the participants:

"Brian talked about balance being in a non-static state. We discussed the three planes including fore/aft, lateral and rotational. His presentation stressed a quiet upper body and a very active lower body focusing on a straight outside ski leg flexing laterally inward to maximize edging. We also discussed the benefit from earlier edging in phase 1 of the turn."

Ed Gray, Pacific

"Parallel turn in a tunnel- think lateral not vertical"

Keith Nicol, Atlantic

Latest Developments in classic and skate technique in competition

Lyle Wilson

I was asked to conduct a session on new trends in skate skiing. The focus in this session was on "one Skate" both in the mechanics of the movement and in its utilization over a wider variety of terrain. In the instructions, blocking the upper body in line with the

overall direction of travel down the trail, separating the poling thrust from the kicks, and getting greater thrust out of poling were the primary emphasis. Shortening the reach with the arms in front and increasing tempo for gentle uphill, and better use of the core muscles in poling were introduced and discussed.



Marie Cat provides a demonstration for a persistent group of snow seekers at the cross-country refresher in the Callaghan Valley

From the participants:

The one skate provides for continuous power with the leg push starting just as the pole push is finishing. There should be little overlap between the pole push and the kick. Maximum poling effort is at the pole plant with the follow through being a bit of free power. The hand position should be as far forward as possible while maintaining the arms fixed so there is no collapsing of the arms or shoulders. This will get the hands and poles closer to the finish line.

Offset skate poling should be parallel to the centre line of the trail throughout the entire poling movement. Hands should project forward and should not go above shoulder height. Avoid cross over of the low hand in front of the body. Keep the movement of the low hand parallel to the line of the trail. Use equal poling pressure with both poles as in double poling.

Ken Schykulski, Central

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Overview of the CANSI Telemark Coach Entry Level

Glenn Lee

I had two major goals with my session: to get the participants ski season off to a good start, and to convey information about the development of CANSI's Telemark Coach Certification program. The role of an entry level coach is to build strong fundamental skiing skills with a focus on performance, so this fits in well with what CANSI instructors do with higher level skiers. My strategy was to use the time spent on the chairlift to do all of the talking about the program, and to use the on-snow time to illustrate how a coaching approach can be used in skier development.

From the participants:

"Let people warm up on their own before you start looking at them, it's less intimidating (that was good advice, thank God for that, haha!)"

Marie-Catherine Bruno, Pacific

"Adaptation of terrain and focus teaching into three skills: Balance, Steering and Edging. Glenn talked of adapting drills and terrain to maximize learning for beginners and experts."

Ed Gray, Pacific

Now I understand CANSI's involvement in coaching and how TSCT, CSCF and CANSI fit together for Telemark racing. I'm not sure that I understand the differences in the curriculum between CANSI's teaching and CANSI/CSCF coaching at the fundamental levels.

Garry Almond, Ontario

Update on the CSIA's approach to teaching

Paul Sauvé

For three years I have presented the Course Conductor training in Whistler to CSIA members who wish to teach Level One courses. The CSIA has made a number of positive changes in that time. The goal of my session with CANSI was to highlight some of these changes and discuss approaches to course conducting.

More time is now spent on CSIA 1 courses giving "basic survival" skills. These include lift loading tips, how to manage traffic, and how to adapt the lesson for different snow conditions. As well, understanding the developmental characteristics of children (by age group) has become a more important theme.

The CSIA is using a very situational approach. The goal of the conductor is to be less theoretical, focusing on that day's particular circumstances, and using the opportunities that present themselves (traffic, lift-loading, terrain, snow) to illustrate key points.

It is also a very collaborative approach; class involvement in discussions about how to manage situations is an important step in demonstrating the two way communication that we expect from new instructors if we hope to meet guest expectations at our resorts.

Opportunities to involve the group are not limited to situational observations. They are extended to assessment and development of the skills. Giving new instructors time to assess each other's skiing (as well as watch members of the public ski) is a head start on their problem solving skills. The conductor ensures that the discussion always relates back to the skills, and keeps assessments on track. However, students are not "spoon fed" solutions to theoretical issues. They watch, try, receive guidance, and ski.

This approach keeps students more engaged and keeps mileage up. Hopefully, it is the start to a well-rounded instructor

who is more prepared for that first day.

From the participants:

"Contrasting the different pedagogical points of view of real world teaching situations was great."

Glenn Lee, Ontario

"The challenges of actual Student Centered Pedagogy, not just lip service. Actual teaching situations vs. ideas."

Mathieu Wallace, Pacific

"Paul discussed teaching in the current environment to maximize learning. An example was our day on the hill. Bullet proof conditions and limited terrain led to talk about safety and skiing in ice conditions (wider stance and no sudden forceful movements i.e. quick jerky turns and the importance of staying dynamic.)"

Ed Gray, Pacific

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Latest Developments in Telemark Skiing

Mathieu Wallace

The main points I tried for my own session:

- The focused mileage of coaching with continuous movement.
- Using simplicity and avoiding technical talk (drawing ideas from teaching/coaching children).
- Drills in motion, always moving to develop real time reactions.

From the participants:

"Be creative and stop talking tech to the customer."

Marie-Catherine Bruno, Pacific

"Teaching with no technical words. Matt had us teach at a child's level to promote more ski time and less technical explanations."

Ed Gray, Pacific

High Tempo & Sprint skiing cross country – the new trend

Marie-Catherine Bruno

In sprints all you want is to go fast, and you're willing to do anything (well, almost anything!) to go fast, even if that involves selling your soul to the devil! And one way we sell your soul in sprinting is by cutting down the recovery time. The race is so short that the athletes just go hard the whole way.

So what's so different about sprint double-poling? Well it's not just a truncated version of the classic double-pole technique we teach. It's a modified version, and be prepared to see it change more and more as the poles are getting longer and the skis replaced by skate skis for those short classic races.

So the first biggest change is that the athlete stays on the ball of the feet the entire time. There is no more rocking back onto the heels to take a breather! Everything happens on the front of the skis. Also, the motion is slightly different: instead of hinging at the waist, the motion comes from the legs. The upper body stays fairly quiet as most of the motion comes from bending ankles, knees and hips and exploding forward, in a piston kind of way.

The other big difference is in the poling action: the circular recovery is used. At first it seems not logical, it almost seems like you have to slow your motion down to use the circular recovery, but exercise physiologists reassure me that the circular motion is the most efficient movement in sports and therefore is now used by Nordic skiers. A national team member told me she uses "churn the butter" as a mental image when she's racing. And when you try it, it certainly feels like it!



Telemark refresher troop on top of Whistler Mountain

So get out on your skis and give it a try. I dare you to last more than 30 seconds at that infernal pace ;-)

From the participants:

"I attended the Cross Country session on double poling for sprinting and I found that I agreed with all the principles introduced to generate greater force in the pole thrust by elevating the hands and torso at the onset of poling, followed by driving the hands forcefully down and back in a relatively straight line. Again here the use of the core muscles is a key to the success of generating the speed of movement required to propel the skier forward."

Lyle Wilson, Pacific



Marie Cat demos the double pole butter churn motion

Fitting Telemark Boots (or more than you ever wanted to know)

By Larry White

Boot fitting used to be easy. You would go and try on a boot and you really only had two major criteria, length and pain. Length was easy. With your foot in the boot you wanted your toes touching the end. When you buckled it your toes should pull back a bit. For the rest you wanted a bit of pain at first so when the liner packed out you still had a decent fit without 62 socks. That was before the widespread use of thermo fit liners.

Now things are a lot more complex - but good fit is still key to boot performance. Unfortunately you can now make way too many boots fit with thermo fit liners but that does not mean you will get good boot performance. Because the liners will make almost any boot comfortable you need to be much more careful with the fit now.

Step 1 - fit the shell. You want to be in the smallest shell you can get. This means about 1 cm between your heel and the back of the shell with your toes touching the end. Don't smash your foot up against the front of the shell slide it forward gently until it touches. Then have a look at your heel in the boot. You should have about 1 cm between your foot and the back of the shell. Forget fingers. There is no way you can get your hand back there at all if the shell is the right size. Have a look with a flashlight or use a dowel or something similar. Fundamentally you want to jam yourself into the smallest shell you can.

Step 2 - fit the liner. Use a very thin sock - ie a liner sock not a thick ski sock - dress socks work too. If you have the right shell size the liner will be tight before you thermo form it. Try on the liner

outside the boot. It should be tight and your toes should be right at the end. Basically the boot fit and liner fit should be tight and borderline uncomfortable with the right size boot before you thermo form them.

You have to fit your big foot if you have one for obvious reasons! With as small a shell as possible you have to fit for the larger foot or the boot won't fit both feet.

Step 3 - get a good footbed! Throw out the crappy one that comes with the boots (depending on your foot this may not apply to Intuition liners so get a shop who knows the liner and ask). Green Superfeet work well as an off the shelf footbed.



Step 4 - thermo form the liner. You want to use a sock that is really thin. This allows the liner to pack out a bit after it breaks in and then you can use a thicker ski sock later to fill the space. Use toe caps while thermo forming the liners! This creates space in the front of the toes and pushes the heel back into the heel cup. I like the hard toe caps as they create plenty of space for your piggies.

If you have the right size boots thermo forming will hurt. Sorry to break it to you but it ain't going to be fun! If you don't want to do this yourself get Aerobics First to do it. They have done several pairs for

me and they seem to do a good job.

So the big question - why fit the boots so tight? Won't my feet be cold, etc? Perversely the opposite is true. With a good performance fit for the boots your feet will be warmer. This happens because you can ski your boots with looser buckles and still get good performance. If you are tightening your current boots as much as you can then they are very likely too big or you have picked a boot brand that will not fit your foot.

Generally speaking the three major brands fit like this (Black Diamond (BD) is still too new I don't know how they fit) -

Garmont - wide feet with moderate to high volume.

Crispi - wide up front (except NTN!) but overall less volume than Garmont especially over the toes and with a narrow heel.

Scarpa - generally less wide and with less volume. Fits a normal foot ie D width in men without lots of volume. Also has an asymmetric bellows that feels different than the other two.

The other thing to be aware of is the way the shells are sized. Generally the shells serve more than one size. For example in my boots the 28 and 28.5 share the same lower shell. This is typically printed on the inside of the shell and can be seen with the liner removed. So why do we care about this? Generally you want to be in as small a shell as possible so knowing where a manufacturer has his shell break means you can try to be in the high end of a given shell size so you have as little liner as possible. Manufacturers simply increase liner thickness in the smaller size to make up the

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volume, this leads to the possibility of more pack out. The shell breaks by manufacturer as far as I can tell are -

Garmont breaks on the 1/2 size so 28 and 28.5 share the same shell.

Crispi breaks on the full size so 28 and 27.5 share the same shell.

Scarpa breaks on the 1/2 size so 28 and 28.5 share the same shell.

I will update this with BD info when I have it. You can always check this by finding the sizes with



the liner out (make sure you are looking at the lower shell the cuff is totally different and not really relevant).

I posted a video with Paul Parker where he talks about this stuff and going to the outhouse and painting his toenails too! See it at:

<http://www.nstelemark.com/Telemark_Boot_Fitting.html>I did not cover anything about custom boot fitting - that is too big a topic. Find a good shop if you need it and hand over the \$\$\$. It is worth it if you need it.

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Spring Break 2009

Join us for five days of ski touring and mountaineering in the Wapta Icefields, March 14 -18, 2008. This trip provides hut style accommodations, organic meals and professional guiding.

**Steve and Dana are both telemark instructors and are members of the Association of Canadian Mountain Guides and the Canadian Avalanche Association.*

Can you help CANSI grow?

By Karla Wikjord

I have to start this article by commending the efforts of all those CANSI Ontarians who have brought our technology/website to the point that we are at now. It's a far cry from where we were a few short years ago and it's fabulous that CANSI has embraced the technological age – less paper, less postage, greener, a more accurate data base, and easier communication. Wow!

I was asked to write this article because, for those of you who needed toothpicks to keep your eyes open at the recent and long AGM in Whistler, you'll remember that there were quite a few motions on the table. And yes, most of them were mine or John Gallagher's.

Prior to the meeting, Garry Almond suggested that he would be running for president, and when we were crying, "We want more bang for our buck!" he responded by asking us how we see CANSI spending its money (assuming we had more of it) and I think his exact words were, "Give me specifics!"

Two key areas we identified were improving member retention, and getting the ski industry to see CANSI as a valuable resource.

Our motions were intended to incite people to think about how we will fix the problem. Better member retention means more members and more money to spend on member benefits but maybe we need to be thinking of this in the reverse. What does CANSI offer our members to stay?

I started this article the way I did because I want to be sure that there is no mistaking the hard work and amazing strides that have been made in the area of technology. I'm proud of our current website. That is only one area, however. My dues have increased by \$20 in the time that I've been a member but my member benefits have been on a steady decline.

I personally think that \$70 annually is the cheapest \$5M liability insurance I'll ever purchase, but not everyone agrees because it's only valuable

to the instructor who is not covered by any other ski school or ski club insurance.

I think that we need to uphold valuable member benefits so that our members stick by us. So John and I sat down for about an hour and brainstormed. Nine motions later we had what we thought were not necessarily the answers, but perhaps you could call them 'questions' to spur on valuable discussion. We all know John is great at playing devil's advocate!

The end result: the CANSI Marketing Committee headed by Brian Tuskey.

The goal: to market CANSI to the industry and to the members. We want the industry to buy into CANSI, and we want our members to stick by us.

What the motions stated is not as important as the conclusion but if you are interested in reading them you can find them in the minutes on the website.

Brian is looking for people to participate in this committee and the "CANSI Promotion and Development Basecamp" available to members via the <https://cansi.projectpath.com/login> has been set up to assist in easy online communication. If nothing else let Brian know what you feel would be a valuable member benefit. What will keep you coming back to CANSI each year? How do you think we can target the ski industry?

Brian can also be reached through membership@cansi.ca.

And for those of you at the AGM – thanks for your patience and for your dialogue, and even more importantly, special thanks to Brian Tuskey for heading up the Committee. We are going somewhere!

Karla Wikjord is a CANSI level IV instructor, and past editor of XCitation.



Tele Tech Tips

By Keith Nicol -

Be sure to have your students ski with their skis hip width apart when they telemark. Often beginners use a narrow stance with skis touching and this tends to throw off their balance.

I usually get skiers to ski with a variety of stances -- very wide, close to together and just right. That way they can see for themselves the stance that works for them. Also watch for skis that start wide apart at the start of a turn and then end up glued together at the end.

Dry land training - Being Specific

At our recent National Seminar in Whistler we tried a variety of dry land training exercises. One that I liked that is good for telemarking is shown in the photo below. Here JP Lavoie demonstrates a tele-lunge with a twist. This promotes counter rotation and you can do this as shown or by holding a small ball or even your helmet. Next you hop and change lead feet at the same time you move your arms over your head to a position on the opposite of your body. It is good conditioning and promotes good skiing technique at the same time.



photo by Keith Nicol

Contributor Keith Nicol is a CANSI Level IV Cross-country 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

Dryland core stability, balance exercises and strategies

By Ewa Bailey

Working balance and core in addition to skiing and other cross-training methods will make for a stronger and more complete athlete, the risk of acute and chronic injuries will decrease, coordination, speed, power, endurance and other factors associated with sport will increase.

In order for the whole body to work efficiently and in unison it needs to be trained that way, therefore, whenever performing any exercise it is really important to focus on setting the core and the shoulders while watching proper body alignment at the knees and hips.

Core is the power center of the body; this is where all the stabilization, balance and movement originate.

Exercises covered:

Lunges:

- ✓ lunge to single leg knee up
- ✓ lunge to a fast and explosive single leg knee up
- ✓ lunge to single leg hip extension (as in classic skiing)

For the last two – increase speed and explosiveness as you become more proficient at the exercise. Add bosu trainer, balance boards or disks as technique and balance improve.

Planks: work on core strength and stability (the core is the power center of the body, this is where all the stabilization, balance and movement originate from)

- ✓ knee plank
- ✓ toe plank
- ✓ toe planks with leg lifts
- ✓ knee/toe planks with leg and arm lifts

Add bosu trainer or move into straight arm positions as technique, core strength and balance improve.

Full body:

- ✓ band squat to row
- ✓ band squat to row with partner challenging the balance
- ✓ band squat to row to single leg balance
- ✓ band squat to row to single leg balance with partner challenging the balance
- ✓ lunge with medicine ball twists
- ✓ lunge with medicine ball overhead carry-overs – move to faster and more explosive as technique, balance, coordination and core strength improve.

Add bosu or balance board as technique and balance improve

It is really important NOT to progress too quickly through any of the above exercises. If you try a more advanced version of an exercise and your form breaks down almost immediately, go back to the previous version and make sure you can do that one without any break downs in form, aches and pains and compensatory muscle recruitment or flawed movement patterns. If you're unsure about any of the above consult a qualified trainer, kinesiologist, physiotherapist or even some chiropractors.



Courtesy of Artisan Group, www.artisangroup.ca

Karla and Tricia practice some knee lunges in the dryland session at the cross country refresher in December

You too can use YouTube to teach!

They may not be Hollywood budget productions, but CANSI instructor Keith Nicol has produced a number of teaching videos that are posted on YouTube. The videos are short but packed with tips, drills, and common perils to avoid.

Keith recently posted some new videos. One is for CANSI Telemark instructors who get asked by prospective skiers about the Telemark Level 1 Instructor Course and who want to get a "visual" about what will be examined. Have your candidates check out this video - <http://www.youtube.com/watch?v=vdaPjFDrw2I>

It was shot on a Telemark Instructor course at Martock Ski area in Nova Scotia and gives a quick 1 minute version of the CANSI telemark progression.

Other new videos deal with classic and skate roller skiing - <http://www.youtube.com/watch?v=T2DZunroNoc> and http://www.youtube.com/watch?v=k_I9QY4C5gg

Keith also has one on balance gear for cross-country skiing on the site. Search away!



Telemark instructor adds blog to his list of teaching tools

He's new to CANSI, but first year instructor Martin Carmichael has started up a blog listing his lessons and tips for his students. If you check it out at <http://carmima.wordpress.com/> you will also be able to work on your French!

Anyone else out there tried this idea? This could be a great format for ongoing lessons, when not all students can attend every session. It's also a helpful feedback loop for the other students and the instructor.

If you've got a blog, or YouTube videos, let us know! Send your link(s) to communications@cansi.ca.

Get energized

5 MINUTE CHOCOLATE MUG CAKE

YUMMY AND FAST!!

4 Tbsps flour
4 Tbsps sugar
2 Tbsps cocoa
1 egg
3 Tbsps milk
3 Tbsps oil
3 Tbsps chocolate chips (optional)
a small splash of vanilla essence
1 coffee mug

Add dry ingredients to mug and mix well.

Add the egg and mix thoroughly.

Pour in the milk and oil and mix well.

Add the chocolate chips (if using) and vanilla and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts (High)

The cake will rise over the top of the mug, but don't be alarmed.

Allow to cool a little and tip onto a plate if desired.

Enjoy! This can serve two. Try it with a little whipping cream on the side or you can serve with ice cream.

DELICIOUS and FAST!

Women's Incentive Program

\$500 in bursary money has been set aside to subsidize higher CANSI education for female members in an effort to encourage females to attain a Level II certification or greater in either XC or Telemark.

Apply to the National Office.

Reimbursements of \$50 per course will be given to those that apply.

Rebates are made on a first come first serve basis. Apply for your \$50 rebate upon completion of your course!

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