

# **XCitation**

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



## **In this issue**

**Keeping it fun**

**Backcountry on both coasts**

**A whole lotta lesson plans**

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## GOT SOMETHING TO SAY?

Deadlines for next season's *XCitation* are

Issue	Submission Deadline	Publish date
Pre-Season Mini-Issue	August 24 <sup>th</sup> , 2009	September 21 <sup>st</sup> , 2009
Fall	October 30 <sup>th</sup> , 2009	November 30 <sup>th</sup> , 2009
Christmas	December 15 <sup>th</sup> , 2009	January 4 <sup>th</sup> , 2010
Winter	January 20 <sup>th</sup> , 2010	February 20 <sup>th</sup> , 2010
Spring	March 20 <sup>th</sup> , 2010	April 15 <sup>th</sup> , 2010

# Message from the President

**BY GARRY ALMOND**

First, I'd like to introduce myself to those of you who do not know me. I've been a telemark instructor for the last 5 years, and I teach for Ski Telemark Inc ([www.skitelemark.ca](http://www.skitelemark.ca)) in southern Ontario. Ski Telemark celebrated its 25<sup>th</sup> anniversary earlier this year, and has eight CANSI-certified instructors who teach Wednesday evenings in Toronto and at private ski resorts every Saturday and Sunday. We had a Telemark warm-up day in December with 75 telemark skiers, and also taught at the Ontario Telemark Championships.

I taught Jack Rabbit cross-country skiing when my kids were younger and started skijoring a year ago. I also teach whitewater canoeing and enjoy mountain biking.

In my day job I'm an independent consultant and project manage IT projects and consult on outsourcing. I'm accustomed to working on teams with both French and English speaking members and customers, but my French is very limited.

I met many of you at the national seminars and AGM in Silver Star, Collingwood and Whistler. I've been on CANSI Ontario's board since I joined CANSI and have represented Ontario on the CANSI national board.

I managed CANSI's project to upgrade the website, [www.cansi.ca](http://www.cansi.ca)/[www.acmsn.ca](http://www.acmsn.ca), and our administrative systems and processes. On that project I worked with representatives of all regions and was on our national board. I also led the selection of our new national office last year. Until a few weeks ago I was the voice behind [membership@cansi.ca](mailto:membership@cansi.ca) – Danielle Griffin from our national office took over that role and she is also the voice behind [office@cansi.ca](mailto:office@cansi.ca).

Now, getting down to new business - for 2008/09 CANSI's board's priorities are:

- Support the Technical Committee – they are the heart and soul of CANSI.
- Promote strong regions – they do much of the work for delivering our programs. I also think that members are closer to their region than to national.
- Encourage our existing course conductors and the development of new course conductors – they develop the teaching and skiing skills of our members.
- Improve member retention – we have a huge turnover of members every year. We need to understand what members want from CANSI and meet those expectations. Brian Tuskey is leading a committee to address this for the board. To achieve this we also have to improve communications with our members and enhance *XCitation*.
- Develop and enhance industry relationships. This includes building on our alliances with the CSIA, CCC, Telemark Ski Canada Télémak, as well as with manufacturers.
- Meet our core responsibilities, including financial reporting, AGMs, manage the national office and maintain our administrative systems and web site.
- We have had a lot of turnover in national offices – we need to ensure that the current contract with Lafleur meets both their needs and CANSI's needs, and that it is stable for many years.

Following on with my work on the website, I want to:

- Continue to improve our administrative processes and determine whether more functions need to be centralized in the national office.
- Ensure that the national office meets our expected service levels.
- Encourage members to take advantage of the information available in the members' area of [www.cansi.ca](http://www.cansi.ca) and increase the content in it.
- Maximize the use of our systems to renew membership, register for courses and check membership and certifications. This minimizes our costs, and ensures information is accurate and current.
- Improve our financial reporting and build tools to automate reporting.

If you have any thoughts or ideas on these or other goals and priorities for CANSI, I'd love to hear from you. I can be reached at [president@cansi.ca](mailto:president@cansi.ca).

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## GOOD BYE LETTER FROM THE EDITOR

Outside my window, pink cherry tree blossoms stand out against the blue sky, enticing me to go for a walk.

The liquid snow has stopped falling, and the time to cycle, not ski, has finally come. My garden that was ravaged by the winter snow storms (sorry you Easterners, but this was truly a source of trauma for us in Lotus Land) is starting to come back, with a vengeance. Weeds are popping up everywhere. The dead plants need to be pulled and replaced. Seeds must be sown.

And don't get me started on buttercups and morning glory vines strong enough to stand up nearly a foot in the air, their sucking leaves looking for something to choke.

The coffee cups I am making in the pottery studio sit under plastic, slowly drying and impatiently waiting for me to come down and finish them, so I can fire and glaze them and ship them to their future owner in Prince George.

What is the point of all this, you wonder, and what does it have to do with skiing?

Well, everything, and nothing.

Next year I am volunteering for almost a month at the Olympics and Paralympics, because I want to do my bit to support, encourage and advance cross-country skiing.

I also want to advance my own skiing and teaching skills, and sitting behind the computer to put together the issues, with all the other draws on my time, is not going to help achieve that goal.

As much as I have enjoyed past two years, putting together XCitation, I have to prioritize. It has been fun communicating with and meeting the CANSI crew, and I have enjoyed learning about other instructors from across Canada, and their love of the sport and teaching. I would like to send a big thank you to everyone who has helped with ideas,

stories and photos over the last two years. Keep those ideas and articles coming to the next editor!

I hope you all continue to contribute to CANSI and XCitation in whatever way you can.

Happy trails.



**Even busy bees, like this one in my garden enjoying the bee balm, can't do it all. What to do? Pick and choose to find balance in your life. More time in the garden and less at the computer is the solution for me. Ciao!**

## SPRING TIME IS THE RIGHT TIME TO BACK COUNTRY IN ONTARIO

### BY WENDY GRATER

Early spring in central Ontario is a time to put aside your track skis, forget the racing skis, and pull out the bushwhackers - the wider, shorter, softer-cambered skis suited to backcountry touring. Believe it or not, it's some of the best skiing of the season. Why is spring such a great time for this?

By this time of the winter, the snow pack has consolidated into a great base. The layers of winter snow have compacted, creating a firmer base and surface, covering up a multitude of logs, small bushes and rock outcroppings. The days are longer and the sun is warmer, so you can undertake a longer, more relaxed ski tour without the worry of frostbite. The animals are starting to emerge from their winter dens, so you can definitely see lots of interesting tracks, and perhaps even come across a snowshoe hare, beaver, otter or wolf!

I love getting on my old Fischer country touring skis and heading out with my dogs over the

meadows, swamps and forests surrounding my home. I call it "adventure skiing." No two days are alike, even if I go to the same places. Sun, wind and snow conditions change constantly. As the spring progresses, the open waters in little creeks start to swell and the snow gradually melts on the south-facing slopes.

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*Looking back, she saw a black bear's head had emerged from the snow. She had unwittingly fallen into a bear's den!*

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In the Parry Sound area, another very popular spring ski touring destination is Georgian Bay. For a week, or maybe two weeks each spring, the Bay has ice conditions which are firm, but with a slight crunch

to the surface, making ski touring awesome. The area's myriad of islands, shoals and bays make great exploration, and you can cover phenomenal distance. Once a few people have determined that the ice is good for skiing and safe (minimum 10 centimeter thickness), word goes around, and many local Bay-skiing enthusiasts head out for a skate or classic ski.

So what is different about backcountry touring?

First, the equipment is different from what you use



"A spring ski tour near Franklin Island, Georgian Bay. We set off with our skis, dogs and lunch from Snug Harbour, and skied around Franklin."

at a cross-country area with groomed trails. Your skis will be wider, slightly shorter and with softer camber (flex). They also have more sidecut - the waist of the ski would be narrower than the tip and tail, to help turning. Your boots should have more substance - more support around your

ankles and a good sturdy binding. As you break trail through untracked snow a pair of gaiters, which pull up to your knees, keep the snow out of your ski boots. Your poles should be a bit shorter, and the baskets should be wider, to create more flotation on top of soft snow.

Take along some extra items when you go out for a backcountry ski tour, which can be put in a daypack or fanny pack. Some water, energy drink or hot tea, along with some food, is a great idea. GORP (good old raisins and peanuts), granola bars and dried fruit are good options.

You will also need extra wax - take one warmer wax, and one colder wax than the one that you are

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presently using, in case the weather conditions change. A scraper is critical as well in case you get ice or snow clumping to the bottoms of your skis.

I like to take an extra pair of gloves or mitts, and extra toque. On longer tours, you should have a small first aid kit. A map of the area, compass and a GPS unit, along with a good knowledge of navigation and route finding is also essential! Finally, you will need some way to communicate in the event of an emergency, like a cell phone or satellite phone and whistle.

The technique for backcountry ski touring is essentially the same as for classic skiing. Your basic method of getting around is the diagonal stride. For touring, you would be generally moving at a slower pace than track skiing, however, you still want to concentrate on the basic fundamentals of proper technique: forward body position, weight transfer and correct rhythm and co-ordination.

For downhill, if the route is straight and not too steep, you can just straight run, keeping legs shoulder-width apart, knees bent and hands slightly forward and low. If you need to slow down, a snowplow wedge should be utilized. A wedge turn, or telemark turn, can be used to change direction on a hill. In deeper snow, it is particularly important to apply pressure to the turning ski, to help the ski carve through the fluffy stuff.

Uphill techniques include side stepping (for very steep hills) and herring bone. If the hill is very long, you will want to use a switchback route, traversing across the hill at a grade that you can use your diagonal technique, then step turning and continuing in the other direction. A number of switchbacks like this will get you to the top of the hill with minimal expenditure of energy.

There are a number of other very fun and non-technical maneuvers that are part of the ski touring repertoire. This is the really fun part of touring, and what adds the adventure to it! These maneuvers include:

- ducking under low branches as you glide down a forested hill,
- stepping over fallen logs,
- sliding over beaver dams,
- weaving between standing deadfall in swamps or forest-fire burns.

A great story from the Parry Sound area occurred about five years ago. One of the ski club's more senior members was out with a friend for a ski tour in the crown land forest surrounding the ski area when the snow she was skiing on collapsed into a depression, and she fell over. Surprised, she started

to laugh, and then started to push herself back onto her feet with her ski poles.

Then, the poles started to push back towards her! She bolted upright and quickly glided a few strides



Wendy shows off her master racing form in the Brusson Relay Race.

forward. Looking back, she saw a black bear's head had emerged from the snow. She had unwittingly fallen into a bear's den! The bear shook himself, looked around, and then retreated to his den for the final week of his winter nap.

Now, that's adventure skiing!

*Wendy was first certified as a CANSI instructor in 1978 (YES, a long time ago!) and is now a CANSI XC III and Course Conductor. In the meantime, she is also a Master cross-country racer, and has competed in 9 Masters World Cup events, including Italy, Switzerland, Norway, Sweden, Canada and USA. She also enjoys mountain touring and, of course, back country skiing in Ontario. For her real job, she runs a wilderness adventure company called Black Feather Adventures, which specializes in canoeing, kayaking and hiking trips in the Canadian Arctic.*

# Cross country can be all fun and games for children

**Keeping kids engaged while teaching them to ski can be a challenge. This list of games and activities designed to keep kids moving, engaged and having fun is just the ticket. CANSI Level IV instructor Tiffany Edwards from the Pacific Region compiled the list.**

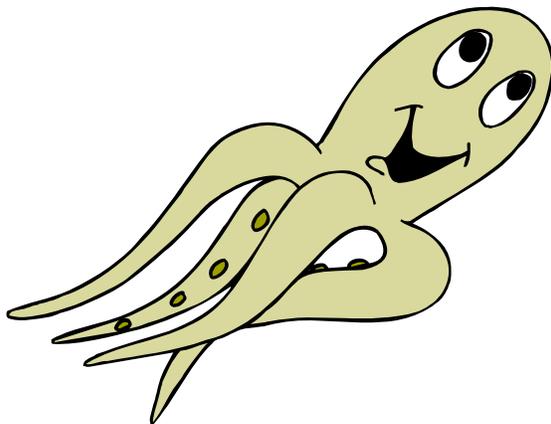
## ❖ Frozen Tag

## ❖ Amoeba Tag

- one person is 'it', they tag someone and are partnered with them
- the pair then tag someone else and they join to make a group of 3
- the group of 3 tags a 4<sup>th</sup> person and then the group of 4 divides into 2 groups of 2
- each group of 2 tags people until they each get to 4 and then those groups divide into 2 groups of 2
- keep going until everyone is tagged

## ❖ Group Tag

- one person is 'it', each time they tag someone they join on the group
- the entire group is 'it'
- keep going until everyone is tagged



## ❖ Octopus/Polar Bears on the Ice

- this is like Dodge Ball with people
- there are two lines of safety and one person who is 'it'
- the group of people skis from one safety line to the other (when they are called) while the person who is 'it' tries to tag them between the two lines
- anyone who is tagged is frozen to the ice but can tag anyone who runs by
- the group (when called) continues to ski from one safety line to the next until everyone is tagged

## ❖ Red Light, Green Light on hills

## ❖ What Time is it Mr. Wolf?

## ❖ Relay Races

- downhill races
- 3-legged races
- take one ski off and put all the skis a certain distance away, have students races to their ski, put on their ski, and race back

❖ **Action Songs while moving**

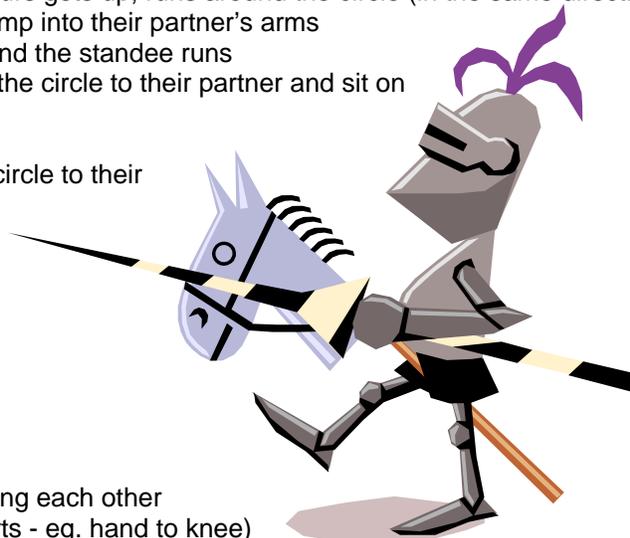
- Head and Shoulders, Knees and Toes
- Singin' In the Rain

❖ **Numbers**

- call out a number and the kids have to get into a group of that number
- anyone not in a group of the number called is out and gets to watch the rest

❖ **Damsels, Knights and Horses**

- have students pair up and form a circle
- one student is on hands and knees between the legs of the other student
- call out 'Damsels' and the student on all fours gets up, runs around the circle (in the same direction), when they get back to their partner they jump into their partner's arms
- partners switch so the runner stands still and the standee runs
- call out 'Knights' and students run around the circle to their partner and sit on partner's knee
- switch
- call out 'Horses', students run around the circle to their partner and jump on partner's back
- now that everyone knows the actions, play so that the last ones back are out
- no body checking, hair pulling, or biting

❖ **Simon Says**❖ **Huckle Buckle**

- have the kids pair up and line them up facing each other
- call out "Huckle Buckle...(name 2 body parts - eg. hand to knee)
- each partner puts their hand to their partner's knee
- hold the pose until it's decided whose the last
- last couple is out and they can help judge other couples who should be out
- keep calling out body bits
- it's amusing to see whose the quickest

❖ **Predator**

- one person is 'it' and must remain within a small circle in the middle of a bounded area – they are the Predator
- within the boundaries, everyone else will go and hide while the 'predator' sleeps (counts to 30 out loud)
- the predator awakens and 'hunts' for the prey from within the circle
- the predator looks for colours of clothing or calls out the names of the people that they see (no guessing, they have to see the 'prey')
- an adult or the guide can help eliminate the guessing by checking out each 'sighting' and saying "yes" or "no"
- the people who are caught come into the predator's circle **BUT** are not allowed to say where others are hidden because that's not fair (yet)
- when the predator can't find anymore prey then he/she and all the caught prey will go to sleep and count to 20

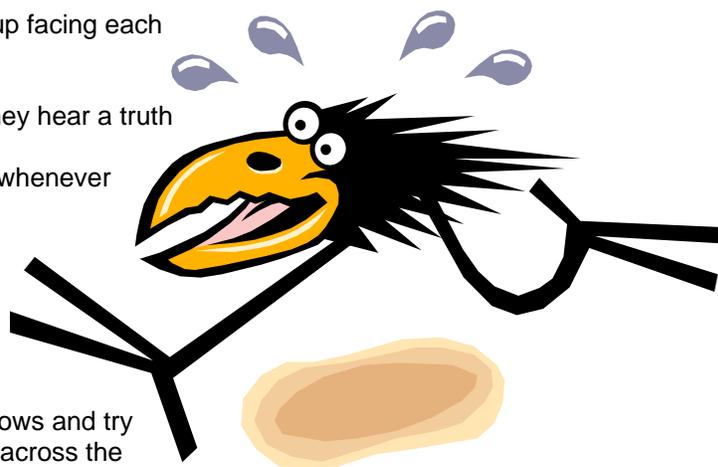
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- 
- everyone else will try to move closer
- the object is for the prey to be as close to the predator as possible without getting caught by the end of the game
- each time the predators sleep, reduce the number to count
- **note:** the prey do not have to move if they feel they have a great spot to hide

### ❖ Owls and Crows

- divide the kids into two groups and line them up facing each other about a meter apart
- one team is Owls and one team is Crows
- Owls are wise and like truths and whenever they hear a truth they chase the Crows
- Crows are mischievous and like untruths and whenever they hear a lie they chase the Owls
- each team has a line of safety to get behind before they are tagged by the other team
- if individuals are tagged by the opposing team, they join the opposite team
- the instructor calls out statements that may or may not be true (the group can decide)
- if the statement is true, the Owls chase the Crows and try to tag as many as possible before they all get across the safety line and vice versa
- the object is to get everyone onto your team



### ❖ Wizards, Giants and Dwarves

- a variation on Owls and Crows – same set up – two teams, two safety lines, etc.
- create an action for Wizards, Giants and Dwarves
- Wizards beat Giants, Giants beat Dwarves, and Dwarves beat Wizards (it doesn't matter whether you remember the order of who beats who or not)
- give each team a minute to decide (in secret) what action their team is going to do (adults may have to help with this process)
- on the count of 3 each team does their action and the winners chase the other team and try to tag crowthem
- all those who were tagged join the opposing team
- go again
- object is to try and get everyone onto your team

## ASK A PRO

### One Ski Please

I am a big fan of one ski skiing and the attached picture shows an example. Here I am balancing on my downhill ski and this is a useful drill in telemark skiing since it forces the student to angulate and improves balancing skills.

This can be made more difficult by lifting the inside leg high in the air. Of course it is best to do this statically at first and then have students try it on an easy slope so that their speed is under control.

It is also good to have skiers try skiing only on the inside or uphill ski as well. This is often more demanding so it is best to use this drill with better telemark skiers. Once skiers return to both skis they should feel more comfortable.

*Keith Nicol is the Atlantic Tech Rep and is a Level 3 tele instructor. He can be reached at [knicol@swgc.mun.ca](mailto:knicol@swgc.mun.ca)*



## Lesson Tip #2

### Use terrain as a memory peg

Using terrain and location to reinforce earlier concepts can be useful for adding value to a lesson. When recapping what you covered at the end of your session, point out where you were on the trail or ski area when you worked on the different things.

It is a great way to reinforce clients' memory regarding things they may want (or need) to work on, or practice when they go out to ski on their own.

For example: "remember, we were in the stadium area when you learned that you need to bend your arms more for your double pole; and we were on that gradual uphill on the green trail when you learned about leaning forward for diagonal stride."

This pegging of events to terrain naturally works better if you've included some trail skiing as part of your lesson.

*Steve Gentles is a CANSI level III cross-country, and level I telemark instructor from Ontario Region*

# Get energized

Try these little power packed balls, with no fat no sugar, but lots of goodness, they hit the spot after a good skate ski! Experiment with spices to mix it up a little! Thanks to Andrea Heal from Pacific Region for sending along the recipe.

## Healthy cookies Sante D'ameilie

Ingredients:

- 2 eggs
- 1 mashed ripe banana
- $\frac{3}{4}$  cup applesauce or  $\frac{3}{4}$  cup yoghurt
- $\frac{1}{2}$  cup maple syrup
- 1 cup whole wheat flour
- $\frac{1}{2}$  teaspoon salt
- 2 cups oatmeal
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{3}{4}$  cup walnuts or other nuts
- $\frac{3}{4}$  cup coconut
- $\frac{3}{4}$  cup dried fruit (ie raisins, apricots, cranberries, apple)
- 1 tsp cinnamon

Preheat oven to 350 degrees

Mix all the above

Shape the dough into approx 1½ inch diameter balls

Place onto lightly greased cookie sheet

Bake for 9 – 12 minutes

Variations:

Different nuts such as almonds are good, add more spices such as nutmeg/clove, try wheat germ instead of coconut, or honey rather than maple syrup. Keep same ratio of dry to wet ingredients



## EXERCISES FOR OVERCOMING

### DOWNHILL DREAD

**Okay, even though there is lots of lesson plan in this issue, I included this one, because in my experience with beginners, the number one thing they want to learn is how to stop those skinny skis without any metal edges. They can never get enough of it, and we can never have enough tricks to help them stop that forward momentum. Feeling confident is the key to students going out alone after class is out! Once again, Tiffany Edwards shared some of her favourite drills.**

#### Straight Run

- ◆ Choose a small (very slight) hill
- ◆ 3 things: feet shoulder width apart  
knees bent and relaxed  
-hands in front – like you're riding a bicycle, driving a bus, hugging a tree, or carrying a tray of drinks that you don't want to spill on yourself
- ◆ Work up to a slightly bigger hill with a good run out so that students will come to a stop without snowplowing

#### Snowplow

- ◆ Change one thing: keep the knees relaxed and bent, keep the hands in front: make a wedge with your feet – a pizza slice, apple pie, cheesecake, choose your favourite dessert
- ◆ Start on a small hill and work up to a steeper hill
- ◆ Snowplow - Straight Run - Snowplow (Pizza-French Fries-Pizza)
- ◆ Take away the poles and snowplow without poles



#### Braking Snowplow

- ◆ Increase the angle of the wedge and press down on the edges by bending the knees and the ankles
- ◆ Try stopping on the hill (as opposed to the bottom of the hill)
- ◆ Have the students stop when you call out to them
- ◆ Have the students try to stop as close to a pole or a marker of some sort as possible without knocking it over, the closest one wins
- ◆ Set up two poles along the side of the trail, one pole is where they start stopping and the second pole is where they should stop by



## SUMPTUOUS SOL MOUNTAIN LODGE OFFERS SOMETHING FOR EVERYONE

**BY KEITH AND HEATHER NICOL**

Most backcountry lodges in B.C. focus on the backcountry telemark or AT skier that wants to earn their turns. There are a few, like Callaghan Lodge near Whistler, that cater to both types of skiers.

In early April, 2008 we headed to B.C. to explore the area around Sol Mountain Lodge, located near Monashee Provincial Park. This relatively new lodge did not disappoint, as it has something for the Nordic and tele skier alike.

For example, the group that was exiting the helicopter before we were flown into the lodge included five families from Calgary. They had 12 kids in tow, ranging in age from 3 to 14. Gear included sleds, toboggans, x-country skis as well as child-sized backcountry skis and boots. In our quick chat before we were ready to board the helicopter we discovered that the group had tried to book with lots of other lodges, but the easy terrain and open meadows near the lodge that sold them on coming here.

My wife, Heather, brought her cross country skis and I brought both gear for skiing both the steeps and flats. As the days unfolded I alternately skied with co-owner Dave Flear or joined Lilla Molnar's group that headed out each day to explore the

superb backcountry skiing that is close to the lodge.

On snowy days Heather and I would explore the meadow area on our cross-country skis or grab the snowshoes and search out wildlife tracks. On clear days we headed off to explore the great backcountry skiing around the lodge.

I was blown away with the great skiing



*Keith demos some fine form as he skis by the snow capped Sol Lodge*

despite the fact it was late in the ski season. After all, in nearby Vernon and Kelowna, people were busy golfing and getting their boats ready for waterskiing. But we had temperatures that ranged from -12 to 0 C and often had fresh snow overnight.

By sticking to the north facing slopes the lodge is well located to access, we could ski

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mid-winter powder. On one epic day Dave and I skied to the top of Mt. Baldur and two days later the entire group made it to the top of Sol Mountain, which is over 2300 meters.

It is great to be able to ski to the top of these mountains and then by sticking to the north slopes we could carve turns in ankle to knee deep powder. Most of the runs at Sol are a mix of wide open terrain and uncluttered tree skiing.

We would typically make three to six runs a day depending on how long and how far from the lodge they were. For instance, Sol

The lodge can be rented as a self-catered option or do as we did and go for a guided trip. With its 4 plus meter snow base in early April this place gets loads of snow through the winter and we can't wait to go back in February.

For more info contact Sol Mountain Lodge at [www.solmountain.com](http://www.solmountain.com).

*Keith and Heather Nicol are from Corner Brook, NL. Keith is the Atlantic Tech Rep for CANSI and can be reached at [knicol@swgc.mun.ca](mailto:knicol@swgc.mun.ca)*



*Sol Mountain offers some fantastic tele turns in the powder!*

*All Sol Mountain pics, including front page, courtesy of Keith Nicol*

Mountain lies about 4 km as the eagle flies so you are hard pressed to get in lots of runs when the runs drop over 700 vertical meters.

Most people come to Sol Mountain for a week although shorter visits are possible. Be prepared for gourmet dinners and small but well appointed private rooms. There is a large common area with a wood stove and a large drying and gear storage spot in the basement.

There is a large wood fired sauna which got good use from our group before supper. Sol Mountain Lodge is ideal for groups where there is varied skiing or activity interests within the group.

# A lesson plan to get those skate students moving

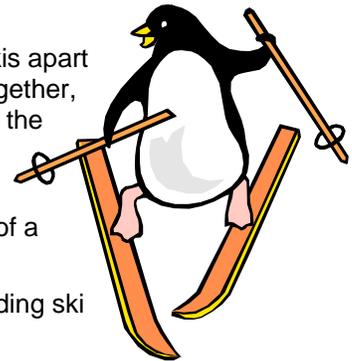
*A CANSI member asked for lists of lesson plans and tips to be used when instructing. I sent the call out, and here is a response from Tiffany Edwards, CANSI Level IV cross-country instructor. She sets out some clear, concise descriptions for a skate ski lesson, and lots of different drills and exercises for the students to tackle. If your repertoire is getting old, check out some of these tips! Your students should be pros after trying these on!*

## FREE SKATE

- ❖ The basis for all skating manoeuvres – 3 main components: weight transfer (shifting weight from ski to ski), the glide phase (standing on a flat ski with body pointed in the direction of the gliding ski), and the push phase (pushing off an edge while pushing forward with the ski)

## EXERCISES FOR WEIGHT TRANSFER, BALANCE AND THE GLIDE-PUSH PHASE

- ❖ hands out in front, skis in a small “V”, take small steps and rotate body overtop of each ski
- ❖ elbows into waist, hands out in front, frame the tip of the ski between hands and then rotate body so that the tip of the second ski is framed between hands – now do this while moving and taking small steps
- ❖ click heels together while skating on the flat
- ❖ stand with skis in a “V” with equal weight on each ski, now push the skis apart until you almost do the splits then push off one ski and bring it back together, repeat pushing apart skis until just before doing the splits and push off the other ski and bring it back it; now try this going up a slightly steeper hill
- ❖ push a partner up a slight hill with each person holding on to one end of a set of poles
- ❖ glide on one ski and cross the non-skating ski tip over the tip of the gliding ski (hold ankles together for this one)
- ❖ count to 2 or 3 seconds on each glide (one and two and...)
- ❖ using a slight downhill, glide on one ski until the tip of that ski just touches the classic tracks on one side of the trail, push off and glide until the tip of gliding ski just touches the classic track on the other side of the trail
- ❖ hold poles lightly resting across both hands, elbows into body and skate. If you look down the poles should cross each ski perpendicularly as you move
- ❖ use your wrists to hold poles across and against the hips while skating
- ❖ hold poles behind your butt while skating
- ❖ push a partner up a slight hill with one person holding onto one end of a set of poles and the other person holding onto the other end of the set of poles
- ❖ do the breaststroke (swimming) over each glide ski



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- ❖ lift a box of air up over each glide ski
- ❖ glide and hop on one ski, change sides, glide and hop on the other ski – as the skier becomes more proficient add a hop to each side (glide – hop – hop, glide – hop – hop)

### ONE SKATE

- ❖ a symmetrical skate where the same thing is done on both sides
- ❖ this is an aggressive skate that is mostly used on flats or slight inclines and declines and is usually only maintained for short periods of time
- ❖ double pole over every single skate
- ❖ this is a pole assisted glide which means you must be gliding first before poling
- ❖ use a narrow “V” and pole in the direction of the gliding ski keeping the hands below the shoulders, extended forward and directly in line with the shoulders and the elbows (poles should be parallel with a slight forward lean and about shoulder width apart)



### EXERCISES

- ❖ double poling with feet together in the tracks; bring hands up to shoulder height, keep hands in line with shoulders, poles are parallel, baskets do not pass the toes so that the poles have a forward lean and flex body forward (bend at the waist) onto poles
- ❖ timing exercise of skate - step together - double pole – double pole, skate - step together - double pole – double pole, etc.



- ❖ second timing exercise of skate – step together – double pole, skate – step together – double pole, etc.
- ❖ begin to take some weight off the ‘step together’ foot (note: the ‘step together foot’ is the foot inside the skating “V”)
- ❖ increasingly take weight off the ‘step together foot’ until you are gliding on only one ski and then double poling
- ❖ when you are comfortable with the timing and the balance, get a bit more aggressive with this skate
- ❖ \*\*\* if you are having trouble balancing on your gliding ski before double poling, try gliding on one foot and holding the ankles together so that both skis are pointed in the same direction (although you are only gliding on one ski)

### TWO SKATE

- ❖ this is a much more relaxed skate usually done on flats, slight up hills or slight down hills
- ❖ this is also a pole assisted glide (The poling action occurs after you are already gliding)
- ❖ double poling action takes place every second skate (skate on the left ski, skate on the right and then double pole while still gliding on the right ski, skate on the left, skate on the right and then double pole while still gliding on the right ski, etc.)
- ❖ poles are parallel and in line with the shoulders throughout the poling action
- ❖ hands are extended forward to give a slight forward lean to the poles and follow through past the hips

**EXERCISES**

- ❖ similar to those of the one skate
- ❖ timing exercise skate – skate – step together – double pole, skate – skate – step together – double pole, etc.
- ❖ take weight off the 'step together' foot until you are gliding on one ski and then poling

**BASIC OFFSET SKATE**

- ❖ Uphill skating maneuver
- ❖ A three-point touch is used. The ski and both poles land on the snow at the same time.
- ❖ Poles are 'offset' to one side but poles remain parallel and in line with shoulders. Do not allow poles to swing out wider than shoulders or to allow the pole grips to come into the chest. Arms are extended forward with a relaxed bend in the elbow; hands, elbows and shoulders are all in line.
- ❖ Equal push with each leg (remember to push with the legs and not just the arms)
- ❖ Transition from ski to ski occurs when hands are at the hips and poles are, for the most part, behind the body and 'out of the way'

**EXERCISES**

- ❖ free skating up hill while holding poles
- ❖ free skating up hill with poles and tapping poles into the ground each time the right ski or (not and) the left ski hits the ground (ski and poles land at the same time)
- ❖ stand with skis in an open "V", equal weight on both feet, plant poles behind heels, and extend arms so that there is a relaxed bend in the elbow. Now shift weight over one ski and lean poles over that direction. Poles should remain parallel but one pole will be slightly higher than the other (ie. Poles are 'offset')
- ❖ walk up hill and tap poles into the ground in the offset form



- ❖ gradually add power to the poles each time you go up a hill, legs still need to supply most of the power
- ❖ just poling with the strong side and dummy pole plant the weak side pole (helps with the weight transfer)
- ❖ to learn the other side, repeat the previous three steps on your weak side



### HALF SKATE (OR MARATHON SKATE)

- ❖ This is a relaxing skate used to give your body a bit of a rest and it utilizes the classic tracks
- ❖ this is a three point landing (ski and poles land on the snow at the same time)
- ❖ one ski is in the track and one ski is out of the track in the skating position
- ❖ poling occurs in the direction of the out-of-track-skating ski
- ❖ weight shifts from the ski in the track to the out-of-track-skating ski at the time of the three point contact

### DIAGONAL SKATE

- ❖ this is an uphill skate used on steeper hills or when you are too tired to use anything else
- ❖ it's a herringbone with a glide
- ❖ pole is planted with opposite foot (a two-point touch is used)
- ❖ this is the only skate where the poles are not parallel to anything, hands reach straight up the hill

### EXERCISES

- ❖ follow the leader – follow someone doing the diagonal skate and copy exactly what they are doing (as long as it's right)
- ❖ start by walking on a flat, moving your arms naturally and then gradually opening up into a "V"

## 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!**



**POSITIONS VACANT  
CROSS COUNTRY SKIING  
INSTRUCTORS  
Canmore, Alberta**

Trail Sports, the cross country ski school and rental shop, at the Canmore Nordic Centre, Alberta, has openings for cross country skiing instructors for the 2009/2010 season. Employment will run from November 1, 2009 to March 31, 2010.

Full time (40 hours per week) and part time positions are available. Responsibilities include ski instruction, retail sales and rentals. Wages are commensurate with experience (\$15.00 to \$20.00 per hour). Staff development opportunities including paid certification courses, retail discounts and pro deals are available.

Canadian Association of Nordic Ski Instructors certification is an asset but certification courses are available on site, for experienced skiers.

For further information please contact  
John Gallagher  
1 403 678 6764  
[john@trailsports.ab.ca](mailto:john@trailsports.ab.ca)



## BACK TO BASICS EXERCISES FOR BASIC CLASSIC

*Not wanting to forget our classic fanatics, here are some drills you can deliver to get your students moving. Again, Tiffany Edwards, CANSI Level IV instructor, passed this along.*

### BEGINNING: NO POLES

- ❖ Walk, Run – no glide, not even a little bit
- ❖ Glide – emphasize balance, Toe-Knee-Nose, try to glide on one foot instead of two swing arms naturally, relaxed
- ❖ Static balancing on one ski – try to stand in a balanced glide position, can also try closing eyes for advanced
- ❖ Run, Run, Glide – Pause briefly in the gliding position (posing for the camera, models on a runway – don't forget the hair flick, etc)
- ❖ alternate the gliding foot
- ❖ 2 second gliding – try to extend the glide by counting for two seconds (a very slight downhill is most helpful)
- ❖ emphasize the weight shift to create push
- ❖ can take off a ski and demonstrate the camber of the ski by sliding your fingers under the ski while it's resting on the snow, this shows that you have to push down on the ski
- ❖ push down like you're squishing grapes under your feet
- ❖ can extend the length of time to 3 seconds or 4 seconds, etc.



- ❖ Scootering – take off one ski and 'scooter' along by pushing off the foot and gliding on the ski
- ❖ emphasize weight shift by actually taking the weight off the gliding ski while pushing off the foot (can hop on the push foot before gliding or can just lift ski slightly off the ground before pushing off)
- ❖ stand in the outer track so as not to obliterate the track with the push foot
- ❖ have distance markers (a couple of ski poles will do but rubber duckies would be more fun)
- ❖ can do 3 rounds between the markers, the first time is practice, the second time count the number of pushes up and back, and the third time try to subtract one push in each direction
- ❖ change feet and remind students to go slowly for the practice round since the gliding foot is now the push foot and the push foot is now the gliding foot
- ❖ can have a competition to see who can glide the furthest

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- ❖ could also try scootering with both skis on but you would need some good snow conditions
- ❖ Imagine having a flashlight in your bellybutton and shine it over each ski tip
- ❖ Move your nose over each ski – if you have a drippy nose then drip on the ski
- ❖ Race for your ski – take off one ski, put all the skis in a pile at one end of an area and have a race to the pile of skis, get a ski on and race back to the finish line
- ❖ Dance in place – static exercise where you keep your feet together, bend your knees (in time with some upbeat tune or other and swing your arms (Tom Jones is a possibility for this one – “It’s not unusual to be loved by you...”) and don’t add in too much hip swing because that will lead to falling over

### ADVANCING TECHNIQUE – NO POLES (STILL)

- ❖ Place some ½ tennis balls in the track and students have to balance and glide on one ski without stepping on any balls (if you stand in a balanced glide position and the tip of the unweighted ski will bounce over the balls in the track without knocking them out of the way



- ❖ Throw your knee through like you were going to knee a soccer ball or close the lower cabinet door
- ❖ Use a bicycle inner tube around the hip bones to tow someone on a flat section – it helps get the hips forward
- ❖ Static demo with a partner – stand in front of a partner, place hands on top of partner’s hands, and lean forward slightly from the ankle to get the idea of almost falling forward (would without the partner, pole or forward motion)
- ❖ Hold poles behind butt cheeks while skiing like a stickman – helps to bring hips ahead of ankles

### ADDING IN POLES

- ❖ Begin focusing on arm swing and movement – straight forward and straight back, hands not higher than the shoulder, and relaxed swing from the shoulder as opposed to the elbow
- ❖ Imagine two plates of glass on either side of the tracks and underneath the armpits. As you ski along, clean the glass on the outside.
- ❖ Imagine ropes on either side of the trail and pull yourself along
- ❖ Hold poles about mid shaft in a nice relaxed grip, try to hold poles parallel to the ground like you were trying to poke someone ahead of you in the butt with the grips (don’t actually do this)
- ❖ Put poles on but don’t hold onto them – ski while the poles are dangling by the straps, be sure to have slightly shorter arm swing so as not to stab yourself in the foot



- ❖ Hold the pole between the thumb and index finger ONLY (like you were having tea with the Queen) to give the poles some forward and back guidance, they will still drag on the ground
- ❖ Use the other finger tips to hold the pole and keep from dragging on the ground
- ❖ Stand with both feet together in the tracks and just pole one arm at a time to get the idea of how much forward momentum can be given by the poles

**ZEN AND THE ART OF UPHILL DIAGONAL STRIDE**

- ❖ The foot climbs up the hill ahead of the knee and the hips stay parallel to the ground as you climb the hill
- ❖ Find a slight hill and try to go up without poles
- ❖ Take skis off and imagine yourself rock hopping in a stream – that idea of the foot reaching out ahead of the body for the next stone and nice relaxed knees to absorb all the impact
- ❖ Emphasize weight transfer and tempo increase



**DOUBLE POLING**

- ❖ 'Dipping Bird' exercise – lock arms in a flexed (90 degree) position and then flex forward with the upper body
- ❖ Relax arms forward and try the double poling technique
- ❖ To get arm extension behind – stand facing a slight uphill, hold hands at hips with poles planted, push with the poles back of the hips and recover only to the hips (basically just pushing behind your butt)

**ONE STEP DOUBLE POLING**

- ❖ 'Marionette' exercise – shadow poling works on the weight shift and the push phase

**HALF SNOWPLOW**

- ❖ Ski with only one ski the tracks and slide the other ski into the snowplow position
- ❖ Static exercise – stepping the tail out into the snowplow position
- ❖ Try some speed and step the tail out into the snowplow position – point hands over the snowplow knee to put weight onto the snowplow side



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