

# Alberta Nordic Skier

Annual 2014

A Publication of Cross Country Alberta



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### Memories of a medalist

MARK ARENDZ RECOUNTS HIS SOCHI EXPERIENCE

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DEVON HAS FUN WITH LA COPPA

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CONGRATULATING OUR RECENTLY RETIRED OLYMPIANS

### Screeched in

ALBERTANS CHALLENGE AT MASTERS IN LABRADOR





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Olympic and World Champion Chris Klebl nears the finish line at the IPC World Cup, which took place in Canmore in December 2013.

Photo by Dave S. Clark.



Derek Zaplotinsky and a young skier taking part in the Ski Fit North Alberta multi community ski day.

Photo courtesy of Cross Country Alberta.

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Cross Country Alberta (CCA), on behalf of its member clubs, skill development participants, athletes, coaches, parents, and officials, would like to give special recognition to Alberta Sport Connection and Alberta Lotteries for their continuing support of cross country skiing in Alberta. Their financial and administrative contributions have enabled CCA to assist its member clubs in building an ever expanding cross country skiing community throughout Alberta. We are mindful and appreciative of this support and will continue to provide high quality cross country skiing opportunities for all Albertans.



## **ALBERTA NORDIC SKIER**

Winter 2014-2015

Alberta Nordic Skier is published by Cross Country Alberta and is intended as an information source for cross country skiers throughout Alberta.

## **PUBLISHER**

Cross Country Alberta

## **EDITOR, LAYOUT & DESIGN**

Rebecca Reese, Dave S. Clark

## **CONTRIBUTING AUTHORS**

Vicki Harber, Mark Arendz, Dave S. Clark, Tim Brewster, Jeff Bakal, Dave Rees, Beckie Scott, Claire Richter, Mike Cavaliere

## **COVER DESIGN**

Dave S. Clark

## **CROSS COUNTRY ALBERTA**

11759 Groat Road

Edmonton, Alberta T5M 3K6

Phone: 780-415-1738 / Fax: 780-427-0524

Michael Neary, Sport Manager  
manager@xcountryab.net

Rebecca Reese, Program Coordinator  
cca@xcountryab.net

Hours of Operation  
Monday-Friday, 9:00am – 5:00pm

All Cross Country Alberta Member households are sent a copy of this magazine. Additional copies are distributed to selected retail outlets across Alberta. Total distribution for this issue is 4000.

Canadian Publication Agreement #40064487

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Cross Country Alberta Society

11759 Groat Road, Edmonton, AB, T5M 3K6





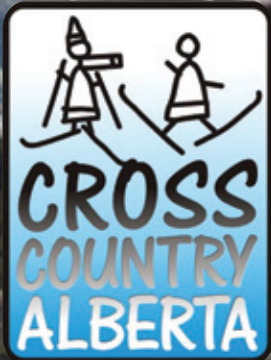
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## NORDIC NEWS

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Contact the Cross Country Alberta office at [cca@xcountryab.net](mailto:cca@xcountryab.net)

Visit the Cross Country Alberta website for photos, news updates, information about trail conditions, and event listings!

If your club has an upcoming event, such as a loppet or ski swap, e-mail us! We would be happy to post a link on the website, or send out the message in Nordic News.

# [www.xcountryab.net](http://www.xcountryab.net)





# MESSAGE FROM THE CHAIRPERSON

My introduction to cross country skiing was real cross country skiing – breaking trails on my skis through the snow on our family farm and ranch in Central Alberta. That was my starting line to an Olympic effort month-long wilderness camping expedition 30 years ago, skiing with a huge back pack, from Jasper to Banff in Alberta's Rocky Mountains.



I have gone from one extreme of our sport, backcountry skiing, to, the other extreme of coaching racing, including going to the past five Olympic Games, to support athletes whom I volunteered to coach; three Olympics with Beckie Scott and two Olympics with Alex Harvey.

If there is one thing I hope for of all of you this winter, it is that you take time out of your busy lives to cross country ski as often as you can. There is no better way to exercise our bodies and minds during the winter, than to glide along a ski trail.

It is good for our spirit and soul to experience our special moments of cross country skiing; staring across a snow-covered landscape and pausing to reflect in the silence and stillness of our winter wonderland; discovering and exploring a new ski trail; re-discovering the beauty of your favourite ski trail; soaking in the warm rays of the winter sun; skiing through the snow flakes during a snow storm or a blizzard; enjoying a "time-out" by escaping from

fast-paced society for some quiet time alone on the ski trail; enjoying time with family or friends along a ski trail.

If there is one thing I ask of all of you this winter, it is to please share your passion for cross country skiing with your family and friends. Join a cross country ski club, and volunteer to help develop our sport.

Thank you to you, the thousands of volunteers in our sport. You are Cross Country Alberta!

On behalf of our Cross Country Alberta board and staff, we hope you enjoy a great winter of skiing! Yeee Haaw!

**Les Parsons**  
CCA Board Chairperson

# MESSAGE FROM THE SPORT MANAGER

Those who know me are aware of my interest in history, and specifically sport history. Alberta is full of history for our sport of cross country skiing, and it is so exciting to be part of the sport here in Alberta. As a former University professor of mine used to say, "What you do today in your sport is history tomorrow". A simple but very true statement, and there are so many cool pieces of sport history in Alberta.



This past year Foothills Nordic Ski Club celebrated their 50th anniversary, which is an excellent milestone. Congratulations! The Lake Louise Loppet, which will be celebrating its 43rd annual event this coming March, is "Western Canada's oldest mass participation fun race, est 1973" and has been hosted by the Calgary Ski Club since the beginning. Just recently, the City of Red Deer was awarded the 2019 Canada Winter Games, which will be an excellent event I am sure. Congratulations to the City of Red Deer! But, did you know that Alberta has hosted the Canada Winter Games twice since the inaugural games were held in Quebec City in 1967? Lethbridge was

the first Alberta community to host the Canada Winter Games in 1975 and Grande Prairie was the last Alberta community to host the Canada Winter Games in 1995.

Alberta has been very fortunate to have had a number of athletes represent not only Canada, but Alberta at the Olympic and Paralympic Winter Games. People like Clarence and Irvin Servold in the 1950's to Beckie Scott, Sara Renner, Brian McKeever, Robin McKeever, Amanda Ammar, Chandra Crawford, Drew Goldsack, Madeleine Williams, Phil Widmer, Heidi Widmer, Jesse Cockney, Stefan Kuhn, and Graham Killick to name just a few of the many outstanding individuals to accomplish the feat of representing their country at the Olympic Winter Games.

But did you also know that Canada has won 3 Olympic medals, including 2 gold, in the sport of cross country skiing, and they were all won by female athletes from Alberta? Beckie Scott and Chandra Crawford have both won gold and Sara Renner a silver medal along with Beckie Scott in a team sprint event. There is so much history to talk about that I cannot

possibility cover it all, and these are only a few pieces of the history of cross country skiing in Alberta.

What is great about history is it shows what can be done and how we can celebrate and embrace our past as we continue to build toward the future. Cross country skiing is a great sport and activity, and Alberta is a great province, and Canada is a great country to take part in our sport. So let's get out there this winter and take part in your local community, club events and be part of our future history. History does not have to be something big and monumental, as mentioned before, what you do today is history tomorrow. Just being part of the ski community is part of our history so get out and enjoy.

As always I want to thank the staff and Board members for all their hard work and dedication. I would like to thank all the members of CCA for a successful past and look forward to a successful future for our sport.

I look forward to seeing you on the trails this winter!

**Michael Neary**  
CCA Sport Manager







# SPECIAL RECOGNITIONS

## CCA AWARDS

### CROSS COUNTRY SKI AREA OF THE YEAR: RIVER BEND GOLF AND RECREATION AREA, RED DEER

The River Bend Golf & Recreation Area is the premier cross country ski venue in Red Deer and central Alberta, maintained by River Bend staff and Red Deer Nordic Ski Club. This past year these trails were used by the CCA membership for a very successful Alberta Cup race day.

### RACE ORGANIZER OF THE YEAR: GREG THOMPSON

As Chief of Competition for the 2014 Alberta Winter Games Cross Country Ski races, Greg shone with his outstanding leadership skills and his ability to organize a first class event. Everyone who worked with Greg appreciated the contributions he made, and the considerate way he managed his leadership role.

### RETAILER OF THE YEAR: JOHN GALLAGHER, TRAIL SPORTS

Trail Sports, managed expertly by John Gallagher, consistently and skillfully serves the diverse cross country skiing community using the Canmore Nordic Centre.

### COACH OF THE YEAR: FLORA GIESBRECHT

Flora opens her heart to anyone interested in learning to cross country ski without asking anything in return but the love and knowledge of cross country skiing. Her enthusiasm for skiing has rubbed off on many in the XC Bragg Creek club, who now give of their time for this sport and for the "little club that could."

### ALBERTA SPORT CONNECTION ALBERTA MALE ATHLETE OF THE YEAR 2013: MARK ARENDZ, PARA BIATHLON AND PARA NORDIC SKIING

### OFFICIAL OF THE YEAR: MIKE CARLETON

Mike is a brilliant organizer who makes sure each event he is involved with is a top quality event. The 2013 IPC World Cup, which Mike chaired, was no exception.

## CCC AWARDS

Dave Rees Award - Ken Hewitt, Alberta World Cup Society

Firth Award - Jan Sedgewick, Saskatoon, SK

Volunteer of the Year - Dirk Rohde, Vancouver, BC

Sponsor of the Year - Kent Stout, AltaGas

Media Award - Justin Brisbane, Rocky Mountain Outlook

# 2014-15 BOARD OF DIRECTORS

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## ATHLETE AND YOUTH DEVELOPMENT

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ayd@xcountryab.net

## LEADERSHIP DEVELOPMENT

Vaughn McGrath, Fort Saskatchewan  
leadershipdev@xcountryab.net

## ALBERTA SKI TEAM

Roy Strum, Canmore  
ast@xcountryab.net







# COACHING THE FEMALE ATHLETE

BY DR. VICKI HARBER

## Introduction

Effective training, competition and recovery programs promote strong athletic performances. Training programs are not a "one size fits all" yet many training programs are not adjusted for differences in age, development or maturation level or sex. It is imperative that training programs and competition schedules are responsive to these differences. Without these adjustments, athlete development will suffer and the depth and proficiency of our athlete pool will dwindle.

Information contained in the "Coaching the Female Athlete" session builds upon our understanding that female athletes experience unique injuries and medical conditions that may interrupt their training and competition schedules. Although most of these injuries or medical conditions are preventable, some athletes will lose valuable training time or miss important competitions due to these injuries. For some the consequences are more extreme; early exits from sport or reduced lifetime involvement in physical activity are common outcomes. This article will discuss key features of creating a positive training environment for female

athletes and suggest a few prevention strategies that will develop and maintain the health of female athletes.

"Injury" is defined broadly as "hurt, damage or loss sustained". Typically injuries are viewed as only those of musculoskeletal origin, such as an ankle sprain or torn ligament. This article encourages the reader to view poorly managed energy intake and a poorly managed performance environment as additional sources of injury that can lead to "hurt, damage or loss sustained".

The injuries discussed in this article include:

1. Musculoskeletal or "mechanical" injuries (such as anterior cruciate ligament injury, shoulder injury and concussion),

2. Energy balance or "energetic" injuries (Female Athlete Triad that results from 3 separate but related conditions of disordered eating, menstrual cycle disturbances and reduced bone mineral density).

3. Injuries to the "heart" (these are the result of athletes feeling unwelcomed or rejected in their performance environment).

In the next section, each injury will be briefly described and guidelines for "injury prevention" will be addressed.

## 1. Musculoskeletal or "mechanical" injuries

Anterior cruciate ligament (ACL) injuries are not only more common in female athletes but are considered to be the most severe of acute musculoskeletal injuries. Women will incur 2-6 times the number of ACL injuries compared to men when matched for age, sport and level of competition. Basketball, soccer, lacrosse, alpine skiing and gymnastics have some of the highest recorded rates of non-impact ACL injury in female sports. Non-contact ACL injuries account for 70% or more of all ACL injuries.

The short and long term effects of an ACL injury are huge. Knee injuries significantly increase risk of early development of osteoarthritis (OA); for example, 12-20 years following a knee injury (e.g. to the meniscus and/or ACL), more than 50% will have OA in the knee compared to 5% of an uninjured population.

Non-impact ACL injuries occur during movements such as deceleration (slowing from a high speed manoeuvre), a change in direction (eg pivot or sharp cut) and landing from a jump.

SEE INJURIES- PAGE 44

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# ALBERTA CUP CHAMPIONS

## MIDGET GIRLS -2000

Overall Champion: Anna Parent  
Silver: Aleksandra Petrova  
Bronze: Karly Coyne

## MIDGET GIRLS - 2001

Overall Champion: Melanie Jones  
Silver: Anna MacIsaac-Jones  
Bronze: Clara Joy Strum

## MIDGET BOYS - 2000

Overall Champion: Ben Pryce  
Silver: Sam Elgert  
Bronze: Devin Manktelow

## MIDGET BOYS - 2001

Overall Champion: Sasha Tanasiuk  
Silver: JP Cummings  
Bronze: Samuel Ree

## JUVENILE GIRLS - 1998

Overall Champions: Claire Espey, Sara McLean  
Silver: Molly Jane Strum  
Bronze: Emma Holmes

## JUVENILE GIRLS - 1999

Overall Champion: Bailey Johnson  
Silver: Marin Cislo, Anna Sellers  
Bronze: Anita Martin

## JUVENILE BOYS - 1998

Overall Champion: Reed Godfrey  
Silver: Thomas Manktelow  
Bronze: Hayden Munn

## JUVENILE BOYS - 1999

Overall Champion: Jonah Steinberg  
Silver: Andreas Massitti  
Bronze: Alexander Harvey

## JUNIOR GIRLS

Overall Champion: Lauren Turcot  
Silver: Anna Zimmerman  
Bronze: Morgan Rogers

## JUNIOR BOYS

Overall Champions: Tate MacDonald, Pearce Hanna  
Silver: Anders Cowper  
Bronze: Stefan Martin

## JUNIOR FEMALES

Overall Champion: Maya MacIsaac-Jones  
Silver: Ember Large  
Bronze: Natasha Harvey

## JUNIOR MALES

Overall Champion: Lukas Mark  
Silver: Ryan Alexandruk  
Bronze: Matt Strum

## SENIOR WOMEN

Overall Champion: Heidi Widmer  
Silver: Lauren Brookes  
Bronze: Maja Zimmerman

## SENIOR MEN

Overall Champion: Brian McKeever  
Silver: Erik Carleton  
Bronze: Connor Speer

## MASTER WOMEN 1-2

Overall Champion: Deanna Henderson  
Silver: Tyla Cooper  
Bronze: Nicole Vincent

## MASTER WOMEN 3-4

Overall Champion: Sian Barraclough  
Silver: Glenda Zamzow

## MASTER MEN 3-4

Overall Champion: Jeff Holmes  
Silver: Todd Barraclough  
Bronze: Sean Rickard

## MASTER WOMEN 5-6

Overall Champion: Wietske Eikelenboom  
Silver: Mary Young

## MASTER MEN 5-6

Overall Champion: Zibi Cieplak  
Silver: Jon Arne Enevoldsen  
Bronze: Mark Nielson

## MASTER WOMEN 7-8

Overall Champion: Judy Buchanan-Mappin

## MASTER MEN 7-8

Overall Champion: Yuri Ivanov  
Silver: Jack Paulsen

## SPORT WOMEN

Overall Champion: Ciara Bailey  
Silver: Brigitte Lischewski  
Bronze: Sharron Oakey

## SPORT MEN

Overall Champion: Kevin Charlton

## PARA NORDIC MEN SIT SKI

Overall Champion: Derek Zaplotinsky  
Silver: Jacob Wouters





# POD SQUAD

## Atoms

### Girls:

Alexandra Thain  
Annika Hawkins  
Brooke Mackay  
Ella Pruden  
Emily Eggink  
Ivy Moody  
Kaisa Asfeldt  
Leanne Gartner  
Madeline Wickins  
Miriam Lynch  
Molly McKee

### Boys:

Cadin Pollard  
Charlie Williams  
Evan MacKay  
Gavan Winn  
Keir Carlson  
Laurent Charlton  
Thomas Schmadtke  
Tyson Oram

## PeeWee

### Girls:

Allyson Thain  
Brooke MacKay  
Caitlyn Lynch  
Claire Stephen  
Jill Hawkins  
Leanne Gartner  
Mary Ulrich  
Reyna Zimmerman  
Sydney Martin

### Boys:

Bradley Kosack  
Dane Menzies  
Gavan Winn  
Jeremy Poulin  
Jesse Frere  
Keir Carlson  
Nicholas Hill  
Rory Wilson  
Sterling Richards  
Tor Menzies  
Wyatt McGrath

## Mini-Midgets

### Girls:

Adeline Charles  
Alexandria Hansen-  
Yang  
Anna Gerwing  
Annie Barraclough  
Aria Klotz  
Avery Hanson  
Brianna Davis  
Emily Tough  
Emma Hendry

### Boys:

Alexander McCullough  
Bjorn Baergen  
Caleb Ree  
Carson Waines  
Dario Staples  
Drew McKee  
Edan Wasmuth  
Erik Cislo  
Ethan Duret  
Ewan Winn  
Finn Manktelow  
Graydi Wasmuth  
Harrison Giesbrecht

Erin Lukas  
Gina Pimm  
Grace Bertozzi  
Hannah Humphrey  
Hannah Lundstrom  
Ileana Moody  
Isabelle Poulin  
Isobel Hendry  
Jill Stephen  
Julia Hill  
Kate Hawkins  
Katie Bardak  
Leigh Humphrey

Jeremy Dittrich  
Jimmy McKee  
Jorgen Halvorsen  
Lucas Hawkins  
Lucas Hornyansky  
Luke Fricker  
Marcus deBoer  
Matei Dragomir  
Matthew Gillet  
Matti Brodersen  
Max Stark  
Maxmillian Janousek  
Micah Steinberg  
Mitchell Martin

Makena Pruden  
MARIKE Henderson  
Megan Irwin  
Mia Cowper  
Monica Davis  
Nadia Fish  
Natalie Thain  
Robyn Alexandruk  
Tabitha Williams  
Tinisha Clemens  
Tuscany Richards  
Vera Skylarova  
Viviane Charles

Noah Nowochin  
Noah Weir Chaba  
Oliver Przednowek  
Owen Pimm  
Quinn Stockdale  
Sam Stephen  
Sasha Norman  
Sean Ulrich  
Sebastien Parent  
Scott Lambert  
Tait Carlson  
Tom Stephen  
Tormod Vada  
Xavier McKeever



## What is the PODium SQUAD?

**All Atoms, PeeWees and Mini-midgets who took part in the 2013/2014 Alberta Cup Series receive a POD Squad certificate celebrating their participation.**

**Congratulations to all of Cross Country Alberta's POD SQUAD members; we look forward to seeing them on the ski trails for many years to come!**

## LAKELAND CROSS COUNTRY SKI CLUB

A friendly Club of people of all ages and abilities in greater St. Paul and the Lakeland region who embrace winter by nordic skiing for greater physical and mental well-being.

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# 2014-15 MIDGET TALENT SQUAD

## GIRLS

Abby Elgert  
 Abigail Brown  
 Aleksandra Petrova  
 Alexa Young  
 Alison Gourley  
 Althea Brolsma  
 Ana Dragomir  
 Anika Tough  
 Anna MacIsaac-Jones  
 Anna Parent  
 Anna Pryce  
 Annika Klotz  
 Astrid Stark  
 Ava Holman  
 Bailey Thomas  
 Claire Hoilett  
 Clara Joy Strum  
 Elise Dimmell  
 Ella Stephen  
 Emily Morrison  
 Emma Klein  
 Emma Paczkowski  
 Erin Bennett  
 Evelina Groll  
 Georgia Hutchison  
 Hannah Stolz  
 Holly Moore  
 India McIsaac  
 Isabella Smith  
 Isabelle Hansen-Yang  
 Jasmine Gordon  
 Jenna Sherrington  
 Josee Frere  
 Karly Coyne  
 Kathryn Oakey-Ayroud  
 Katya Dittrich  
 Kindrey de Nys  
 Kjirsti Sellers  
 Leigh Humphrey  
 Linnaea Cartar  
 Lisa van der Woude  
 Maria Nelson  
 Maya Fish  
 Meg Turner  
 Megan Orvig  
 Melanie Jones  
 Miliana Giesbrecht  
 Miranda Hopkins  
 Nayeon Kim  
 Ngaire Barraclough  
 Nicole Gammie  
 Nicole Staples  
 Oranne Trouillot  
 Pascale Paradis  
 Solomia Bobier  
 Sophie Greer  
 Stella Brodersen

Athabasca Nordic Ski Club  
 Edmonton Nordic Ski Club  
 Foothills Nordic Ski Club  
 Edmonton Nordic Ski Club  
 Canmore Nordic Ski Club  
 Foothills Nordic Ski Club  
 Calgary Nordic Training Group  
 Red Deer Nordic Ski Club  
 Athabasca Nordic Ski Club  
 Canmore Nordic Ski Club  
 Foothills Nordic Ski Club  
 Foothills Nordic Ski Club  
 Edmonton Nordic Ski Club  
 Canmore Nordic Ski Club  
 Red Deer Nordic Ski Club  
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 Foothills Nordic Ski Club  
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 Edmonton Nordic Ski Club  
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 Edmonton Nordic Ski Club  
 Foothills Nordic Ski Club  
 Canmore Nordic Ski Club  
 Fort Sask. Nordic Ski Club  
 Foothills Nordic Ski Club  
 Rocky Mountain Racers  
 Edmonton Nordic Ski Club  
 Wapiti Nordic Ski Club  
 Foothills Nordic Ski Club  
 Foothills Nordic Ski Club  
 Pembina Nordic Ski Club  
 Canmore Nordic Ski Club  
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 Wapiti Nordic Ski Club  
 Canmore Nordic Ski Club  
 Foothills Nordic Ski Club  
 Edmonton Nordic Ski Club  
 Foothills Nordic Ski Club  
 Calgary Nordic Training Group

## BOYS

Adam Delfs  
 Alexander Malmsten  
 Andrew Heidebrecht  
 Ben Pryce  
 Benjamin Eggink  
 Darwin Orsler  
 Devin Manktelow  
 Donovan Wallace  
 Eric Fabbri  
 Ethan McDonald  
 Ethan Oram  
 Finn Anderson  
 Jack Collison  
 Jackson Hofer  
 James Campden  
 Jared Olsen-Boyd  
 Jasper Asfeldt  
 Jeremy Dittrich  
 Jonah Zimmerman  
 Jordan Lundstrom  
 JP Cummings  
 Kade McDonald  
 Kelan Lynch  
 Kota Postma  
 Lance Holland  
 Levi Frere  
 Logan de Boer  
 Lucas Neander  
 Lyndon Brough  
 Mateo Massitti  
 Matthew Kelly  
 Matti Brodersen  
 Micah Steinberg  
 Nicolas Gerwing  
 Noah Day  
 Nolan Koskela  
 Owen Pimm  
 Pete Verheyde  
 Rhys Dunnill Jones  
 Ryan Curle  
 Sam Elgert  
 Sam Moody  
 Sam Poon  
 Samuel Ree  
 Sasha Tanasiuk  
 Sean McLean  
 Scott Lambert  
 Taegan McNeil  
 Will Rickard  
 Yannick Spelier  
 Zachary Kosack

XC Bragg Creek  
 Wapiti Nordic Ski Club  
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 Pembina Nordic Ski Club  
 Edmonton Nordic Ski Club  
 Vermilion Nordic Ski Club  
 Stanski  
 Foothills Nordic Ski Club  
 Foothills Nordic Ski Club  
 XC Bragg Creek  
 Edmonton Nordic Ski Club  
 Foothills Nordic Ski Club  
 Red Deer Nordic Ski Club





# CANADIAN NATIONAL TEAMS

## CANADIAN NATIONAL TEAMS SENIOR WORLD CUP TEAM

Alex Harvey  
Devon Kershaw  
**Ivan Babikov**  
Len Valjas

## PARA-NORDIC WORLD CUP TEAM

**Brian Keever**  
**Chris Klebl**  
**Erik Carleton (guide)**  
Graham Nishikawa (guide)  
**Mark Arendz**

## SENIOR DEVELOPMENT TEAM

Alysson Marshall  
Cendrine Browne  
Dahria Beatty  
Emily Nishikawa  
**Graeme Killick**  
**Heidi Widmer**  
**Jesse Cockney**  
**Kevin Sandau**  
Michael Somppi  
Perianne Jones  
Raphael Couturier



## PARA-NORDIC DEVELOPMENT TEAM

Brittany Hudak

## JUNIOR TEAM

Alexis Dumas  
Annah Hanthorn  
Anne-Marie Comeau  
Emilie Stewart-Jones  
Jennifer Jackson  
Katherine Stewart-Jones  
**Maya MacIsaac-Jones**  
Nicholas Pigeon  
Olivier Hamel  
Phillipe Boucher  
Ricardo Izquierdo-Bernier  
Sophie Carrier-Laforte  
Zachary Cristofanilli

Names in **bold** denote Alberta athletes.



## CROSS COUNTRY CANADA SKILL DEVELOPMENT PROGRAMS

The Skill Development Program (SDP) is comprised of three levels or stages.

The overall objective of the program is to assist children in the development of a love of the outdoors, a healthy lifestyle, excellent technical skills and a good level of physical fitness within a sport environment.

**Bunnyrabbits**  
(five years & under)  
is directed at children in the 'Active Start' stage of development.



**Jackrabbits**  
(six to nine years old)  
is directed at children in the 'FUNdamentals' stage of development.

**Track Attack**  
(ten -12 years old)  
is directed at children in the 'Learning to Train' stage of development.



For more information, visit:

[cccski.com/Programs/Athlete Dev./](http://cccski.com/Programs/Athlete Dev./)

**Skill Development Programs**



Statoil

**AltaGas**

CAPITAL HARBOR  
**HAYWOOD**

**CANADIAN  
PACIFIC**





"Thanks for coming to help out with skiing. I learned how to go down the hill on my face. But that was not fun, yet it was. It was awesome." – Austin, student



"The best part of all was seeing everyone have fun!" – Kalley, student

"I was glad to ski. I was proud of myself because I went speedy." – Ruqiy, student

Students at Beacon Heights Elementary School in Edmonton strapped on skis and tried out the sport last season. For many of the students, it was the first time they had ever experienced skiing.

## STUDENTS GET FIRST TASTE OF SKIING

Last winter, Cross Country Alberta took sets of skis to several schools of across the province. After setting up tracks around the school fields, the students were led out for a fun day of skiing.

Some students had never even heard of cross country skiing, let alone tried it

on their own home fields before. There were some tumbles, but mostly big smiles.

"It gave (the students) a chance to play in the snow, be active, have a challenge that was attainable, and learn that trying something new was a great idea. Even some of the students that

were a little apprehensive at first, took to the skis easily and then had a fantastic time," said Norma May, principal of Beacon Heights Elementary School in Edmonton.

"Thank you very much for the wonderful experience. I would recommend this to any school with a field of snow!"

**Ski Wax  
Poles**

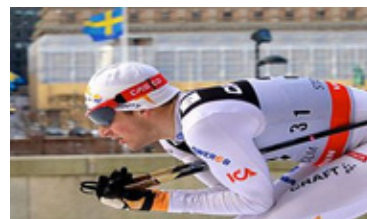


Calle Halfvarsson

**SKI\*GO**  
**Racing Poles**

Calle Halfvarsson, Jennie Öberg,  
Teodor Peterson, Lars Nelson,  
Andrea Dupont, Andy Shields,  
Alannah MacLean, Jenn Jackson,  
Steffan Lloyd and more.

**Roller Skis  
Gloves**



Teodor Peterson



**Nordic Racing Technology**  
Official Supplier for numerous teams & skiers





# Physical Literacy Assessment for Youth



The Physical Literacy Assessment for Youth (PLAY) tools, created by Dr. Dean Kriellaars of the University of Manitoba, have been developed by Canadian Sport for Life to assess a child's level of physical literacy and improve the health of our nation.

Use *PLAYfun* to assess a child's level of physical literacy using 18 tasks in three skills groups: locomotive, object control and balance.

*PLAYbasic* is a simplified version of *PLAYfun* that can be administered quickly and provide a snapshot of someone's level of physical literacy.

Parents of children aged seven and up will use *PLAYparent* to assess the level of physical literacy in their child in an unbiased manner, ideally in combination with *PLAYself*.

*PLAYcoach* is used to observe the physical development of the child and gauge their level of physical literacy.

*PLAYself* allows a child to gauge their current level of physical literacy based on their own perception.

*PLAYinventory* helps you keep track of the leisure-time activities that a child has regularly participated in throughout the past year.

To start using the PLAY tools, go to:  
[physicalliteracy.ca/PLAY](http://physicalliteracy.ca/PLAY)



CS4L  
PHYSICAL  
LITERACY

[physicalliteracy.ca](http://physicalliteracy.ca)  
[canadiansportforlife.ca](http://canadiansportforlife.ca)

# CANMORE NORDIC CENTRE PROVINCIAL PARK CROSS COUNTRY SKIING

WINTER



**FROZEN THUNDER OPENING OCTOBER 18, 2014.**  
**REGULAR SEASON OPENING DATE NOVEMBER 15, 2014.**

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For more information feel free to contact us. Canmore Nordic Centre Provincial Park:

Suite 100, 1988 Olympic Way Canmore, Alberta, T1W 2T6 | 403.678.2400 | [www.canmorenordiccentre.ca](http://www.canmorenordiccentre.ca)







# ALBERTA SKI TEAM



**Emmy Phillips**  
Canmore Nordic  
Ski Club



**Lauren Turcot**  
Canmore Nordic  
Ski Club



**Luke Gerwing**  
Fort Saskatchewan  
Nordic Ski Club



**Molly Jane Strum**  
Canmore Nordic  
Ski Club



**Peter Hicks**  
Canmore Nordic  
Ski Club



**Reed Godfrey**  
Canmore Nordic  
Ski Club



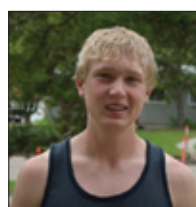
**Sara McLean**  
Foothills Nordic  
Ski Club



**Stefan Martin**  
Canmore Nordic  
Ski Club



**Tate MacDonald**  
Fort Saskatchewan  
Nordic Ski Club



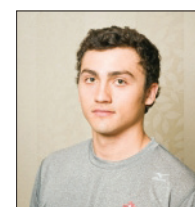
**Thomas Manktelow**  
Canmore Nordic  
Ski Club



**Ty Godfrey**  
Canmore Nordic  
Ski Club



**NATIONAL JUNIOR TEAM**  
**Maya MacIsaac-Jones**  
Rocky Mountain Racers



**CENTRE NATIONAL  
D'ENTRAINEMENT  
PIERREY-HARVEY**  
**Sebastien Dandurand**  
Canmore Nordic Ski  
Club

## CLASSIC FAMILY LOPPET

## SUNDAY, FEBRUARY 8, 2015



### Devon Nordic Ski Club

**REGISTRATION AT [zone4.ca](http://zone4.ca) OR  
9 A.M. DEVON GOLF COURSE**

For more info, contact Mike Burgess  
[burgess.mike.burgess@gmail.com](mailto:burgess.mike.burgess@gmail.com)  
[www.devonnordic.ca](http://www.devonnordic.ca)





# ALBERTA DEVELOPMENT TEAM



**Alexander Harvey**  
Canmore Nordic  
Ski Club



**Andreas Massitti**  
Canmore Nordic  
Ski Club



**Anita Martin**  
Canmore Nordic  
Ski Club



**Anna Parent**  
Canmore Nordic  
Ski Club



**Anna Sellers**  
Canmore Nordic  
Ski Club



**Bailey Johnson**  
Red Deer Nordic  
Ski Club



**Ben Pryce**  
Foothills Nordic  
Ski Club



**Claire Espey**  
Foothills Nordic  
Ski Club



**Dahlin Wiebe**  
Red Deer Nordic  
Ski Club



**Devin Manktelow**  
Canmore Nordic  
Ski Club



**Emma Holmes**  
Foothills Nordic  
Ski Club



**Georgia Turcot**  
Canmore Nordic  
Ski Club



**Hayden Munn**  
Foothills Nordic  
Ski Club



**Jonah Steinberg**  
Foothills Nordic  
Ski Club



**Karly Coyne**  
Canmore  
Nordic Ski Club



**Lea McCroy**  
Canmore Nordic  
Ski Club



**Marin Cislo**  
Edmonton  
Nordic Ski Club



**Max Elgert**  
Athabasca  
Nordic Ski Club



**Megan Orvig**  
Canmore  
Nordic Ski Club



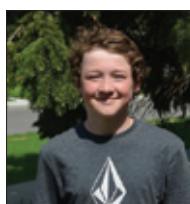
**Sam Elgert**  
Athabasca  
Nordic Ski Club



**Sam Hendry**  
Canmore Nordic  
Ski Club



**Sarah Tipples**  
Edmonton  
Nordic Ski Club



**Will Rickard**  
Edmonton  
Nordic Ski Club



**Zach Malmsten**  
Wapiti Nordic Ski  
Club





## MEMORIES OF A SOCHI MEDALIST

### BY MARK ARENDZ

From the moment that Sochi was announced as the host city for the 2014 Olympic and Paralympic Games, you knew it was going to be a show.

In the end it was much more than just a show, it was a grand spectacle! It started with the Olympic Games. From the very first moment of the Opening Ceremonies I had a feeling of being impressed. The harmony of human movement and astonishing lighting and effects led to one of the greatest displays of grand scale creativity. The Opening Ceremonies set the tone for the following two weeks. As the athletes played out their roles by crafting the greatest sporting moments in memory and we stood in awe. When it appeared that there was nothing else that could amaze us; Sochi had one more treat in store, closing out the Olympics with yet another astounding symphony of brilliance.

Sochi wasn't finished there. As the smoke drifted away from the fireworks after the Closing Ceremonies it was not the end; merely halftime. Two weeks later they were at it again putting on a show

that would dazzle the World. At 20:14 the Opening Ceremony began for the 11th Paralympic Winter Games. The cauldron was lit in what I think was one of the most amazing ways I have ever seen. And so it started!

I'll take you through my first race at the Games, the Biathlon Short Distance Race.

The cauldron was just getting warm when I was starting my first race of the Games, the Biathlon Short. During my warm-up I went to ski the trail and looked at the stadium and the spectators. The stands were full, noise of thunderous applause echoed in every direction. Seeing all the people, I had to smile. Feeling the roar, and the energy gave me one of the few realizations of where I really was –

at the Paralympic Games. The preparation and focus before this race was the best I've ever had. I had confidence that my skis would be rockets. That my fitness, though not tested, was at the best it had ever been. My shooting was right where I needed it to be. Everything was falling into place for me to have the race I know I was capable of. I started well, the racing felt natural. The first lap flew by and I was right where I wanted to be – coming into

the range for my first bout of shooting. My set-up with the rifle was solid, right on with the first shot, second, third, fourth then I started to think. Thinking 'I got to hit this one, don't miss this last shot.' I took that extra half second to ensure I hit it. As I was on target I thought 'I got it!' Before the pellet left the barrel I was already getting out of position. Meaning I missed the target by the smallest of margins. I knew instantly that I'd messed up. I had opened the doorway for someone to take advantage.

I wasn't finished, now I had to fight. My next thought was probably what saved my race. As I entered the penalty I suddenly realized that it skied to the left. Playing right into my hand, literally. It allowed me to push outwards with my pole, letting me generate more speed and accelerating out of the penalty loop. I knew right then I could get back into this race. Not sure how I did it but the second lap was even better than the first. It came down to hitting five targets in the second bout. I set-up in the very same way. Hitting the first, second, third, fourth, keeping my mind clear - I hit the fifth. A sigh of relief.

**SEE ARENDZ - PAGE 24**





**GOLDEN**

KICKING HORSE COUNTRY

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1 must  
search  
4 fun

100%

**Bc**

BRITISH  
COLUMBIA

33 km of groomed classic and skate trails,  
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## DAWN MOUNTAIN NORDIC CENTRE

- home to the 2012 Canadian Masters Championships

- Beginner to Advanced Trails
- Day use lodge, ski rentals and lessons
- Lots of fun events for the family including the Loppet on January 24<sup>th</sup> & 25<sup>th</sup>.

For more information visit: [www.goldennordicclub.ca](http://www.goldennordicclub.ca)

[www.TourismGolden.com/Nordic](http://www.TourismGolden.com/Nordic) 1.800.622.GOLD



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# ALBERTA CLUB DIRECTORY

## ZONE 1 – SUNNY SOUTH

### **Crowsnest Pass Cross Country Ski Association**

Deb Whitten  
cnpccrosscountry@gmail.com  
www.allisonwonderlands.ca

### **Brooks Cross Country Ski Club**

Rachel Boekel  
rachel@rachelboekel.com

## ZONE 2 – BIG COUNTRY

### **XC Bragg Creek**

Flora Giesbrecht  
buzzme@florabee.ca  
www.xcbraggcreek.ca

### **Banff Ski Runners**

Jane Stevenson  
jkstevenson@shaw.ca  
www.banffskirunners.com

### **Canmore Nordic Ski Club**

Jim Hendry  
president@canmorenordic.com  
www.canmorenordic.com

### **Alberta World Cup Society**

Norbert Meier  
Info@albertaworldcup.com  
www.albertaworldcup.com

### **Rocky Mountain Nordic Sports Society**

Hugh Harden  
hugh\_harden@kindermorgan.com  
www.rmracers.ca

### **Crystal Ridge Nordic Ski Club**

Jim Hiscock  
okotoksxc.wordpress.com

## ZONE 3 – CALGARY

### **Bow Waters Jackrabbits**

Mary O'Brien  
mgobrien@ucalgary.ca  
www.bowwatersjackrabbits.org

### **Calgary Nordic Training Group**

George Smith  
info@cntg.ca  
www.cntg.ca

### **Calgary Ski Club**

Sarah Jones  
office@calgaryskiclub.org  
www.calgaryskiclub.org

### **Foothills Nordic**

Dave Gammie  
president@foothillsnordic.ca  
www.foothillsnordic.ca

### **Lifesport Racing Team**

Ian Daffern  
idaffern@shaw.ca  
www.lifesport-calgary.com

### **Rocky Mountain Jackrabbit Ski Club**

Karen Chow  
president@rmjackrabbits.com  
www.rmjackrabbits.com

### **Bow Valley Skiers**

Richard Boruta  
mrboruta@gmail.com  
www.canmoreskifest.com

### **Altius Nordic Ski Club**

Rod Strate  
rod.strate@gmail.com  
www.altiusnordicskiclub.org

### **Triathletewithin XC Ski Club**

Christopher Lough  
chrisandjill@shaw.ca

## ZONE 4 – PARKLAND

### **Blindman Valley Ski Club**

Lorie Armstrong  
loriearmstrong@albertahighspeed.net

### **Camrose Nordic Ski Club**

Gerhard Lotz  
glotz@ualberta.ca  
www.camroseskiclub.com

### **Hardisty Nordic Ski Club**

Bill Kropinske  
grizzco@telusplanet.net

### **Parkland Cross Country Ski Club**

Vance Buchwald  
vbuchwald@shaw.ca  
www.parklandxcskiclub.org

### **Rocky Mountain House Nordic Ski Club**

Marilyn Christiansen  
mchristiansen353@gmail.com





# ALBERTA CLUB DIRECTORY

## ZONE 5 – BLACK GOLD/YELLOWHEAD

### Athabasca Nordic

Colleen Elgert  
gelgert@telusplanet.net

### Devon Nordic Ski Club

Mike Burgess  
burgess.mike.burgess@gmail.com  
www.devonnordic.ca

### Fort Saskatchewan Nordic Ski Club

Craig Lukie  
nordicfortsask@gmail.com  
www.fortsasknordic.ca

### Hinton Nordic Skiers

Terry Dodge  
twdodge@shaw.ca  
www.hintonnordic.ca

### Jasper Cross Country Ski Club

Dave MacDowell  
tnface@telus.net, freeride@telusplanet.net

### Edson Muskeg Flyers Nordic Ski Club

Barbara Prescott  
bigeddie@telus.net

### Onoway Jackrabbits

Bruce Schoenthaler  
bschoenthaler@ngrd.ab.ca

### Pembina Nordic Ski Club

Lori Macintosh  
lori@dejanira.ab.ca  
www.pembinanordic.org

### St. Albert Nordic

Ken Chin  
send2kchin@gmail.com  
www.stanski.ca

### Strathcona Wilderness Centre

Jean Funk  
swcinfo@strathcona.ca  
www.strathcona.ab.ca/wildernesscentre

### Strathcona Nordic Outdoor Club

Jean Funk  
jean.funk@strathcona.ca

### Westlock Nordic Ski Club

Derrick Toporowski  
derrickt@telusplanet.net

### Wabasca Cross Country Ski Club

Eric Twardzik  
etwardzik@xplornet.ca

## ZONE 6 - EDMONTON

### Canadian Birkebeiner Society

Glenda Hanna  
ski@canadianbirkie.com  
www.canadianbirkie.com

### Edmonton Nordic Ski Club

Gord McKenzie  
president@edmontonnordic.ca  
www.edmontonnordic.ca

### Track N Trail Ski Club

Bob Schilf  
track@telus.net  
www.trackntrail.ca

### University of Alberta Nordic Racing

Michael Kennedy  
nordic@ualberta.ca

## ZONE 7 – NORTH EASTERN ALBERTA

### Lakeland Cross Country Ski Club

Pierre Lamoureux  
plamoureux@stpaul-law.ca  
www.lakelandxcski.ca

### Northern Lights Nordic Ski Club

Laurie Thompson  
laurie.thompson@nlsd.ab.ca

### Ptarmigan Nordic Ski Club

Kathy Bryan  
kathybryan@shaw.ca  
www.ptarmigannordic.org

### Vermilion Nordic Ski Club

Todd Ree  
skathnel@telus.net  
www.vermillionnordic.com

## ZONE 8 – PEACE COUNTRY

### Wapiti Nordic Ski Club

Grant Bourree  
Grant.bourree@weyerhaeuser.com  
www.wapitinordic.com

### Dunvegan Nordic Ski Club

Bob Walsh  
dunvegan.nordic@gmail.com

### Smoky River Nordic Ski Club

Denis Grenier  
snowy1@telusplanet.net





# 2015

## January 31 - February 1

at Nipika Mountain Resort

SATURDAY CLASSIC TECHNIQUE  
1.5, 5, 15, 30 KM

SUNDAY SKATE TECHNIQUE  
1.5, 3, 5, 10, 20 KM

NIPIKA MOUNTAIN RESORT &  
TOBY CREEK NORDIC SKI CLUB

# NORDIC LOPPET WEEKEND



DANIEL ZURGILGEN

PHOTO: Brad Kitching



LOPET REGISTRATION  
**www.zone4.ca**

Information: [www.nipika.com](http://www.nipika.com) or  
[www.tobycreeknordic.ca](http://www.tobycreeknordic.ca)  
or phone 250-342-6516







presents

# THE KIE RACE

## 38<sup>th</sup> Kananaskis Ski Marathon

**Saturday, February 28, 2015**

10:00 am Start Time

---

Peter Lougheed Provincial Park, AB

### **Classic Technique**

For all ages starting at 5 years old  
0.5, 1, 3, 5, 15, 24, and 42 km races

### **Registration Info**

[www.cookierace.com](http://www.cookierace.com)

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[www.foothillsnordic.ca](http://www.foothillsnordic.ca)



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# CAPTURING SILVER

## ARENDZ - FROM PAGE 16

I got up with a renewed energy, attacking the last lap like there was nothing else in the World. I kept pushing for more, every stride I took I wanted more from it. The trails were beginning to break down in a few spots so I focused on what I needed to do to get through them as fast as I could. My coach, Robin was yelling that it was extremely close, that I was still in the hunt for a medal. I had done everything I could do, with that one miss there was a chance for others to take advantage of that. The ski was the greatest race of my life. I had no idea how close it could be, as far as I knew everyone else had cleaned.

Robin comes into the tent looking shocked; saying that was the best race he had ever seen me ski. Congratulating me on a great race, when I asked where I'd finished. He smiles, and then says "Lekomtcev, Arndz, Karachurin." Then he adds the part that I was behind by 0.7 seconds and ahead of third by 0.6 seconds. I was a Paralympic medalist, a Silver medalist! It is hard to describe the emotions I went through right then, there were so many all at once. The longest lasting was the smile on my face. That was an incredible race, one of my finest ever.

Four years ago I took one of my biggest steps in developing as an athlete. Experiencing the Paralympic Games for the first time was overwhelming. To add to that was the fact that my first Games were a home Games. Vancouver was where I started to see what it took to be one of the best skiers in the world. What I experienced in Whistler fueled the drive over the past four years. Each year of the

last four has been a whirlwind of success and defeats. There were countless lessons to be learnt from defeat, it is how I grew stronger. But I know I'm not there yet because I'm still learning from success as well. When I won races in the past, I took pride in that but also asked what did I do to have such a race? What do I still need to do to get better? This question was my motto since Vancouver. The 2010 Paralympic Games was where I realized what I wanted to do. Flying home from Vancouver I would never have imagined I'd come this far.

Each year was a huge step forward in training, in ability, mindset and experience. It all came together, allowing me to have some of my greatest races in Sochi. That is what the Games are for, putting down your very best on the day and testing it against the World. For me Vancouver was about the Paralympic experience, taking it all in, taking part in everything. Like the last four years, Sochi had tremendous successes and trying times but I wouldn't change a thing. I went into Sochi seeking perfection. What I found was a lesson; that you don't find perfection, you train to be as close to it as possible.

It has been a remarkable journey. The Paralympics are not only about the two weeks in March but the journey that gets you there. My second Paralympic Games were extraordinary, both for the success as well as the experience. I take as much pride in the Sochi Games as I do with the journey getting there. Knowing who I was in 2010 and who I have become now in 2014 that is the real value I take from this journey.

## 2015 Rocky Mountain Ski Challenge

*The choice is yours!  
Ski the 3x10km Classic and  
Free Technique Relay with  
friends, family or  
colleagues or put yourself  
to the challenge of the 30km  
Individual Free Technique.  
There are also Youth  
Challenge and Kid's events!*



# Canmore

## Alberta • Canada

**Sunday, March 15, 2015**  
**Canmore Nordic Centre**

**[www.canmorenordic.com](http://www.canmorenordic.com)**







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Township Road 530 (Baseline Road) and Range Road 212.  
Use these GPS coordinates: N 53 31.957' W 112 59.964'**

Contact us 780-922-3939

[swcinfo@strathcona.ca](mailto:swcinfo@strathcona.ca)

[www.strathcona.ca/wildernesscentre](http://www.strathcona.ca/wildernesscentre)



**STRATHCONA**  
COUNTY





# 2014-15 ALBERTA CUP SERIES

**ELIGIBILITY:** Alberta Cup races are open to all active members of CCA clubs, as well as competitors from other provinces holding valid CCC racing licenses, and competitors from other countries holding equivalent international competitor licenses. Active members of Biathlon & Nordic Combined clubs/divisions/countries are also welcome to compete in Alberta Cups.

**SEEDING & POINTS:** Competitors holding CCC racing licenses will receive priority seeding for the race draw, based on Canadian Points List (CPL), and their results will be forwarded to CCC National Office for entry into the CPS.

**RULES:** CCC Rules and Regulations  
**SANCTION:** Cross Country Canada & Cross

Country Alberta.

**REGISTRATION:** Advanced registration **MUST** be completed online at [www.zone4.ca](http://www.zone4.ca). Further details regarding formats, race courses, waxing areas, recommended accommodations, banquet, etc. will be made available through the host club website.

Event and Date	Location	Host Club	Club website
AB Cup 1&2 – Nov.29 -30	Canmore	Canmore Nordic Ski Club	<a href="http://canmorenordic.com">canmorenordic.com</a>
AB Cup 3&4 – Dec. 20-21	Edmonton	Edmonton Nordic Ski Club	<a href="http://edmontonnordic.com">edmontonnordic.com</a>
AB Cup 5&6 – Jan. 17-18	Canmore	Alberta World Cup Society	<a href="http://albertaworldcup.com">albertaworldcup.com</a>
AB Cup 7&8 – Feb. 7-8	Camrose	Camrose Nordic Ski Club	<a href="http://camroseskiclub.com">camroseskiclub.com</a>
AB Cup 9&10 – March 28-29	Canmore	Foothills Nordic Ski Club	<a href="http://foothillsnordic.ca">foothillsnordic.ca</a>

## 2015 ALBERTA YOUTH CROSS COUNTRY SKI CHAMPIONSHIPS MARCH 6-8, 2015

XC Bragg Creek Ski Club and Canmore Nordic Ski Club invite you to participate in the Alberta Youth Cross Country Ski Championships!

This event has grown each of the past three years to include teams from BC, Alberta, Saskatchewan, and NWT with over 150 athletes registered.

Medals are awarded to 10th place in each single year category. A Team aggregate banner is awarded each of the past three years

This unique event includes accommodation and food services at Kamp Kiwanis in Bragg Creek, AB. The 2015 event is for athletes born 2001, 2002, 2003, and 2004.

Registration runs until Dec 15, 2014 on [zone4.ca](http://zone4.ca)  
Late registration for an increased fee is open from Dec 16, 2014 until Feb 28, 2015.

Join in on the fun in the biggest team event for 2001-2004 athletes in Alberta!



**[ALBERTAYOUTHCHAMPIONSHIPS.BLOGSPOT.CA](http://ALBERTAYOUTHCHAMPIONSHIPS.BLOGSPOT.CA) - [XCBRAGGCREEK.CA](http://XCBRAGGCREEK.CA)**

## BECKIE SCOTT LOPPET SATURDAY, JANUARY 31, 2015 Vermilion Provincial Park

For more information, please contact:  
Vaughn Cooper 780-853-4697  
[vaughncooper1@gmail.com](mailto:vaughncooper1@gmail.com)  
[vermilionnordic.com](http://vermilionnordic.com)

Classic Technique – 5, 10, 20, & 30 KM distances

2.5 KM trail for younger Jackrabbits  
led by Vermilion Jackrabbit leaders

Register online at [www.zone4.ca](http://www.zone4.ca)

Mass start at 11:00 AM, post race lunch provided  
14 & under \$10. 15 & over \$20. Family \$50.





# 2015 ALBERTA LOPPET SERIES

Cross Country Alberta offers a robust slate of loppet events which provide the opportunity for people of all ages and abilities to participate in and enjoy cross country skiing.

CCA wishes to prompt wider provincial participation at scheduled regional loppet events, encourage camaraderie among participants through friendly competition, promote loppets as an accessible sport for all ages and abilities, and capitalize on existing loppets and organizational work.

At the completion of each loppet the organizer will submit a registered participant list to the office. At the end of the loppet season qualifying loppet series skiers will be awarded a prize.

## Prize for participation:

- o Complete 3 events – 1 entry for draw prize
- o Complete 5 events – 2 entries for draw prize
- o Complete 7 events – 3 entries for draw prize

**The more events you attend, the better your chances of winning!**

Event and Date	Location	Contact
Troll in the Park Loppet – Jan. 1	Edmonton	edmontonnordic.ca
Eagle Point Loppet – Jan. 10	Drayton Valley	stafford@telusplanet.net
Athabasca Loppet – Jan. 24	Athabasca	henrik_asfeldt@hotmail.com
Tawatinaw Loppet – Jan. 25	Tawatinaw Valley	skitawatinavalley.com
Bob Johnstone Loppet – Jan. 31	Red Deer	rkbogle@telusplanet.net
Flight of the Crows Loppet – Jan. 31	Crowsnest Pass	whittendd@shaw.ca
Beckie Scott Loppet – Jan. 31	Vermillion	vermillionnordic.com
Birchwood Classic – Jan. 31	Fort McMurray	ptarmigannordic.org
Devon Family Loppet – Feb. 8	Devon	tbrewster@mcel.ca
Canadian Birkebeiner – Feb. 14	Strathcona County	canadianbirkie.com
Ole Uffda Loppet – Feb. 21	Camrose	camroreskiclub.com
Kananaskis Ski Marathon – Feb. 28	Kananaskis	foothillsnordic.ca
Mooseheart Loppet – Mar. 1	Edson	bigeddie@telus.net
Lake Louise Loppet – Mar. 1	Lake Louise	calgaryskiclub.org
STANSKI Fun Loppet – Mar. 1	St. Albert	stanski.ca
Beat the Blues Boogie – Mar. 8	Strathcona County	bjorn.taylor@strathcona.ca
Sveinungsgaard Loppet – Mar. 15	Grande Prairie	grant.bourree@weyerhaeuser.com
Rocky Mountain Ski Challenge – Mar. 15	Canmore	canmorenordic.ca

# 2014-15 UNIVERSITY CUP SERIES

Event	Date	Location	Type
Alberta Cup #2	Nov. 30	Canmore	Individual
Team Sprint	Jan. 10	Camrose	Team
Beckie Scott Loppet	Jan. 24	Vermilion	Individual
Alberta Cup #3	Feb. 7	Camrose	Individual
Alberta Cup #4	Feb. 8	Camrose	Individual
Canadian Birkebeiner	Feb. 14	Strathcona County	Individual
Team Sprint	Feb. 15	Edmonton	Team
Beat the Blues Boogie	March 7	Strathcona County	Individual



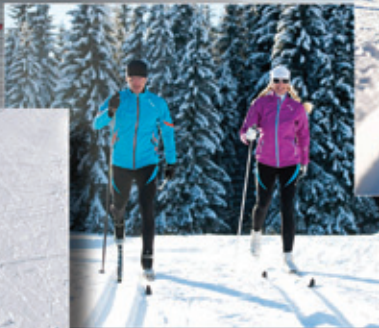


#### BREAKING NEWS:

Lifesport is excited to announce that Joel Knopff will be joining us this year to provide race wax service and race waxing clinics. Joel brings his vast knowledge gained from nine years travelling as a ski and wax technician with the Canadian National XC Ski Team, including World Cups, World Championships and the Olympic Games.



**SWIX**



#### About Us:

Lifesport is an Authorized Fischer Race Center, carrying a wide selection of Fischer race skis. We also have an extensive range of SWIX tools, brushes and waxes, always a favourite brand used by the National Team.







Photo By Neil Speers



Photo By Neil Speers



Photo By James Netz

#### Notes From Mark Arendz:

*Multi Gold Medal winner Int'l Paralympic Committee Biathlon World Cup*

"On my penultimate day in New Zealand, I raced the Merino Muster, a 42km freestyle loppet. Unfortunately the weather rolled in overnight and that morning pea soup thick fog had descended upon the entire Snow Farm. Making it near impossible to see a measly few metres ahead of you. The race was scheduled to start at 10, initially being delayed to noon and finally the starting pistol went off at 12:30. As we started the fog had completely burned off and the sky was bright blue, looked to be a great day. Soon after the start the clouds yet again rolled in and this cycle back and forth continued for the remainder of the race."

"Fischer skis are the most consistent brand in the market. The pair of skis you pick up at your local shop are as good as the ones held up on the podium at World Cup."

"I choose Fischer because every glide is rock solid. Every kick in classic propels me forward. Every skating edge sticks."

"With Fischer you can always rely on the fact you are getting the best in the sport."

**FISCHER** 

#### Notes From Brian McKeever

*World Cup skier, multi World Paralympic Champion and multi Paralympic Champion*

Cross-country skiing has been my sport for all my life. When I think back on my career I realize how rewarding my life has been because of skiing. Not just competition, but simply by taking part. It's an amazing way to enjoy nature in our beautiful world. It's a sport that can last a lifetime, from very young to very experienced! Skiing is amazing for families and friends to share a passion for years! My best memory of the sport will forever be taking part in the Vasaloppet, and sharing the experience with my friends who also took part. A 90 km event that attracts 16000 people each year, it is a unique opportunity for everyone to compete alongside the world's best. Fischer skis have always been my choice to go the distance because they're always the most consistently fast and fun ski in the world. Fischer boots offer great comfort, control and power transfer to get the most out of your kick! Fischer's the only brand that I would be confident racing a world cup on a ski I received from a retailer like Lifesport!

# Lifesport Calgary

1110 Gladstone Rd NW

Calgary, AB

403-270-4501

[www.Lifesport-Calgary.com](http://www.Lifesport-Calgary.com)







# 2014-15 EVENTS SCHEDULE

DATE	EVENT	HOST/LOCATION	CONTACTS
Alberta Cups	Nationals/FIS	Regional/Provincial	Loppet

*As event dates may change, please visit the CCA website ([www.xcountryab.net](http://www.xcountryab.net)) for the most current information.*

<b>October 24</b>	Frozen Thunder Sprint Opener	Canmore Nordic Centre	<a href="http://www.cccski.com">www.cccski.com</a>
<b>October 31</b>	Frozen Thunder Distance Opener	Canmore Nordic Centre	<a href="http://www.cccski.com">www.cccski.com</a>
<b>November 24</b>	First Flakes Loppet	Edmonton Nordic Ski Club - Edmonton	<a href="http://www.edmontonnordic.ca">www.edmontonnordic.ca</a>
<b>November 29-30</b>	Alberta Cup 1-2	Canmore Nordic Ski Club - Canmore	<a href="mailto:gregthompson200@gmail.com">gregthompson200@gmail.com</a>
<b>Nov.29-Dec. 1</b>	Canada Winter Games Trials 1-3	Canmore Nordic Centre	<a href="mailto:cca@xcountryab.net">cca@xcountryab.net</a>
<b>December 13-14</b>	Haywood NorAm	Rossland, Blackjack	<a href="http://www.zone4.ca">www.zone4.ca</a>
<b>December 20-21</b>	Haywood NorAm	Whistler Olympic Park	<a href="http://www.zone4.ca">www.zone4.ca</a>
<b>December 20-21</b>	Alberta Cup 3-4	Edmonton Nordic Ski Club - Gold Bar Park	<a href="http://www.edmontonnordic.ca">www.edmontonnordic.ca</a>
<b>January 1</b>	Troll in the Park	Edmonton Nordic Ski Club - Edmonton	<a href="http://www.edmontonnordic.ca">www.edmontonnordic.ca</a>
<b>January 8-11</b>	Haywood NorAm WJr/W U23 Trials	Highlands Nordic Duntroon, ONT	<a href="http://www.zone4.ca">www.zone4.ca</a>
<b>January 10</b>	Eagle Point Loppet	Pembina Nordic Ski Club - Drayton Valley	<a href="mailto:stafford@telusplanet.net">stafford@telusplanet.net</a>
<b>January 15-18</b>	Haywood NorAm Westerns / Alberta Cup 5-6	Lake Louise (15 <sup>th</sup> ) Canmore (16 <sup>th</sup> -18 <sup>th</sup> )	<a href="http://www.zone4.ca">www.zone4.ca</a>
<b>January 24</b>	Athabasca Loppet	Athabasca Nordic Ski Club - Athabasca	<a href="mailto:henrik_asfeldt@hotmail.com">henrik_asfeldt@hotmail.com</a>
<b>January 25</b>	Tawatinaw Loppet	Tawatinaw Valley Nordic Ski Club Tawatinaw, AB	<a href="http://www.skitawatinavalley.com">www.skitawatinavalley.com</a> <a href="mailto:rboelman@telus.net">rboelman@telus.net</a>
<b>January 24 – February 1</b>	IPC World Championships	Cable, WI, USA	<a href="http://www.ccc.ca">www.ccc.ca</a>
<b>January 25 – February 1</b>	FISU World University Games	Strbske Pleso, Slovakia	<a href="http://www.fisu.net">www.fisu.net</a>
<b>January 30 – February 1</b>	Haywood NorAm Easterns	Nakkertok, ONT/QUE	<a href="http://www.cecski.ca">www.cecski.ca</a>
<b>January 31</b>	Bob Johnstone Loppet	Parkland Ski Club Red Deer	<a href="mailto:rkbogle@telusplanet.net">rkbogle@telusplanet.net</a>
<b>January 31</b>	Birchwood Classic Loppet	Ptarmigan Nordic Ski Club - Fort McMurray	<a href="http://www.ptarmigannordic.org">www.ptarmigannordic.org</a>
<b>January 31</b>	Flight of the Crows Loppet	Crowsnest Pass Cross Country Ski Club Allison Chinook Cross Country Ski Trails	<a href="mailto:whittendd@shaw.ca">whittendd@shaw.ca</a>
<b>January 31</b>	Beckie Scott Loppet	Vermilion Nordic Ski Club - Vermilion Provincial Park	<a href="http://www.vermilionnordic.com">www.vermilionnordic.com</a>
<b>January 31 – February 1</b>	Nipika Loppet	Nipika Mountain Resort, BC	<a href="http://www.tobycreeknordic.ca">www.tobycreeknordic.ca</a>
<b>February 1</b>	STANSKI Cookie Mini-Marathon	STANSKI Nordic Ski Club - St. Albert, AB	<a href="http://www.stalbertnordic.ca">www.stalbertnordic.ca</a>







# 2014-15 EVENTS SCHEDULE

<b>February 2-9</b>	World Junior U23 Championships	Almaty, KAZ	www.ccc.ca
<b>February 7-8</b>	Canadian Ski Marathon	Gatineau, QUE	www.csm-mcs.com
<b>February 7-8</b>	Alberta Cup 7-8	Camrose Nordic Ski Club - Camrose	www.camroseskiclub.com
<b>February 8</b>	Devon Classic Family Loppet	Devon Nordic Ski Club Devon, AB	www.devonnordic.ca
<b>February 8 - 15</b>	Masters Nationals	Kamloops, BC	www.canadian-masters-xc-ski.ca
<b>February 13-14</b>	Canadian Birkebeiner	Canadian Birkebeiner Society – Strathcona County	www.canadianbirkie.com ski@canadianbirkie.com
<b>February 14-15</b>	Gatineau Loppet CDN Long Distance Champs	Gatineau, QUE	www.gatineauloppet.com
<b>February 18 – March 1</b>	World Nordic Championships	Falun, SWE	www.cccskic.com
<b>February 19 - 22</b>	Alberta 55 Plus Winter Games	Lethbridge, AB	www.albertasport.ca
<b>February 21</b>	Ole Uffda Loppet	Camrose Nordic Ski Club - Camrose	www.camroseskiclub.com
<b>February 21-22</b>	Special Olympic Provincials	Wapiti Nordic Ski Club Grande Prairie, AB	www.wapitinordic.com
<b>February 21 – March 1</b>	Canada Winter Games	Prince George, BC	www.caledonianordic.com
<b>February 22</b>	Jackrabbit and Youth Olympics	Fort Saskatchewan Nordic – Fort Sask, AB	www.fortsasknordic.ca
<b>February 28</b>	Kananaskis Ski Marathon (Cookie Race)	Foothills Nordic Ski Club Kananaskis, AB	ksm@foothillsnordic.ca www.foothillsnordic.ca
<b>March 1</b>	Lake Louise Loppet	Calgary Ski Club Lake Louise, AB	www.calgaryskiclub.org
<b>March 1</b>	Mooseheart Loppet	Edson, AB	bigeddie@telus.net
<b>March 6-8</b>	Alberta Youth Championships	XCBragg Creek – Bragg Creek, AB	www.xcbraggcreek.ca
<b>March 8</b>	Beat the Blues Boogie	Fast Trax Run & Ski Shop – Strathcona Wilderness Centre	bjorn.taylor@strathcona.ca
<b>March 8</b>	Rocky Mountain Ski Challenge	Canmore Nordic Ski Club - Canmore	www.canmorenordic.com rmcs@canmorenordic.com
<b>March 14</b>	La Coppa: Stadio Brawla Nordica	Devon Nordic Ski Club – Devon, AB	www.bearsadventure.com
<b>March 14 - 15</b>	Haywood Ski Nationals	Lappe Nordic - Thunder Bay, ONT	www.zone4.com
<b>March 15</b>	Sveinungsgaard Loppet	Wapiti Nordic Ski Club Grande Prairie, AB	www.wapitinordic.com
<b>March 15</b>	The Great Pastry Caper	Strathcona Wilderness Centre	www.strathcona.ca/wildernesscentre
<b>March 28-29</b>	Alberta Cup 9-10	Canmore Nordic Centre	www.zone4.com





# RUSSIA DOMINATES AT IPC WORLD CUP

BY DAVE S. CLARK

Last December, more than 100 para-nordic athletes from around the world converged on Canmore to compete in the IPC Nordic Skiing World Cup. The event provided six days of incredible racing and was also a qualifier for the Paralympic Games in Sochi.

The event, which ran from Dec. 9 to 17, was largely dominated by the Russian team, who were eager to have a good showing prior to representing their country at home a few months later in Sochi. One the men's side, the podium was often swept by their blue and red suits. Athletes from the 2014 Paralympic host nation went home with 17 of 27 medals on the men's side and 16 of 26 on the women's side.

The Canadian team was outnumbered but did capture some impressive results at the World Cup. Ten-time Paralympic medalist Brian McKeever snagged two gold medals in both the classic and freestyle races. He won the races without the help of his guide, who was ill and couldn't race.

The other Canadian success came from Mark Arendz, who captured gold in the long distance biathlon race and silver in the short distance biathlon race.



Photos by Dave S. Clark





# NCCP Coaching Courses Information

Date	Location	Facilitator
<b>Introduction to Community Coaching (ICC)</b> Oct. 17-18 Oct. 21, 25 Nov. 14-15 Nov. 22 Nov. 22 Nov. 29 TBA	Fort Saskatchewan Calgary Devon Fort McMurray Crownsnest Pass Strathcona Wilderness Centre Lac La Biche	Vaughn McGrath Kevin Baggot Terry Protz Terry Protz Gregg Campbell Nicole Gazley Andrew Urton
<b>Community Coaching (CC)</b> Nov. 13-14 Nov. 18, 22-23 plus another date TBA Nov. 22-23 Nov. 28-29 Dec. 13-14 Dec. 13-14 January TBA	Kikino Calgary Lake Louise Crownsnest Pass Fort Saskatchewan Strathcona Wilderness Centre Athabasca	Andrew Urton Kevin Baggot Kevin Baggot Gregg Campbell Vaughn McGrath Nicole Gazley Andrew Urton
<b>Learn to Train (L2T)</b> Oct. 3-5 April 18-19	COP Calgary Fort Saskatchewan	George Smith Vaughn McGrath
<b>Train to Train (T2T)</b> Oct. 17-19 (Dryland) Nov. 21-23 (On snow) Dec. 5-7 (On snow) April 10-12 (On snow)	Edmonton Vernon, BC Vernon, BC Canmore	Mike Neary Maria Lundgren Maria Lundgren Mike Neary

**Check [www.xcountryab.net](http://www.xcountryab.net) and [www.cccski.com](http://www.cccski.com) for more information about coaching requirements or certification. For more information about a specific course offered, contact [cca@xcountryab.net](mailto:cca@xcountryab.net).**

## **Introduction to Community Coaching (ICC) – (10 hours)**

The workshop is designed to teach parents and other beginning coaches how to deliver a series of age-appropriate skill development sessions under the supervision of more experienced coaches. The orientation is for skiers of all age groups with an emphasis on working with children under six years of age.

## **Community Coaching (CC) – (10 hours)**

This workshop is the second step in the NCCP progression. It provides essential training for coaches delivering an effective skill development program to children six to nine years of age (the FUNdamentals stage of skier development).

## **Competition Coaching Introduction (L2T):**

The CCI (L2T) program provides tools and develops skills that a coach can use to deliver a well-rounded sport program with an emphasis on skill development to children nine to 12 years of age (the L2T stage of development).

**CCI (L2T) Dryland Workshop (17.5 hours)/CCI (L2T) On-Snow Workshop (17.5 hours)**

## **Competition Coaching Introduction Advanced (T2T)**

The CCI-Advanced (T2T) program provides tools and develops skills that a coach can use to deliver an annual sport for individual athletes 12 to 16 years of age (the T2T stage of development). NOTE: This program is still under development and is available as a pilot course only. **CCI-advanced(T2T) Dryland Workshop (17.5 hours)/CCI-Advanced(T2T) On-Snow Workshop (17.5 hours)**

## **Minimum mandatory coaching qualifications (policy 2.4.5)**

- Coaches must be active NCCP Community Coaches “in training” in order to supervise, instruct or coach ski activities for children six years of age and younger, or assist with the supervising, instructing or coaching of ski activities for children six to nine years of age;
- Coaches must be active, “trained” NCCP Community Coaches in order to supervise, instruct or coach ski activities for children six to nine years of age, or assist with the supervising, instructing or coaching of ski activities for children nine to sixteen years of age;
- Coaches must be active NCCP CCI coaches “in training” in order to supervise, instruct or coach ski activities for children nine to sixteen years of age;
- Coaches under sixteen years of age (U16) that have completed the ICC Workshop can only assist with ski activities for children six years of age and younger, under the supervision of a qualified coach 16 years of age or older;
- Coaches under sixteen year of age (U16) that have completed the CC Workshop can only assist with ski activities for children nine years of age and younger, under the supervision of a qualified coach 16 or older.



# DEVON NORDIC BEARS REVIVE LA COPPA

BY TIM BREWSTER & JEFF BAKAL

Over 500 years ago, a small but elite group of mercenaries from the Nordic and Alpine regions of Europe held an outlaw competition to test each other in the skills of skiing military patrol, in a ski race format known as Stadio-Brawla Nordica. ("Nordic Stadium Brawl")

The annual championship was called "La Coppa". However, in 1806, the third centennial of La Coppa, the competition was halted amid controversy, in what would be known as "The Göteborg Incident", and the event was never spoken of again.

On the night of Saturday March 22, 2014, La Coppa Stadio-Brawla Nordica of 1806 was finally settled at Rabbit Hill Ski Resort in an event organized by Devon Nordic Ski Club BEARS.

We sat down with Jeff Bakal, Grand Vice-Viceroy of The Intercontinental Stadio-Brawla Nordica League of The World, and descendant of the leader of the Kjolen Freedom Militia, one of the original teams.

**Q:** *What made you break the secret 200 year pact with your ancestors and re-introduce this event?*

**JB:** Back in the fall we decided at BEARS that we should offer a different kind of Nordic race event in Alberta...and at the same time I had been sitting on this family secret for my whole life. We decided it was time to revive La Coppa. We had a bit of an idea, but had so many details to fill in.

**Q:** *Such as?*

**JB:** How to eliminate most of the violence; how to do it without accidentally starting another World War. We knew that the assassination of Austrian Archduke Franz Ferdinand, (the act that triggered World War I) was known to be an act of La Coppa score settling: we didn't want to repeat that.

**Q:** *What sort of challenges were there in bringing it to reality?*

**JB:** We needed a stadium of sorts, and what better stadium than the open face of



**Revived after 200 years, La Coppa stormed back on to the world stage in March at Rabbit Hill.**

a ski hill? Doug Pettigrew and the team at Rabbit Hill near Devon were gracious hosts for the event. It was kind of a no-brainer though, as Doug is a 5th generation member of the Livonian Brothers of the Sword. His family is still bitter over the Göteborg incident. They were able to fulfill a long held family promise, to once again face their arch enemies on the sacred hard-snow of La Coppa.

**Q:** *What went in to the design of the course?*

**JB:** Under the cover of darkness on Friday night, the course design team worked to design and develop a snowboarder enviable course of rollers, jumps, and power climbing that would push the skills of the Jackrabbits and the elite racers, but due to modern insurance limitations, we had to eliminate some other original features, such as mines and live weapons.

**Q:** *But you DID have shooting correct?*

**JB:** Yes, but we weren't shooting at each other this time. Biathlon wasn't originally included, but at one of the secret planning meetings, the great, great, great, grandson of the leader of the Bavarian Nationalist Front commented that the Austrian Empire's soldiers "couldn't hit targets even as large as their women at 10 paces with

a rifle." The melee that ensued escalated until only an agreement to settle it at La Coppa. So we added a rifle stage. The sniper range was setup in the valley of doom, and a line in the snow was drawn, and competitors shot air rifles at biathlon targets for points. It was a highlight for all the athletes.

**Q:** *How was the course set up on an alpine ski area?*

**JB:** On Saturday afternoon the trucks started rolling in, the flags of the original Coppa nations were planted in accordance with Intercontinental Stadio-Brawla Nordica League of the World rules. La Coppa was reassembled and polished. The town of Devon events trailer wheeled in and unpacked barriers, tables and tents. The 40' Fasttrax ski shop arch was setup at the at the finish line. The finishing touches were put on the course as the Knights of Devon, Edmonton, Camrose, Drayton Valley and some guy from Beaumont in a leopard print jacket.

**Q:** *Were you worried about wildlife on the course?*

**JB:** No. Well except for the gorilla. The Leader of the Knights of Sweden brought his pet gorilla, which got loose. No biggy.

**SEE LA COPPA - PAGE 38**





# GOT POWDER?

## Tuesday Night Race Series

Goldbar Park

December 23, 2014

7pm starts

January 6, 2015

\$5 race entry

January 20, 2015

February 3, 2015

February 17, 2015

March 3, 2015

Cross Country Skiing

For more information:

[gotpowderedmonton.blogspot.com](http://gotpowderedmonton.blogspot.com)

[gotpowderedmonton@gmail.com](mailto:gotpowderedmonton@gmail.com)

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Alex Harvey - Photo Credit: © Domanski/NordicFocus



# “WHOA!”

## WHAT ELSE CAN WE SAY?



Photo Credit: Bambi Lake Louise Tourism/Paul Z. Bha

One word has never had so much meaning.

We just have that kind of impact on people. With over 80 kms of cross country ski trails and plans for expansion, Lake Louise has options for all ages and abilities. And our Rocky Mountain resort has everything you need to relax and refuel to get back out there.

Lake Louise . Alberta

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Canada







# CONGRATS TO OUR ALBERTA OLYMPIANS

## RETIRED BETWEEN 2010 AND 2014



**Amanda Ammar**  
Turino 2006, Sochi 2014  
Edmonton Nordic/Canmore  
Nordic



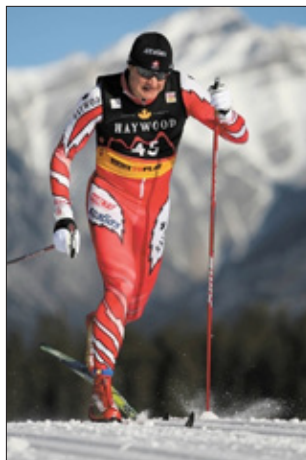
**Brent McMurtry**  
Vancouver 2010  
Foothills Nordic Ski Club



**Chandra Crawford**  
Turino 2006 – gold, Vancouver 2010,  
Sochi 2014  
Canmore Nordic Ski Club



**Dasha Gaiazova**  
Vancouver 2010, Sochi 2014  
Honorable mention -  
represented both Quebec  
and Alberta (Rocky Mountain  
Racers)



**Drew Goldsack**  
Turino 2006, Vancouver  
2010  
Rocky Mountain Racers



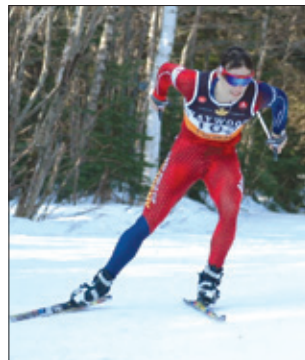
**Gord Jewett**  
2010 Vancouver  
Foothills Nordic Ski Club



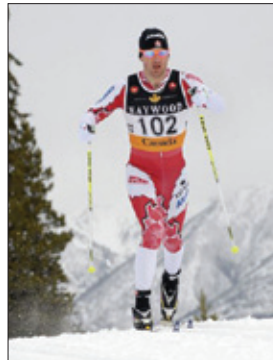
**Madeleine Williams**  
Vancouver 2010  
Edmonton Nordic Ski Club/  
Fast Trax



**Sara Renner**  
1998 Nagano, 2002 Salt Lake City,  
2006 Turino - silver, 2010 Vancouver  
Canmore Nordic Ski Club



**Phil Widmer**  
Turino 2006  
Canmore Nordic Ski Club



**Stefan Kuhn**  
Vancouver 2010  
Canmore Nordic Ski  
Club



**Robin McKeever**  
Nagano 1998  
Salt Lake City 2002, Turino  
2006, Vancouver 2010 –  
Para Nordic guide  
Foothills Nordic/Lifesport  
Racing Team





# AUSTRIAN EMPIRE CAPTURES HISTORIC LA COPPA

## LA COPPA - FROM PAGE 34

**Q:** *Um, this all sounds kind of made up?*

**JB:** Ya, that's what leopard print guy said about the gorilla until he peeked in the Swedish trailer and let it out. But the doctors say he'll recover quickly.

**Q:** *How did the actual racing go?*

**JB:** Pretty well. We learned a lot about skiing on sheer ice in Nordic skis. There were battle cries, jumps, spectacular crashes, come from behind victories, and a fair amount of cheating. Nicky the Swedish Sword Fighting fiend, and Philip Eriksson did a great job using their own personal course shortcuts to win their heats. Captain Betsy Awesome of Livonian Brothers of the sword used her biathlon expertise to lead her team to marksmanship victory (Der Meister-Shusten).

**Q:** *There were rumours of secret bribes and backroom deals?*

**JB:** Absolutely not true. This isn't figure skating: the bribery all occurred openly. Everyone was bribing officials with candy and chocolate to improve their results. The Austrian Empire were particularly good with bribes, and in fact it resulted in their overall victory. It seems the going rate to improve a bad round of shooting to "clean" is eight Skittles. Good to know.

**Q:** *So how did it all pan out?*

**JB:** Terrible. Once the points were



**Although it took bribery of chocolate and Skittles, the Austrian Empire skied their way to the first La Coppa victory in more than 200 years.**

tallied the Members of Austrian Empire took La Coppa for the first time in over 200 years, and I will not sleep until this calamity is avenged and La Coppa is returned to its rightful place in my family's house.

Your local representatives of the Intercontinental Stadio-Brawla Nordica League of the World would like to say a special thank you to all of the volunteers, who offered their time and dedication in putting on the event and capturing the gorilla at the end of the event. Morgan Construction, Fasttrax ski shop, Rabbit

Hill, Doug Pettigrew (GM at Rabbit Hill), Steve the groomer (who is an artist with that machine), the Town of Devon, the Devon Nordic Ski Club and the racers for putting on an excellent show.

### Results:

1. Campione De La Coppa: Austrian Empire
2. Vice-Campione: Bavarian Nationalist Front
3. Meister-Shusten: Livonian Brothers of the Sword (Marksmen champions)
4. Dutch Hammer
5. Knights of Sweden
6. Varangian Guard Norge







# ALF'S SUMMIT A TRUE TEST AT MASTERS

BY DAVE REES

The Canadian Masters Championships were hosted by the Menihek Nordic Ski Club in Labrador City from March 24 to 29. Fifty eight competitors came from all parts of Canada, from furthest west from Courtenay, BC to furthest east from St. Johns to compete. One couple even drove all the way from Magnetawan, ON, a small town about three hundred kilometres north of Toronto. Another came from Bethel, Maine. In all, every province except Manitoba and the three territories were represented. All of these hearty souls, ranging in age from 35 to 75 years, gathered for a week of races in rather cold conditions at the Menihek Ski Club trails, a few kilometres outside Labrador City. The snow was cold and "squeaky" but in ample supply and with the warm, Labradorian hospitality everyone forgot about the cold and lack of glide of the skis.

Several of the Masters skiers also entered the Great Labrador Loppet on the Saturday just prior to the start of the actual championships and enjoyed a ski over 10, 28 or 50 km. A supper banquet was held in the evening after the loppet which included T-bone steaks grilled over a large open fire pit inside the daylodge of the local alpine ski hill – very tasty for sure even though smoke filled the room and the fire alarms responded promptly! Baked potatoes, salad, coleslaw and cake – heavy duty chocolate being the favourite, filled out the menu.

Day one of the competition schedule had us doing a 20 km classic race for both men and women at about -21 C (considerably warmer than the overnight low of -37 C with a wind chill of -47 C) around noon. It seemed that global warming had definitely taken a holiday. However the wind died and the clear blue sky, sunshine and calm allowed the race to go on and everyone worked up an appetite for lunch. A draw was held for two prizes – a jar of peanut butter (without the bread but with a plastic spoon!) and a bottle of screech. Robin Butler of Saskatchewan won the Screech.

The second day was a day off with some



**Great food and a few bottles of screech kept the competitors at the 2014 Masters Championships warm in Labrador City.**

skiing ending in a filling pasta dinner at the club house.

Day two of competition had us doing only one lap of the Monday race track, 10 km, again for both men and women. Temperatures were warming a little to reach a high at race time of -15 C or so. Lunch after the races again fuelled up some hungry masters and offered another opportunity for chat and gossip – the usual discussion on wax and skis of course! The awards were given out once more and against all odds (who could guess?) Cathy Butler, wife of Robin Butler, won the bottle of screech. As one person remarked they did not even have enough time to finish the first bottle won by Robin!

Day three of competition dawned cold again and at race time (noon) the temperature was about -17C with a brutal wind producing a windchill of -29C. It was the 10 km skate race on a new course with seemingly more uphill and many groused about the minuscule glide on the cold snow on the way up to Alf's Summit which was only one of several summits as we found out! However we all survived and in the warmth of the clubhouse and with warm soup, sandwiches, cookies and coffee warming our innards the grunt up to Alf's Summit did not seem so daunting. At the awards Joe Kryger, from Ontario, won the screech breaking the Butler winning streak. Charlotte swears that she had drawn his name before many of the tickets took flight in the biting wind – we believe her of course! At 4:00 pm the



AGM of the Canadian Masters was held at the Two Seasons Hotel (the two seasons being snow and no snow!). Amongst other business, Bruce LeGrow was re-elected as National Director for another two year term. The evening was capped off by finger food, fish cakes and drinks at the K Bar in town where a local band pounded out good old Newfie songs and ballads.

On Friday a mine tour was offered to visit the Iron Ore Company of Canada open pit operations. Of course iron ore is the reason for Labrador City's existence – not just the long ski season!

Day four of competition had the 20 km skate race for all – two times up to Alf's Summit and beyond! Diabolical at best and apparently some expletives not suitable for public consumption were uttered by some but again all survived and repaired to the lodge once again for goodies. Temperatures were the warmest of the week at -9 C but a 35 kph wind added a little bite! A closing banquet was held at the curling club with speeches by the town mayor and the Provincial Member for the area. Gerry Rideout was honoured for his recent induction to the Newfoundland-Labrador Sports Hall of Fame – a well-deserved recognition for sure! Dancing followed to close off the day.

All in all it was a great week and great big thank you is in order to the volunteers who worked to make it all happen. Results, with race officials noted, can be accessed on [zone4.ca](http://zone4.ca)





# SKI FIT NORTH ALBERTA

**BY BECKIE SCOTT  
SFNA AMBASSADOR**

With winter around the corner, Ski Fit North Alberta is reflecting on a great season while preparing for the next season that is upon us.

The 2013/14 season was a memorable year of 'firsts' for SFNA. With Kikino school as our base, SFNA joined together with five different reserve schools for a day of skiing, activity, cultural sharing, community building and fun.

In other 'firsts' for SFNA, the 2014 Sochi Olympic Games enabled us to pilot our inaugural "Connect-to-an-Olympian" program. Canadian greats Jesse Cockney, Perianne Jones, Sara Renner and Collette

Bourgogne generously volunteered their time and energy to join our kids for ski days, Skype chats and Q & A sessions. The kids, in return, cherished these encounters and sent home-made cards with good luck wishes to Sochi for their new, favorite Olympians.



Continuing to mark up the milestones, SFNA engaged a record 4,250 participants (up from 4,000 last year), connected with 3 new communities and assisted numerous schools with starting up their own after-school ski programs.

All of which is to say... wow! That was quite a year. A year of successful engagement, program implementation, community building and youth empowerment. With a deep commitment to providing our province's

most vulnerable youth an opportunity to learn, develop and thrive through sport and activity, SFNA continues to grow in reach and impact.

Participating schools report higher attendance rates, lowered suspension incidents and increased parent and family involvement; our kids report increased feelings of confidence, lessened levels of stress and most importantly, great moments of inspiration and joy.

There could be no more poignant reminder of why Ski Fit North Alberta matters than these words from one of our students on the year-end questionnaire.

"What I liked best about ski days was seeing everyone happy." (Sky)

Thanks to everyone for another fantastic year with Ski Fit North Alberta - see you next winter!

## ALBERTA EARNS FAIR PLAY PIN AT ARCTIC GAMES

**BY CLAIRE RICHTER**

Since the inception of the Arctic Winter Games back in 1970, many regions have participated every two years in an amazing display of athleticism. Team Alberta North has been a part of the many contingents that have participated in this event since 1986. The other contingents who currently participate include: Northwest Territories, Yukon, Nunavut, Alaska, Greenland, Russia, Nunavik (Northern Quebec) and the indigenous people (Sami) of Norway and Finland.

This past March, Team Alberta North sent a team of 12 cross-country skiing athletes up to Fairbanks, Alaska to participate in a flurry of top-notch racing. Team Alaska and Team Russia dominated the field this time around. It is a known fact that these athletes who rank in the top of their categories head off to their respective Junior National Teams - many of whom end up racing at the Olympics such as Kikkan Randall, Graeme Killick, Jesse Cockney, Emily Nishikawa, Lucy Steele... the list goes on of names that your parents will remember!



**Back Row (L-R): Randy Hopkins (Wax Technician), Emilie Davis, Joshua Malmsten, Nicole Staples, Megan Hopkins, Alexander Malmsten, Patrick Davis, John Davis and Jim Davis (Wax Technician).**

**Front Row: Zachary Malmsten, Mathieu Davis, Claire Richter (Coach), Abram Meagher, Jordan Lundstrom and Nicholas Bardak**

During the Games in Fairbanks, our ski team was given two of the most sought after awards - the Fair Play pin. This pin represents the spirit of the games and to receive two is an honour. The World Ice Sculpting Championships and dog sledding were also occurring simultaneously while we were there which added to the excitement and entertainment for the team. In 2016 we will be headed off to Nuuk, Greenland to

participate in the second ever Arctic Winter Games hosted there!

The Arctic Winter Games is a high profile circumpolar sport competition for northern and arctic athletes. The Games provide an opportunity to strengthen sport development in the participants' jurisdictions, to promote the benefits of sport, to build partnerships, and to promote culture and values.





Promoting healthy lifestyles for residents of Alberta through the lifelong sport of cross country skiing.



# SKI FIT NORTH ALBERTA

BECKIE SCOTT  
OLYMPIC GOLD  
MEDALLIST AND  
SKI FIT NORTH ALBERTA  
AMBASSADOR

If you would like Ski Fit North Alberta to visit your school or community, please contact us at:

Andrew Urton  
Ski Fit North Alberta  
Field Worker

11759 Groat Road  
Edmonton, AB

C: 306-291-4727

T: 780-415-1738

F: 780-427-0524

[skifitnorthalberta@xcountryab.net](mailto:skifitnorthalberta@xcountryab.net)

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# Join us in Alberta's Snowbelt

43rd ANNUAL LAKE LOUISE LOPPET, Lake Louise, Alberta  
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Mass start on the lake at the Chateau • Early Bird Registration before February 25  
Registration at Race 9:00 - 10:15 a.m.

Challenge yourself in Western Canada's oldest organized loppet.  
Ski a part of history in a ski race the way it was on narrower more intimate trails.  
Again this year, by popular request, this will be a **Classic Technique** event,  
1km, 2km and 10km for boys & girls. 10km & 20km for adults,  
and Open 10km & 20km **Wooden Ski & Historic Costumes** Events.



For further information contact Alasdair Fergusson, Chief of Race, 403-289-0386  
or Calgary Ski Club Office 403-282-4122

[www.calgaryskiclub.org](http://www.calgaryskiclub.org)

The Lake Louise Loppet is organized by the



**Lifesport**



**The Norseman**  
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with the assistance of  
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CHATEAU LAKE LOUISE



MORaine LAKE LODGE



Sanctioned by Cross-Country Alberta







# AWCA REACHING NEW HEIGHTS

**BY MIKE CAVALIERE**  
PROGRAM DIRECTOR, ALBERTA WORLD CUP ACADEMY

To understand the Alberta World Cup Academy, you only have to read the mission statement: The Alberta World Cup Academy is a vibrant, inclusive training Centre that is aimed at offering high-quality programming, in a cost effective manner. We view ourselves as partners with Cross Country Canada, Cross Country Alberta, and the high performance ski community in Canada. We aim to be nationally and internationally recognized as leaders in athlete development, capitalizing on high quality human resources, which will be the cornerstone of our success. Our goal is provide opportunities to those athletes who show the aptitude to become internationally successful, and have a strong drive and desire to represent Canada internationally.

The Alberta World Cup Academy started in 2008 and has been on a mission to continuously discover and develop the next generation of athletes and coaches for 2018 and beyond.

The AWCA has always had a basic view of how to accomplish success and the build a foundation for international success: take care of the details, don't make it complicated, and keep the costs affordable. Canmore is one of the very best venues in Canada to train, so lets capitalize on this opportunity. Why? Snow (Oct 15th –into June), Winsport Haig Glacier, Frozen thunder, Bill Warren Training Centre which includes a roller ski treadmills/ strength training, roller ski paths/trails and a community which accepts the sport as part of the culture of Canmore.

I would be remiss if I did not mention the Canmore World Cups as a very special opportunity for Canadian Skiers, and the hundreds of volunteers who host the events. These are the same people who have an incredible impact on continuously being a primary sponsor of the AWCA with a financial contribution, but more importantly managing the AWCA.



2013-14 Alberta World Cup Academy

We have been very proud of our partnership with Cross Country Alberta, and as Dr. Stephen Norris told us years ago "you can not leave development to chance." Those words are the first words our developing coaches hear when they start their journey into the high performance coaching profession. Coach the athletes you have now, but always be scouting the next athletes and coaches who show an aptitude for our sport- because "it all starts with a dream".

In 2014 we entered into a partnership with Cross Country Canada to enhance the delivery of programming to athletes by providing more opportunities to work

alongside the World Cup Team. This includes coaching, and IST (Integrated Support Team) making the AWCA a place for athletes to realize their potential.

So how are we doing? Our athletes have won 300 NorAm medals, 80 National Medals and two top-six finishes at U23 Worlds. We've been represented by two Olympians in 2010 and four in 2014.

This after all this is where the work and the dreams make sport an amazing pursuit. Our amazing volunteers and the support by Cross Country Canada and Cross Country Alberta, and our sponsors thank you, for making all this possible.



**Spirit Runner** is a cool FREE app that tracks physical activity and honours Aboriginal culture.

**Spirit Runner** utilizes new technology:

- Records over 30 types of activities
- Provides GPS, Pedometer and Stopwatch functions
- Includes hundreds of motivational quotes
- Email/text/tweet workouts & quotes to coaches & friends
- Achievement badges are awarded when goals are met

Available through iTunes and [www.spiritrannerapp.com](http://www.spiritrannerapp.com)



#### **Spirit Runner iTunes Activity App**

*Spirit Runner* is available on iTunes FREE of charge and contains no advertising. The *Spirit Runner* activity App is a tool to engage youth and encourage regular activity in their daily lives. The goal is to keep youth healthy and occupied in positive ways through their teen years.

#### **Features Four User-friendly Components**

**Activity Log** - records activity, date, time, workout pals. Track activities with GPS, Step Counter and a Timer. Email/text/tweet completed activities.

**Reminders** - set daily, weekly or monthly reminders for upcoming activities. A pop-up box and bell alert the owner of the device that it is time to get active.

**Motivations** - hundreds of inspirational quotes by athletes and world leaders are available at the swipe of a finger. Favourites can be starred and emailed/texted/tweeted to friends.

**Achievements** - as more activities are completed achievements pop up to reward the user.

#### **Artwork Opening Screen**

The artwork was created by Jessica Desmoulin, an Aboriginal artist represented by Bearclaw Gallery in Edmonton, Alberta.

#### **Spirit Runner is Unique**

While other Apps on the market focus on diet and nutrition, *Spirit Runner* focuses on encouraging youth (and even adults) to stay active.

#### **Co-Founders**

Janice Ryan and Don Patterson strongly believe that keeping youth active is a key ingredient in helping them to enjoy a healthy, happy and productive future.

#### **Engaging Youth through Technology**

The *Spirit Runner* app is accessible, useful and fun to use. Youth today are bombarded with distractions that are increasingly non-active. *Spirit Runner's* technology engages young minds and encourages them to continue an active lifestyle.

#### **Website**

[www.spiritrannerapp.com](http://www.spiritrannerapp.com)

#### **Twitter**

@spiritrannerapp





# EXAMINE STRATEGIES FOR FEMALE ATHLETES

## FROM INJURIES- PAGE 6

Most if not all athletes will perform these movements as part of their training regimen or requirements of competition.

Numerous risk factors for ACL injury have been identified; some can be modified while others cannot. Addressing neuromuscular deficits described by Alentorn-Geli (2009), such as “decreased hamstring strength relative to quadriceps, decreased hamstring recruitment, decreased “core” strength and proprioception, low trunk, hip, and knee flexion angles, and high dorsiflexion of the ankle when performing sport tasks, lateral trunk displacement and hip adduction combined with increased knee abduction moments (dynamic knee valgus), and increased hip internal rotation and tibial external rotation with or without foot pronation” have led to highly successful intervention programs. Injury reduction rates of 50-80% have been observed from these programs. For examples of these programs, visit the FIFA website (<http://www.fifa.com/aboutfifa/footballdevelopment/medical/playershealth/the11/index.html>) or the Sportsmetrics website (<http://sportsmetrics.org/>).

## 2. Energy balance or “energetic” injury

This kind of injury is usually the result of an energy deficit. This deficit arises due to insufficient energy intake, low energy availability (when intake does not meet the energetic demands of training and basic needs) or disordered eating. There are some female athletes that have a difficult time matching their dietary intake with the energetic demands of their training and competition. There may be several triggers that lead to an athlete consuming less energy than needed; these include dieting and weight fluctuations, traumatic events (such as an illness, injury, change in coach and loss of significant emotional or financial support), early start to sport-specific training, desire to achieve a specific ideal body size or shape and a recommendation to lose weight without support or guidance. It

is unlikely that one single trigger would result in these aberrant eating behaviours, it is more likely a combination of several triggers that set this in motion.

There are several consequences of a prolonged energy deficit; these include impaired performance, slower recovery following exhaustive bouts of exercise, reduced immune function, loss of lean body mass, increased perceived exertion and mood disturbances. There are also hormonal changes that occur during an energy deficit and may lead to more serious conditions such as menstrual disturbances (eg delayed menarche, amenorrhea), lower bone mineral density, increased risk of musculoskeletal injury and altered vascular function.

The Female Athlete Triad, three separate but related conditions of energy intake, reproductive function and bone mineral health, has emerged from this literature and is considered potentially devastating for an athlete. Discussing the pitfalls associated with poor energy intake and providing support is the front line strategy. This is challenging for coaches to manage yet educational awareness programs combined with athlete monitoring may be a possible starting point.

## 3. Injuries to the “heart”

Young girls and women are attracted to programs that make them feel welcomed, challenge them to acquire new skills and provide positive role models. Performance environments that create a climate of acceptance and social connection will lead to rewarding and lasting experiences for those involved. Well-managed performance environments will promote effort and strong outcomes. Environments that ignore these features will notice smaller and less resilient athlete pools combined with transient membership.

Creating an accepting environment requires the coach to “get to know their athletes” combined with a clearly expressed communication philosophy. These will contribute to building a

trusting relationship between athlete and coach.

Skill acquisition is the foundation of athlete development. The performance environment should offer competitive structures that support the development of social values known to be important to female athletes. Ensuring skill progression is of an appropriate magnitude (not too much and not too small) is important to consider. Creating a “mastery climate” where positive informational feedback is delivered along with an emphasis on effort, persistence and improvement is associated with successful athlete development.

Providing positive role models in your performance environment is often overlooked as a means of increasing the attraction of sport for young girls and women. A quote from a documentary entitled “MISS Representation” states “you can’t be what you can’t see” – this informs us that current role models for girls and women are typically built around “sex sells”. Common messages that girls receive from popular media (eg celebrity singers, actors, front cover fashion magazines) entice them into seeking different body shapes and sizes and to be less satisfied with their own body. These responses are tightly associated with girls and women adopting unhealthy eating habits and can precipitate the Female Athlete Triad. Positive role models from sport can illustrate the benefits of competitive sport.

## Summary

This article provides a snapshot of the desired performance environment for female athletes. This article has briefly addressed three kinds of injuries experienced by female athletes (mechanical, energetic and heart-related), the impact of these injuries on the athlete and how coaches can support the prevention of these injuries. Coaches are encouraged to examine their current strategies and philosophies when working with female athletes and consider adopting some the recommendations described in this article.





Ya Gotta  
Have Heart!



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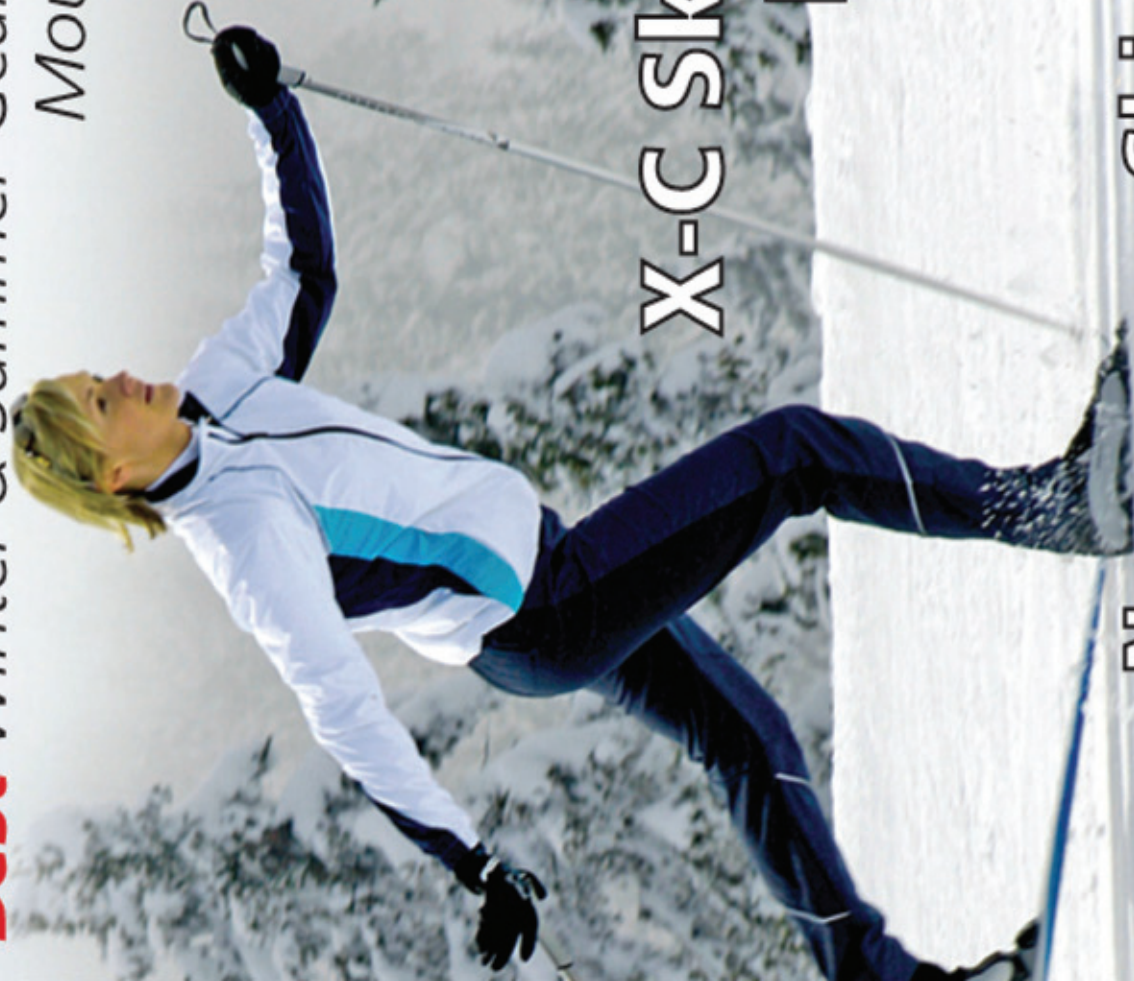
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