

NSDP Director's Report for the October 15, 2015 BVCCSC AGM

OVERVIEW

The Nordic Skills Development Program is committed to providing opportunities for all members of the Bulkley Valley Cross Country Ski Club and our communities to develop their skills in Nordic Skiing and Biathlon.

Last year, our skill development programs included:

- Nordic Skiing
 - Skills Development Programs
 - Bunnies (ages 4-5)
 - Rabbits (ages 6-10)
 - Extended Rabbits (ages 7-10)
 - Athlete Development Programs
 - Track Attack (ages 10-12)
 - Junior Development (ages 12-14)
 - Senior Race (ages 15-18)
 - Ski S'Kool Program (ages 5-13)
 - Adult Programs
 - Masters Drop in
 - Masters Lite
 - Women's Clinic
 - Wellness Program
- Biathlon
 - Junior Biathlon
 - Senior Biathlon

PROGRAM COORDINATION

Our programs were managed through this framework:

BVCCSC Board			
Racing Program Lea-Marie Bowes-Lyon	NSDP Program Leslie-Jean MacMillan		
NSDP Program Coordinator Anne Marie Findlay			
Coach Mgmt Team Lea Marie Bowes-Lyon James Cuell, Anne Marie Findlay	Training Sandra Nash	Ski Boosters Jen Plummer	NSDP Programs Anne-Marie Findlay

NSDP Board Rep and Coordinator

Leslie-Jean MacMillan was been the board rep for the NSDP, while Anne-Marie Findlay was the NSDP program coordinator, managing the NSDP programs, participating in the coach management committee, and ensuring that the efforts of the Training Coordinator and Ski Boosters are coordinated with the needs of the NSDP and the club.

COACH MANAGEMENT

Lea-Marie Bowles, James Cuell and Anne-Marie Findlay worked together on the coach management committee, developing and overseeing the contract for our Head Coach, Lisa Perry.

Lisa Perry returned as our club coach after a five-year absence, and worked primarily with athletes in the Extended Rabbits to Senior programs. As club coach, she also mentored coaches from all of the NSDP programs, and helped with our Wellness and School programs. She had great success with the program this year, and athletes and coaches are very grateful for his skills and support.

With help from the NSDP, Lisa increased the amount of collaboration between our club and other provincial coaches. She helped arrange for Chris Manhard from CCBC to come to Smithers and work with the athletes, and she also helped arrange for Graham Moore from Prince George to coach at our snow camp. Chris, Lisa and Graham also worked together at Nationals to support athletes on the Development and BC Ski Teams.

Most of the funding for a paid club coach comes from the BC Gaming Grant. The NSDP would like to thank Irene Ronalds for leading the grant proposal submission, and for putting many extra hours into the submission to address the questions the Gaming Commission raised about our previous applications. The remaining funds came from ViaSport for coaching and the NSDP. This year, the club executive did not provide funds for the club coach.

The NSDP raised funds through the Wellness Program and Ski Booster activities. Through the Wellness program, the BV Credit Union gave the NSDP a \$5000.00 donation in exchange for sessions of skill development and waxing instruction by Alex Woods, Lisa Perry, Jody Barber, Anne-Marie Findlay, Karen McEwen, Irene Ronalds and Jane Woods. The Ski Boosters raised funds through bottle drives, concessions, ticket booth and the dessert night.

TRAINING

Sandra Nash coordinated ski coach, biathlon, officials and waxing training this year. We had club members participate in the following courses:

- Community Coaching

- Learn to Train Dryland
- Learn to Train On Snow
- Wax Technician Training/Ski Preparation Clinic
- Biathlon Mentorship Program

SKI BOOSTERS

Deb Turton, Jane Woods, Jen Plummer, LJ MacMillan and Linda Robertson led Ski Booster activities this year including:

- Bottle Drive
- Concessions
- Lodge Supervision and Cleaning
- NSDP Calendar
- Race travel support
- Ski Swap
- Ticket Booth

NORDIC SKILLS DEVELOPMENT PROGRAMS

Our Athlete Development Program (ADP) is likely the most integrated skill development/racing/ biathlon group in BC. We had 132 athletes aged 4-18 enrolled in our programs this year. Our enrollment is the highest it has been over the last 10 years.

SKILL DEVELOPMENT:

- Includes Bunnies , Rabbits and Extendos
- Coordinated by Paula Bartemucci
- 12-14 Bunny and Rabbit Coaches; difficulty finding coaches
- Extendo Coaches: Cody Askew, Andrea Dunbar, Ann Marie Roberts.
- 87 athletes enrolled
- Many Extendos enjoying racing

ATHLETE DEVELOPMENT PROGRAM

Races:

Nordic skiers attended Northern Cups/BC Winter Games trials in Smithers, Burns Lake and Prince George; Norams in Vernon; BC Cups in Vernon, Kamloops and Whistler ; Westerns in Prince George and Nationals in Whitehorse. Biathletes had great attendance at BC Cup races in Vanderhoof, Prince George, and Whistlers , as well as competing at Norams in Canmore , Western Biathlon Champs , and the Canadian National Championships .

Financial and Program Notes

- Van fund was released from Restricted Fund
 - \$25,000 moved to ADP program as start up money

- \$5708 was set aside to build a play part in August 2016. Patrick Williston, Alex Woods, Robbie Dunbar and others were very involved in this project
- \$3000 was spent on wax equipment, text skis, waxing tables
- \$7000 was spent on expanding coaching and biathlon programs, including structured dryland trainings in the fall.
- James Cuell has worked to develop a sustainable funding model, and worked with Steve Osborn to change the program structure.

Special Events

- XC Snow Camp – regional camp open to skiers from Kitimat to Prince George. Over 50 athletes attended. Camp was led by CNC head coach, Graeme Moore.
- Biathlon on snow camp.
- 10 athletes Biathlon BC Team trained in Smithers before travelling to nationals.
- Time Trial Tuesdays – expanded to included club athletes. One Tuesday held in town.

Tacos:

- Coaches: Patrick Williston, Sandra Nash, Liza Hart
- 13 athletes
- Many athletes keen on racing, and kids had great attitudes.

Track Attack 2

- Coaches: Adrian De Groot, Alan Baxter, Marlene Thimer, Linda Robertson
- 8 kids
- Focussed on fun and skill improvement

Juniors

- Coaches: Irene Ronalds, Geoff Recknell
- Two athletes nominated to BC Talent Squad- Mia Recknell and Zoe Hallman
- One athlete nominated to BC Development Squad: Jesse Smids
- Great strides in technique

Seniors

- One coach: Alex Woods
- Six athletes
- One athletes nominated to BC Development Squad – Travis Pete
- One athlete nominated to BC Ski Team: Hamish Woods.
- Attended many races.
- Athletes have great attitude and work ethic

Biathlon

- Many coaches: Peter Tweedie, Kevin Kriese, Daryl Wilson, Wally Lesawich, Alan Baxter, with Sara Belanger and Jeven Hanchard as trainees. 16 youth athletes, and a number of masters.
- Most athletes also train with age appropriate ski groups, and their skiing is excellent when compared with athletes from across the province
- Shooting skills are weaker due to a lack of coaching expertise
- Seton Kriese and Claire Lesawich earned first aggregates for the province.

SCHOOL PROGRAM

- Coordinated by Kathy House
- Struggle to find coaches
- Coaches paid for their time.
- 13th year of program for students aged K-7
- Inclusive
- Has used the boots and skis from our program to enable all students to participate
- 1632 student visits this year;
- Racing Rocks- coordinated by Lisa Perry and Linda Kuslinka. had approximately 70 skiers. One school dropped out on day of event, dropping our numbers by 40.

ADULT PROGRAMS

Masters' Drop In:

- Cobey Oliemans coordinated the program this year.
- The program remains a popular and community building evening to build Nordic ski skills

Masters' Lite

- Three athletes participated in a race training program coached by Lisa Perry.
- Timing was difficult this year.

Women's Clinic

- Popular one day skill building event for women
- Organized by Nellie Dow

Masters Biathlon

- Coached by Daryl
- Six keen athletes
- Callie Lancaster medaled at Biathlon Nationals

FUN REPORT

Several new events this year

1. 2016/2017 Fall Fair Parade – first floats for our club in many years. Athletes and club members enjoy participating
2. Snowflake Social – Organized by Daryl. Social for adults in the club. Well enjoyed.
3. Ski with Santa – Organized by Lea-Marie and Perry Rath, with help from Kara, Jacie, Daryl and LJ. Huge hit. Families loved visiting Santa in the snow. Suspect it will increase this year. 50 kids attended.
4. Welcome Day- Organized by Tenley Dahlie. Great response from the community, and many people up to ski on the trails for the first time. May move to December this year. The club provided free ski passes, McBike provided free ski rentals and club members guided new skiers on the trails.
5. Tour de Soup – Organized by Marlene Thimer. Approximately 80 participants and 20 volunteers. Participants loved skiing station to station to sample soups. Poker hands were added fun
6. Super Hero Day – in Rabbits. Organized by Lisa Perry. Older athletes enjoyed dressing up as villains and younger athletes loved showing off their super powers.