

SOD XC NEWS

The Newsletter for Southern Ontario District Skiers

VOLUME 7, NUMBER 1

Published by the Southern Ontario District of Cross Country Ontario

MAY 2011



Georgian Bay Nordic skiers, in snow!

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Front & Back Cover Photos by Ed deLaplante

Send in your photographs and short essays of SOD club activities

Your SOD Planning Committee 2009/2010



Judy Doble
Past Chair



John Cowan
Chair



Jon Grimwood
Vice Chair and Website



Ed deLaplante
Club Registrations



Peter Lothian
Treasurer



Blake Paton
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John Monette
High Performance Committee



Alan White
Officials
Ontario Cup
Individual Awards



Greetings from the SOD Chair

Hello SOD Members

The 2010–2011 season is over and preparations are underway for establishing a new direction for Southern Ontario. This past year SOD went through some changes to help shape the future of the sport of cross country skiing for all members of Southern Ontario.

There were some amazing individual racing results at the Ontario Cup, World University Winter Games, Haywood NorAms and World Cup events and some outstanding club events that were inclusive for all.

In the fall of 2010, the SOD Board of Directors comprised of Jon Grimwood, Peter Lothian, Ed deLaplante, Katja Mathys, John Monette, Gary Fohr, Blake Paton, Alan White and myself sat down at Highlands Nordic and took part in a SWOT (Strength Weakness Opportunity Threat) analysis of each of the SOD director portfolios. At the conclusion of this session, the directors returned home and prepared some goals for 1, 3 and 5 years. These goals and SWOT analysis are available for the membership to read and become familiar with on the new SOD website www.xcontario.com.

During the race season, SOD had some really good performances by members from large and small clubs through out the division. I would like to share some light on Hardwood Hills racer Lenny Valjas who is quickly becoming one of the rising stars on the Federation International Ski (FIS) World Cup circuit. What Norwegian would have thought a skier from Toronto could become one of the best skiers on the circuit for sprinting? Alex Harvey and Devon Kershaw are excellent examples for our young athletes in providing inspiration to Canadian skiers as they won the World Championship team sprints on Norway's home turf (in Norway). The World University games held in Turkey was another opportunity for our top university skiers Mary Thompson and Adele Lay, to participate in international competition representing their country. Finally, former and current National team skiers Al Pilcher, Dan Roycroft, Lisa Patterson, Devon Kershaw, Brooke Gosling, Angela Foster-Schmidt and many more national team athletes received their first taste of racing through the Ontario Federation Secondary Athletic Association championships. I listened to this year's OFSAA participants exclaim about Devon's performance winning the first World Cup men's team sprint during OFSAA 2011 in Ottawa and the high school students quickly realized the opportunities and possibilities. Sochi Olympic games are three years away and hopefully this year the performances by our national team will help to inspire.

Around SOD, many clubs were trying new initiatives in recruiting athletes. Kawartha Nordic spent a great deal of time working to establish a Para-Nordic program.

Highlands Nordic Jack Rabbit program did an exciting fund raising activity to raise funds to give back to sport by purchasing a sit ski and contributing the remainder of the funds to the Right to Play organization. Haliburton Nordic worked on establishing a new program that used paint gun biathlon to entice skiers who may be interested in a different aspect of skiing. I am certain there are other interesting events and activities used to expand the ranks of the skiing community. I encourage each club to work on increasing their membership as sport in Ontario is funded by participation rates and not solely on excellence. Thank you to all the club boards of directors for their time, energy and creativity to providing a service to your local skiing community.

Two weekends ago, SOD hosted their annual awards reception at Highlands Nordic. The results of this event can be found on the SOD website. Thank you to all who attended.

Early in May, the Board of Directors for Cross Country Ontario met in Sault Ste. Marie for two days. At this meeting, we heard from the following people: the President of Cross Country Canada, Jim McCarthy, discussed the future directions of CCC and a recap of this past year; Amanda Holdsworth spoke about the National Team Development Centre in Thunder Bay and she also talked about marketing our sport to get funds for our clubs; John Monette from the High Performance Committee spoke about the role of the new Southern Ontario Training Centre (SOTC) at Hardwood Hills; and Doug Winter addressed the short fall of CCO at Nationals this year, for a second consecutive year. At the AGM, Dorothy Lothian stepped down as Chair and Don Nixon from Thunder Bay took on the role of the Chair. Please let it be noted that a discussion took place, as requested by SOD clubs, between the CCO chair Don Nixon, CCC president Jim McCarthy, and myself, on having the minimum age requirements lowered for the two levels of the Community Sport stream to 14 and 15 years old respectively. There was a favourable response and sincere interest in pursuing this from CCC. Don Nixon and I will be writing a letter to formalize this request.

As this is my fourth year as the Chair of SOD, I am required to step down and become the Past Chair. I encourage each of the clubs to talk to their membership to see if people would like to become part of the SOD board of directors. Please forward their names and club affiliation to me so we can prepare for the Annual General Meeting in early October. The date will be posted on the SOD website.

Happy training and enjoy the summer.

Yours in sport,

John Cowan, Chair—SOD Planning Committee

Editor's Message (or, Why it's Late!)

Greetings to all SOD Club members. My apologies for not getting out an issue earlier or as often as other years. It's a combination of taking on other activities; and my two skiing children are skiing elsewhere, not nearby. I did not make it to any races this year to take photographs myself.

Thanks to those who sent in material and to those who made comments that they enjoyed seeing the News in the past.

I am calling this a "compendium issue". It brings together different aspects of club activities over an entire ski season (and then some). John Cowan, Chair of the SOD Planning Committee does a good job of summarizing what has happened in and around SOD over this time.

Donna Lister of the Midland Ski Club has an article on page 6 of an elementary school learn to ski program going on in Midland. What a great program to start in different areas with other clubs! Thanks to Bois Wilson who took the photos of award winners at the SOD Awards Banquet held at Highlands Nordic in April. It is not the same report without those photos. Congratulations to all award winners. You inspire us as individuals and clubs. Nick and Patrick Monette report on their training session in Alberta last summer. Great report and photos of this great place to train. Harvey Chapman and Don McCormick sent in photographs of races at Huntsville's Arrowhead Provincial Park ski trails., always a busy place. Last year it had several elementary races, and the Ontario Winter Games in 2010. See them on pages 12 and 13. There is an inspiring look at young Para-Nordic skiers on page 14, with a link to a Sudbury newspaper story with more photos and details.

My apologies again for the late listings. John Langstone retired as Carleton University's Nordic Coach last year. The event and his contribution still deserve to be noted and this is done very well by Richard Lay, who also makes the SOD connection to this Ottawa area coach.

SOD's Web Site - xcontario.com (page 18)

You really need to see this newly renovated site and clubs need to take part in its event calendar to keep it filled and current. This is not happening as much as it should and you are losing out on this additional support/advertising for your club events. I know you are busy keeping your own club web sites up to date, (I have checked from the listings on page 17) but the SOD site makes your information easily available to other clubs who might want to simply ski at another club or join in a special activity you have planned. Seeing what other club are doing is a good way to stimulate ideas for your own club, even you "borrow" one or two good ones. Jon Grimwood has taken time and care to bring this web site into a very attractive and useful state, so please make use of what it has to offer.

Hot List of SOD Clubs (page 19)

Those club emails and web sites listed on this page are "hot links", (blue for a reason). I made them that way so that communication with other clubs could be as easy as possible. You just need to click on the site listing and you will go there. Try it, after list your club events on the SOD web site.

Future XC News

Although print seems to be the media of the past and we now have a useful web site, I still think a print (PDF) version has its uses. It is sent out to you as members and does not sit passively waiting to be accessed. I say this easily in the first PDF version to come out in over a year, but that is a different issue. As in the past, I invite you to send in articles about your clubs' events.

In addition, I welcome anyone to help or take over the preparation of XC News. It opens up a much larger picture of cross country skiing and adds another social layer to the sport, in addition to the ones you are already enjoying. Contact me or the board members listed at the front of the issue.

SOD Photos from Nationals in Canmore

I did manage to get to Nationals in March for a chance to see my daughter, Mary and son, Bob ski there, It was great seeing lots of friends from Ontario Cups and the clubs I have visited and was a chance to make new friends from Canmore who hosted me as a visiting volunteer photographer. There are photographs posted at <http://bill-thompson-images.smugmug.com/> and there are lots of SOD racers among them.

T2T and Level 3 Coaches' Clinic

See page 17 for details.

AGM in October

Meeting date is October 23rd, at 2 pm at Highlands Nordic. Clubs, send your representatives for input and questions.

Special Thanks

Ed deLaplante did a great job of proof reading the issue. Thanks Ed. I maintain credit for any mistakes still left in the issue.

Have a good summer and best wishes as you plan your new ski activities for the coming season.

Bill Thompson



Photo by Brian Ball, Highlands Nordic

Tim Hortons Skiing in the Schoolyard Program

Donna Lister

Midland Ski Club is running a cross country ski program in the elementary schools here in the Midland area. Last year we had 1440 participants and we expect to have that many or more again this year. We have some excellent partners on board so that we can hire a coach to bring the ski equipment to the schools, run instructions and games for three classes per day all for just \$2 per student.

It is so positive and fun; I hope more areas consider the idea.

Donna Lister

Midland Ski Club Volunteer



Distributing Skis

Appreciating the wonderful pleasure of Nordic skiing, the Midland Ski Club decided to try to get more young people involved. Since bussing costs can be too expensive for some schools, it was decided to bring skis to the schools. This initial idea has evolved into what is now the Tim Hortons Skiing in the Schoolyard Program reaching about 1500 students in North Simcoe area each winter at a cost of only \$2 per student.

Many of our local schools are on a balanced day so that there are three 1 hour blocks of time making it ideal to have 3 classes participate each day. Our instructor arrives early to lay out the bins of boots along the hallway and place skis against the wall outside. The classes have lots of time to change into boots, get set up with equipment and still have a full hour on skis. The program includes instruction such as how to get up when you fall but tends to allow plenty of free time for the kids to get used to their skis and also participate in a variety of group games.

Initially, funding was acquired from a Communities in Action Fund Grant from the provincial Ministry of Health Promotion to pay for an instructor to teach youth in their schoolyard. Funding was generously provided for the acquisition of a trailer to deliver equipment to the schools by the Rotary Clubs of Midland and Penetanguishene and Good for Life. The final piece to the project was the ski equipment and Don Foster of Mountain View Ski Centre offered to provide equipment at an extremely reasonable rate. This winter, with the grant finished, the Midland Ski Club anticipated having to double the fees to cover the cost of our instructor but we had a very generous offer from the owners of the Midland and Penetanguishene Tim Hortons to cover those costs.



Getting ready for action

Not only has it been a delight to see the enjoyment the kids experience in their schoolyard, it is great to see these youth joining in our Saturday Jack Rabbit program and new schools participating in after school skiing at Mountain View Ski Centre. We hope more youth will be able to discover the joy of our Canadian winters on Nordic skis in the years to come.



Learning to Get Up



Enjoying the skis



Instructor Heather MacMillan leading the group



Ski Trailer

SOD Awards, 2010-11

Southern Ontario District presented its annual awards at the spring banquet in April at Highlands Nordic.

Photos by Bois Wilson

SOD Age Category Awards

Presented to skiers in the Midget, Juvenile, Junior, and Senior age categories who perform best in designated events. Selection is based on a balance of performance in individual races in both classic and free technique. The SOD Race series events are listed on the SOD website following the links to Programs-Racing-SOD Race Series.

Congratulations to:

Midget Boys	Ryan Jackson	Highlands Trailblazers
Midget Girls	Heather Wilson	Team Hardwood
Juvenile Boys	Graham Perry	Mono Nordic
Juvenile Girls	Jennifer Jackson	Highlands Trailblazers
Junior Boys	Scott Hill	Team Hardwood
Junior Girls	Larkin Davenport-Huyer	Highlands Trailblazers
Junior Men	Evan Odell	Team Hardwood
Junior Women	Emily Yungblut	Highlands Trailblazers
Senior Women	Kyla Vanderzwet	Georgian Bay Nordic
Senior Men	Matthias Purdon	Georgian Bay Nordic



SOD Age Category Winners: (Back Row L-R) Scott Hill, Jennifer Jackson, Emily Yungblut, Evan Odell, (Front Row) Ryan Jackson, Heather Wilson

2009-10 Age Category winners:

Ryan Jackson, Heather Wilson, Scott Hill, Shelby Dickey, Nicholas Monette, Emma Spelt, Andy Shields, Candace Ball, Len Valjas, and Brittany Webster

Jackrabbit Club Award: Highlands Trailblazers

Presented to the club that contributes significantly to the development of skiing through leadership in the Jackrabbit Program.



Pat Elson receiving the Jackrabbit Club Award

Outstanding Club Award: Kawartha Nordic Ski Club

Awarded to a club that has achieved excellence in programs sponsored by Southern Ontario District and Cross Country Canada.

Herman Jackrabbit Johannsen Award: Jon Grimwood, Kawartha Nordic

Awarded to the male cross-country skier in Southern Ontario who best combines competitive excellence, emerging leadership, and sportsmanship.



Barbara Eccles Award: Jointly to Jennifer Jackson - Highlands (on left) and Natalia Hawthorn - Hardwood (on right)

Awarded to the female cross-country skier in Southern Ontario who best combines competitive excellence, emerging leadership, and sportsmanship.



Chairman's Awards: Alan White

Awarded in recognition of outstanding work in the administration of Southern Ontario programs.



Cum Laude Award: Larry Sinclar, Highlands Nordic

Awarded in recognition of outstanding contribution to the development of cross-country skiing in Southern Ontario over a period of years.



The Mind, Body, Spirit Award: Kim Umbach

Awarded to an outstanding Paranordic athlete.



SOD Special Achievement Awards: Christy Campbell and Len Valjas

Awarded for outstanding achievement in the sport of Nordic skiing.



Altitude Training on the Haig Glacier (Kananaskis, Alberta)

Nick and Patrick Monette

Reprinted from *Hardwood Ski and Bike*
(www.hardwoodhills.ca)

Team Hardwood's Pat and Nick Monette traveled to Alberta in the summer of 2010, where they attended a high altitude training camp on the Haig Glacier with members of the Canmore Nordic Ski Club. A trip to "The Haig" for some midsummer volume and technique training on snow has become a staple for high performance skiers in Canada, including the national team.

We both recently journeyed out west to join Canmore Nordic for a week of training on the Haig Glacier, which is located south of Canmore, Alberta. The Haig is a magnificent place with beautiful scenery and an inspiring ski atmosphere. The best of the best from Canada have all trained there and Patrick and I are truly fortunate to have had the opportunity to get some on-snow training there in the middle of summer.

Our camp started with us arriving in Canmore and walking from the Radisson Hotel to the house of Team Hardwood members Jordan Cascagnette and Bob Thompson. An easy 20-minute walk turned into an hour trek with two big duffel bags and a large ski bag. We decided to definitely take a taxi on the way back! We spent 3 nights at Bob and Jordan's house. During that time, we were able to get in some good training on the roller ski trails at the Canmore Nordic Centre. This was a great experience as it is probably the only place in Canada where roller skiers have the right of way over cyclists and pedestrians.



Nick Monette at
Canmore Nordic Centre

After those few days of training in Canmore we began our trek up the glacier. The run/hike in to the glacier camp begins in Peter Lougheed Provincial Park, about an hour outside of Canmore. The route in is about 18 km long

and climbs some 600 m of altitude. Needless to say, if done too fast, one can easily become very tired and ruin the rest of their glacier camp! The run in was one of the most amazing runs we have ever done! The scenery was spectacular and nothing like we have ever been able to experience in Ontario. It took us about 3 hours to get to the camp, with us running the flats and hiking all of the uphills.

The camp, formally known as the Beckie Scott High Altitude Training Centre, had to be one of the coolest places I have ever been to. We were greeted by Jody and Joel as soon as we arrived: the groomers, chefs, and employees of Winsport who stay there for weeks at a time. The food was amazing! Our bags had already been dropped off via helicopter, which made our lives easier. The Haig is a very environmentally friendly place, with solar power being the main energy source, and all the garbage is flown out. Our poop is burned up on the Haig as well, making it a super clean place but also a very smelly place!

Our first day actually on the glacier was great. After a 45 minute hike every morning, climbing over 400 m we arrived to beautiful groomed snow. Depending on the weather, it can be slushy or rock-hard. Our first day was quite something—there was a huge cloud on the glacier and so we couldn't see 50 feet in front of us. But as the day got warmer, the cloud lifted, and we were treated with stunning mountains which surrounded the 6 km ski track. Due to the cloud, the conditions were soft, so we got to work on our classic technique—with real wax!—a nice change from rollerskiing where grip is very easy to come by. As the days went by, it seemed as if the conditions and weather kept improving, and by the last day we were skiing in shorts and a t-shirt—something you only get when skiing in July. Generally speaking, on the glacier we just did very easy training. We would ski between 2 to 3.5 hours each day where we would try and ski well below zone 1 while still trying to ski with good technique. Most of the training we would do could be described as quite boring as we were just skiing around in circles for hours at a time. But then again we were skiing in July on real snow, so that definitely helped to keep our focus. We were also able to really focus on our technique and we were able to really make some gains on our skiing. In the afternoon we mostly just relaxed, napped, or played board games, but we also did 2 easy core workouts on the heli-pad which were quite fun.

The fact that we were skiing at altitude was something that was new to both of us, as we had never done it before. We weren't sure what to expect, but upon arriving there we had no trouble. We were told that we might have trouble falling asleep but since we were doing

so much training, that by the end of the day we were pretty tired and it wasn't hard at all to fall asleep. We did have to make sure we drank lots of water due to the fact that you dehydrate much faster at altitude, so we would always try and have a bottle with us at all times.

Coming down from the glacier everyday was a blast! The tough and steep sections were avoided by boot skiing down long sections of snow, and it cut at least 15 minutes off the hike. Once arriving back at the camp we changed into swim trunks and made our way down to the glacier-fed river that runs through the camp. We were told to soak our legs in the 0.5 °C water for 5 minutes every day. The first day we were barely able to last 1 minute, but by the end of the week we were soaking our legs for 5 minutes and then dunking our heads afterwards! Soaking our legs really helped with the recovery after long days of skiing and is just another thing that makes the Haig Glacier a special place.

After 4 days of skiing and training on the glacier we made our way back down to the parking lot and then back down to Canmore. The run down was quite tough. It was quite a log run but it was made tougher due to the fact that we were carrying packs to make sure we had clothing for our last day in Canmore. Also, most of the 2.5 hour run was downhill, and that is something we are definitely not used to in Ontario where the hills are never more than 10 minutes long!

This was definitely one of the most incredible things we have ever done. The scenery was spectacular, the training amazing, and the experience incredible. It was definitely something I hope I have the opportunity to do again in the near future because, as a winter athlete, you really can't beat doing your sport in the middle of the summer.

A big thank you goes out to Alain Parent and the Canmore Nordic Club for allowing us to tag on go up to the glacier with them!



Nick Monette on The Haig ski loop



Patrick Monette in sun on the glacier



Patrick and Nick Monette ready to train on the Haig Glacier

Elementary Inter School Ski Races

Photos by Harvey Chapman

Arrowhead Provincial Park, Huntsville, March 5, 2010



300 plus athletes participated



Grade 5/6 girls receiving top 6 medals

February 10, 2010 Elementary Race



Sarah Cowan in Arrowhead Nordic ski suit

Ontario Winter Games 2010 - Huntsville

Photos by Don McCormick



Para-Nordic Skiers in Midland

More Para-Nordic photos and story at: www.northernlife.ca/news/sports/2011/02/paranordic100211.aspx



John Langstone Retires as Carleton University Nordic Coach

Richard Lay

April 2010 — John Langstone's retirement as Carleton coach deserves mentioning in the *SOD News*, given his considerable contribution to university skiing and coaching skiers from SOD (eg. Alana Thomas and Adele Lay). He has been our very active representative on the CCO High Performance Committee and regularly informed us other university coaches of important developments at CCO, CCC and OUA. There is a very fitting tribute on the Carleton Ravens web page which I copy here:

After leading the Ravens for five successful seasons, John Langstone is retiring as head coach of Carleton University's Nordic ski team.

"I decided to retire mostly because of the physical demands of Nordic skiing coaching," he said. "I'm turning 65 this year and am not getting any faster...I will miss the Carleton atmosphere, the people and the students."

Langstone's role as head coach began in 2005 following a five-year stint as an assistant coach with the program. During his career, Langstone and his teams earned one gold, five silver and four bronze medals at the provincial level. Both the men's and women's programs earned medals at the OUA Championships in each of his five years as head coach. He was also named OUA Coach of the Year in 2009.

Alana Thomas (2010 Canadian University Female Skier of the Year) has been skiing with Langstone for three years and said he has had a great impact on the team.

"John has put an incredible amount of time and energy into the Carleton varsity ski team during his time as coach, never missing an opportunity to share his love for the sport or help us with technique and training," she said.

Hearing about Langstone's retirement was bittersweet for Thomas.

"On one hand it's sad to see John step down, ending quite an era of Nordic skiing at Carleton," she said. "On the other hand, I respect that he feels that now is the time for him to retire and move on to new pursuits."



Langstone ended his coaching career at Carleton on a high note this season. The Ravens dominated at the OUA Championships, with the men finishing first and the women second overall. The men's team followed with a first-place finish at the Canadian College and University Nordic Ski Championships, marking Langstone's second CCUNC championship banner.

"In the end, the success of the teams over the years had a lot to do with the calibre of athletes who came to Ottawa to train for a variety of opportunities, including the varsity team," Langstone said. "Over the years I was supported by excellent coaches, including Don Moxley for four years and Greg Mark at most of those successful university events...I hope the training and racing opportunities in Ottawa, as well as the Carleton team, will continue to attract so many good people."

Langstone has certainly left his mark on Carleton University's Nordic ski team and his wealth of coaching experience will surely be missed.

NCCP Super Clinic

September 16-18, 2011

Bill Crothers Secondary School: Unionville Ontario

T2T and Level 3 coaches, this is a unique opportunity to further your coaching development and certification, sign up today!!

T2T coaches wanting to move into the next level – Competition Development (if you have only completed the T2T Dry-land workshop so far, but are planning on attending the OnSnow component this winter and then take the Competition Development level, you are also eligible to sign up). There are four multi – sport generic modules you will have to take for the Comp Dev. They are:

- Leading Drug Free Sport (3.5 hrs)
- Managing Conflict (4.5 hrs)
- Coaching and Leading Effectively (10 hrs)
- Psychology of Performance (7 hrs)

The sport-specific modules will NOT be piloted until at least next spring.

Level 3 coaches: The equivalency policy to move from the old system to the new system has not been finalized. You may have to take some of the modules above, but that hasn't been confirmed. You may want to attend this clinic to further your knowledge and complete some of the potential requirements to transfer from Level 3 to Comp Dev.

This SuperClinic is a great opportunity to complete 3 of the above modules in one weekend. Otherwise you have to travel across the province for each of the modules put on by the Coaches Association of Ontario.

Comp Dev level will require each coach to keep a portfolio. If you attend this clinic, make sure you keep copies of each workshop you have attended.

To register, go to:- <http://www.cvent.com/events/nccp-super-clinic/event-summary-bbc2bea687e941449243d-93b3f349dc3.aspx>

Possible schedules to complete 3 modules:

- 1.) Friday 6 -10 Coaching and Leading Effectively
Saturday 9 - 5 Coaching and Leading Effectively (continued)
Sunday 8 - 12 Leading a Drug Free Sport
Sunday 1 - 5 Managing Conflict
- 2.) Friday 6 - 10 pm Making Ethical Decisions (if you have done your online exams (community coach and competition coach on the www.coach.ca website, you don't need to attend this)
Saturday 9 - 5 Psychology of Performance
Sunday 8 - 12 Leading a Drug Free Sport
Sunday 1 - 5 Managing Conflict

You can apply for a Quest For Gold bursary on www.coachesontario.ca

Coaches will pay for the work shop online up front, then apply and submit a final report and then be reimbursed.

Funding amounts and maximums work like this:

The Quest for Gold program provides an education bursary for coaches to complete eligible NCCP training. Up to a maximum of \$500 per application will be available to cover up to 70% of course registration fees and travel subsidy combined. A travel subsidy up to a maximum of \$200 is available for coaches travelling more than 100km each way to attend NCCP training. Each Comp Dev course can be applied for separately or in the weekend format as one course with 2-4 modules included.

SOD Skiers at Ski Nationals

For more photos, view: <http://bill-thompson-images.smugmug.com/>



SOD's Web Site - xcontario.com

SOD's web site at xcontario.com has been in operation with updated information on clubs and skiing in Southern Ontario. Suggestions and submissions for content from SOD clubs are welcome. Send in articles on club events and member activities and accomplishments. Please update your club calendars on the site so other clubs will know of your activities.

Contact Jon Grimwood at jgrimwood@yahoo.com.

SOUTHERN ONTARIO DISTRICT NORDIC SKIING

Home About Us Calendar Nordic News Programs Search Club Profile Editors Log in

SOD Nordic Skiing

Welcome to the Southern Ontario District (SOD) Nordic Ski Website! This is a tool for the communication and celebration of cross-country skiing in Southern Ontario. We are a group of clubs that organize cross-country skiing activities and carry out programs supported by our provincial body Cross Country Ontario and our national body Cross Country Canada. Regardless of whether you are new to cross-country skiing, a seasoned recreational skier, or an elite racer, there is something for you here. Come on in and take a look around.

Learning

Our clubs are our foundation.
[Click here to see a list of all the clubs in southern Ontario...](#)

View Southern Ontario District in a larger map

Announcements

SOD Awards Event
The 2010-11 SOD Awards Banquet is being held on Sunday May 15th at Highlands Nordic. [Click here for more information.](#)

SOD Skiers Make Ontario Ski Team
Congratulations to the following Junior skiers who, through their dedication and performance, have earned a place on the Ontario Ski Team. Scott Hill, Team Hardwood Nick Monette, Team Hardwood Larkin Davenport, Highlands [Team Hardwood](#)

Events

SOD Awards Event
The 2010-11 SOD Awards Banquet is being held on Sunday May 15th at Highlands Nordic. [Click here for more information.](#)

ParaNordic Try It Day
Kawartha Nordic Ski Club is hosting a ParaNordic Try It Day on February 6th. [Click here for more information.](#)

Kawartha Enduro

Updates

SOD Awards Event
The 2010-11 SOD Awards Banquet is being held on Sunday May 15th at Highlands Nordic. [Click here for more information.](#)

SOD Skier Awards Posted
[Click here for a list of 2010-11 age category winners.](#)

SOD Coaching Bursary
[Click here to view the SOD Coaching Workshop](#)

Clubs in Southern Ontario

(The Unofficial List – to help clubs communicate – updated Nov. '09)

- Arrowhead Nordic Ski Club, Mike Derbyshire, Huntsville, laura.derbyshire@sympatico.ca, 705-789-8435, www.arrowheadnordic.ca
- Bruce Ski Club, Barbara Gray, Box 2, Owen Sound, ON, N4K 5P1, andrew@howlett.net, 519-376-6928, www.bruceskiclub.ca
- Eden Mills Jackrabbit Club, Kris Rutkowski, Guelph, krys@sympatico.ca, 519-837-1299
- Fit Company, Peter Lothian, Toronto, plothian@sympatico.ca
- Five Winds Ski Touring Club, Gord Best, Toronto, info@skifivewinds.org, 416-860-6152, www.skifivewinds.org
- Georgian Bay Nordic, Marilyn Suke, Owen Sound, mpsuke@gmail.com, 519-371-8789, www.ontarioguide.com/gbn/
- Georgian Nordic Ski & Canoe Club, Ron Chase, Box 42 Parry Sound, P2A 2X2, ski@vianet.ca, 705-746-5067, www.georgiannordic.com
- Glenelg Nordic Ski Club, Sharon Turner, Markdale, president@glenelgnordicskiclub.org, www.glenelgnordicskiclub.org
- Guelph Nordic Ski Club, Kathy Savage, guelph-nordic@hotmail.com
- Haliburton Highlands Nordic Trails Association & Ski Club, Blake Paton, Haliburton, bpaton@sympatico.ca, 705-457-5177, www3.sympatico.ca/bpaton/nordic/hsc.html
- Halton Outdoor Club, Joe Lechner, Burlington, outdoor@spectranet.ca, 905-634-2012, www.haltonoutdoorclub.com
- Highlands Trailblazers, Larry Sinclair, Duntroon, skiinfo@highlandsnordic.ca, 705-444-5017, www.highlandsnordic.ca
- Horseshoe Resort Cross Country, Ren Winkler, Barrie, skiadhr@horseshoeresort.com, 705-835-2790, www.horseshoeresort.com
- Kawartha Nordic Ski Club, Diane Rogers, Peterborough, contact@kawarthanordic.ca, www.kawarthanordic.ca
- Midland Ski Club, Wyevale, Brien Ross, lbedross@rogers.com, 705-322-1147
- Mono Nordic Club, Ken Norris, Orangeville, knorris@magma.ca, 519-941-0322, <http://mononordic.com/>
- Muskoka Nordic Ski Club, Tracy Marshall, Huntsville, tracy.marshall@fldsb.on.ca, 705-788-3607
- Owen Sound X-C Ski Club, Bob Garnett, robles@bmts.com, 519-794-3308, www.owensound.org/ski/
- Port Elgin X-C Ski Club, Ray Gilbert, Executive Director, network@brucegreytrails.com, 519-832-5654
- Sauble Beach X-C Ski Club, Mary Frook, kfrook@gmail.com, 519-422-1996, <http://skisauble.freehostia.com>
- Team Hardwood, Judy Doble, Oro Station, info@hardwoodskiandbike.ca, 705-487-3775, www.hardwoodskiandbike.ca
- Trakkers X-C Ski Club, President: Julie Jai, Toronto, info@trakkers.ca, 416-763-0173, www.trakkers.ca
- University of Guelph Gryphons Nordic Ski Team, Richard Lay, rlay@xplornet.com, 519-824-4120 Ext.: 56134 www.athletics.uoguelph.ca/Varsity_Sport/_Teams/Nordic_Skiing
- University of Toronto X-C Ski Team, Hans Fischer, hans.fischer@utoronto.ca
- University of Waterloo X-C Ski Team, Justin Faulkner, justin@xcskier.com, <http://nordicski.uwaterloo.ca>
- Wasaga Duners, Andrew Monahan, Box 183, Wasaga Beach, L0L 2P0, wbduners@georgian.net
- Waterloo Region Nordic Sports Club, Greg Harling, President, Box 40031, Waterloo, N2J 4V1, adultprograms@wrnsc.org, 519-880-1719, www.wrnsc.org
- Wildwood Polecats, Steve Sauder, St Mary's, kayak@quadro.net, 519-349-2165

The official list of Club Registrations is kept by Ed deLaplante (edelaplante@sympatico.ca)

www.xcontario.com is the best source for scheduled events

SOD Event Calendar 2011-2012

Date	Event	Location	Contact
2011 Oct. 23, Sunday (2 PM)	AGM	Highlands Nordic	John Cowan



New SOD club parking attendant