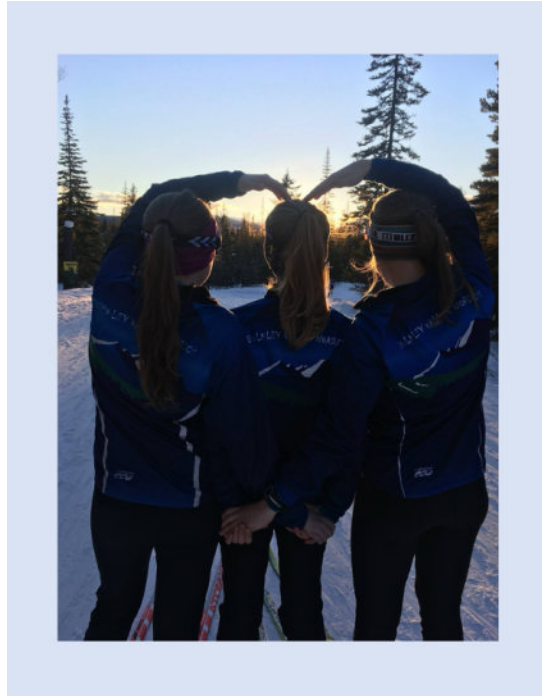


BVCCSC December 2023 Newsletter

In the heart of unceded Wet'suwet'en Territory, where we have gratitude for the natural beauty of this land.



UPDATES:

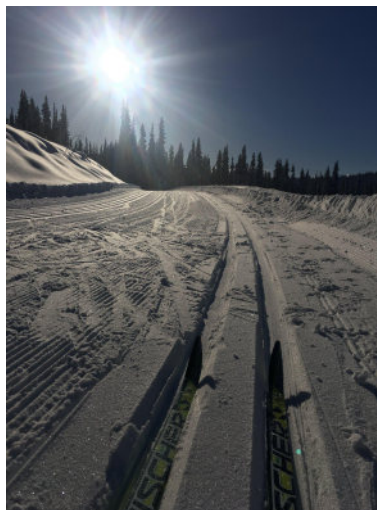
From the Admin:

Please wear your ski pass. If you've paid, grab it at McBike & Sport before heading up to the trails.

From the Grooming Team:

Early season conditions, so watch for sticks & possibly dirt. Use [Nordic Pulse](#) to find out which trails are open & when they were groomed, (link to Nordic Pulse is in the Conditions box on [our website](#)).

In these low snow conditions, we groom in the daytime; so please watch out for the grooming crew. Avoid skiing a trail right after it has been groomed; it takes over an hour for the snow to set.



Machine Update:

Our website's [grooming FAQ](#) shows the equipment we use. New for this season is our [Taiga Nomad](#), a powerful electric snowmobile that **Corry & Harvey Tremblay** generously donated. We are still testing out its capabilities; so far it is performing marvellously!

Not yet on site is the new, full-size groomer we are buying with a grant from the Province of BC's Destination Development Fund. After a lot of research, we chose a new [Prinoth Bison](#). It will have Nordic skating combs, 4 track pans, and a special blade with an ice renovator. It is an amazing piece of equipment that promises to raise the bar again on the quality of our ski trails. We expect delivery in March which will set us up for the next ski season.



Bunnies and Rabbits Programs:

It's time for another wonderful season of fun and games. The program capped at a whopping 100 registered kids, and our waitlist is growing! We're stoked to see so much enthusiasm for the program. If you have not yet registered, you can still put your child on our waitlist: sue.pearce@bvnordic.ca

What does it mean to be on the waitlist? We are working on coach availability; if there are enough coaches to open up more spots, we will welcome kids from the waitlist in the order they signed up.

We are still looking for a few more coaches to join the team this season. If you like having fun on snow with aspiring skiers, coaching might be for you. You do NOT need perfect technique to be a wonderful coach to our youngest skiers. Most important is that you are good-humoured, patient, creative and keen. Please reach out to Sue if you think coaching is for you: sue.pearce@bvnordic.ca



If you want to take your volunteering career to the NEXT level, we are still **looking for someone to apprentice in the Bunnies and Rabbits Coordinator role**. Sue Pearce, current coordinator, is stepping away after this season. If you're interested, Sue can spend this season training you to set up for success. It is NOT a difficult role and is super rewarding. Please reach out to Sue if you have questions or would like to learn more. sue.pearce@bvnordic.ca



A Blizzard Sized Thank You to our Donors



BV Nordic Athlete Development Program Virtual Auction

Thank you to the generous local businesses that supported us this year:

**Dan's Source for Sports
Hudson Bay Mountain
Daddio's Family Restaurant
Frontier Chrysler Dodge Jeep Ram
Bulkley Valley Credit Union
Roadhouse
Suds 'N Bay
Apex Diamond Drilling
Human Health Project
Northern Elements Farm
Trillium Integrative Health Centre**

**Driftwood Creek Honey
Blue Water Sushi
BV Wholesale
The Sausage Factory
Hy-Tech Drilling
McBike & Ski
Nature's Pantry
Yoga with Yeva
Two Sisters Cafe
40 Below Hot Sauce
Heart Strings**



Thank you to all individual donors, bidders, and volunteers for making this event a success. We couldn't have done it without all your support!

Race Scene:

Finley & Nico Gagnon, Ava & Jesse Wimbush, Sacha Fleury-Allen & Wynter Lilles, parents and coaches travelled to Sovereign Lake on December 2/3 for the first race of the season, the Western Canada Cup. The team goal was to get back into competition mode, enjoy skiing, enjoy the trip and have fun! Coach Andrea noted, "I was pleased with how athletes, parents and coaches adapted to the variety of challenges thrown at us at this race: unusually low snow levels, minimal warm-up terrain, several changes to the race schedule and blizzard conditions - all in one weekend! It was a super trip with excellent effort by the athletes where everyone went away with great learning."



Snow Camp 2023:

This year's edition was a huge success, 70+ athletes registered from Prince George, Vanderhoof, Houston & Smithers. Athletes enjoyed a fun filled camp including a night ski under the stars, skate & classic sessions, a time trial in challenging conditions (~15cm of new snow), a wax clinic with Graham Maclean, former National Team Wax Tech, a talent show, popcorn & movie, instruction in mass starts & relay exchanges, and the final event of the camp, the mixed team costume relay! Many thanks to all coaches, groomers and volunteers for creating an excellent learning environment. An extra special thank you to **Georgie Watts** and her small but formidable team who masterminded the wonderful dinner and numerous snacks. Photo Credit: Shannon Pearce



Membership highlights:

- **Almost 1,100 members, this is truly amazing!**
- One of the largest Jackrabbit programs in BC, and a thriving Ski S'kool program
- Three young athletes on BC provincial teams
- Hosting multiple NCCP coaching workshops this year

BV Nordic Hours:

Buchfink Lodge & upper parking lot: 8:00 am to 9:45 pm

Trail lights: on until 9:30 pm

Lower parking lot is always available

UPCOMING EVENTS:

Holiday StoryWalk: Dec 17 - Jan 1

Virtual Holiday Hustle Dec 24 - Jan 7

Teck Northern Cup #1/ 2 BC Winter Games Trials Dec 30 - 31

Masters Drop In Jan 17 - Feb 21

Womxn's Cross Country Ski Clinic Jan 21

Tour de Treat Jan 28

Holiday StoryWalk:

Dec 17 to Jan 1, generously put on by SCSA. This year's book is "The Mitten" by Jan Brett. There is no cost to tour the StoryWalk and no pass is needed as it will be located close to the lodge.

**Virtual Holiday Hustle:**

The route is the same as last year, with a quick up & down profile and one challenging left-handed turn to be aware of. Prizes will be awarded randomly, **Dec 24 to Jan 7**.

Teck Northern Cup #1 Volunteers Needed:

December 30-31 Teck Northern Cup #1 and 2, this is also the BC WINTER GAMES TRIALS. Please note that these races are not exclusive to the racing kids, skiers of all ages and abilities can challenge themselves!

Volunteer signup: volunteersignup.org/RCHW7

Volunteers get free lunch & a great chance to be a part of the super fun event team.

Zone 4 race signup link: <https://zone4.ca/event/2023/1ZwxRr/>



Masters Drop In:

Sessions are for adults of any skill level and include coaching sessions for classic and skate technique. First time skiers can learn the basics while intermediate and advanced participants receive technique tips to keep improving. Attend one session or all!

Lessons are **Wednesdays at 7:00 pm, from January 17th to February 21st, 2024.**

Cost is \$10 per session. A valid trail pass is required for participation.

To sign up, email your technique (skate or classic) and your level (beginner or intermediate) to masters@bvnordic.ca by Monday night on the week you want to attend.

Womxn's Cross Country Ski Clinic:

Join us for a day of cross-country skiing & winter wellness at our Womxn's Cross Country Ski Clinic. Whether you're a seasoned or first-time skier, this event offers a great opportunity to hone your skills, build friendships with fellow skiers, & bask in the beauty of a winter wonderland at the Nordic Centre.

Date & Time: Saturday, January 21, 2024 @ 8:15 am - 2:30 pm

Location: Bulkley Valley Nordic Centre

8:15 am - 8:45 am: Sign-in and Waxing

9:00 am - 10:30 am: Lesson #1

10:45 am - 12:15 pm: Lesson #2

12:15 pm - 1:00 pm: Lunch catered by Riverside Kitchen

1:00 pm - 2:30 pm: Choose Your Adventure

After lunch, the choice is yours: *Yoga *Trail Tour *Wax Clinic



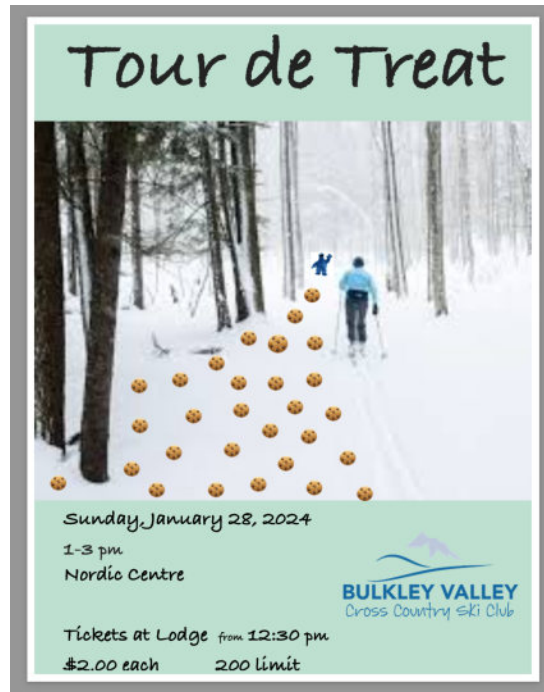
Registration: \$60 for members & \$75 for non-members. Registration closes Jan 10.

Note: Equipment rental is available at McBike & Sport for those who need gear.

-Womxn's Ski clinic: [Registration Link](#) and [Event Description for Website](#)

Tour de Treat:

Do not miss this sweet event, Sunday, January 28, from 1 pm to 3 pm at the BV Nordic Centre. There will be four stations, and innumerable delectable treats! See poster below.



CORRECTION:



2nd from left is Robbie Dunbar. Nathan Cullen is the adult in the back row sporting a red ski jacket! My apologies, the irony is that Nathan is probably the only BVCCSC adult male that I could pick out of a line up, yet I got it wrong!

Nathan was on hand at a recent training session to congratulate BVCCSC on being the recipient of the BC Ministry of Tourism, Arts, Culture, and Sport's grant of \$765,452 from the BC Destination Development Fund. He noted that this funding "means reliable cross-country skiing for kids to seniors throughout the entire season and for years and years to come."

Check out our sponsors and give them your business:



**Here's
How.**



For more information on anything BVCCSC, and to see our full list of terrific sponsors who would appreciate your business, visit: <https://bvnordic.ca/>