

Kanata Nordic 2018-19 Season



Date	Event	Location	Description
Wed Aug 15, 2018	Registration open (exclusive)	Online	Open to existing and previous members only
Sat Sept 1, 2018	Registration open (public)	Online	Open to all
Tues Sept 11, 2018	Dryland training starts	Various	First session for athletes in the Racing program
Sun Sept 30, 2018	Fall Trails Day #1	Wesley Clover Parks	Looking for hands-on labour to prepare our trails for the season; 8:30am – 11:30am
Oct 12-13, 2018	Annual Ski Swap and Sale	John G. Mlacak Community Centre	A chance to buy or sell gear and learn about the club and its programs
Sun Oct 14, 2018	Fall Trails Day #2	Wesley Clover Parks	Looking for hands-on labour to prepare our trails for the season; 8:30am – 11:30am
Tues Oct 16, 2018	Early-bird prices end 11:59pm	Online	Program prices go up (membership unchanged)
Sat Oct 20, 2018	Dryland training starts	Various	First session for the Teen Skate program athletes
Sun Oct 21, 2018	Fall Trails Day #3	Wesley Clover Parks	Looking for hands-on labour to prepare our trails for the season; 8:30am – 11:30am
Sat Nov 3, 2018	Hike the Ski Trails	Wesley Clover Parks	All club members are invited on this guided hike through our trail network
Sun Nov 4, 2018	Fall Trails Day #4	Wesley Clover Parks	Looking for hands-on labour to prepare our trails for the season; 8:30am – 11:30am
Sat Nov 17, 2018	Leader Training #1: Dryland	Wesley Clover Parks	Head coach Mike Vieira hosts training for all leaders. Teaching dryland tips and technique.
Sun Nov 18, 2018	Falls Trails Day #5	Wesley Clover Parks	Looking for hands-on labour to prepare our trails for the season; 8:30am – 11:30am
Thurs Nov 22, 2018	Adult Program Workshop	TBD, Kanata	Info session on equipment, waxing, clothing
Sat Dec 1, 2018	Jackrabbit Ski Program Meet & Greet	Wesley Clover Parks	Meet other members and our club coach Mike Vieira and learn about plans for the season
Sun Dec 2, 2018	Facilities Set-up Day and Fall Trails Day #6	Wesley Clover Parks	Looking for light labour to help opening up the cabin and related facilities; plus trail work as above
Sat Dec 8, 2018	Jackrabbit Leader Orientation	Wesley Clover Parks	A workshop on how to lead Jackrabbit programs, plus overview of the facility, scheduling and more
Dec 8-9, 2018	Community Coaching Course	Wesley Clover Parks	Formal coach training for leaders and assistants

Date	Event	Location	Description
Sun Dec 9, 2018	Fall Trails Day #7 (if needed)	Wesley Clover Parks	Looking for hands-on labour to prepare our trails for the season; 8:30am – 11:30am
Thurs Dec 27, 2018	Leader Training #2: Topic TBD	Wesley Clover Parks	On-snow session to help leaders with teaching tips and their own ski technique.
Thurs Jan 3, 2018	Leader Training #3: Topic TBD	Wesley Clover Parks	On-snow session to help leaders with teaching tips and their own ski technique.
Sat Jan 5, 2019	First session for Saturday Learn-to-Ski Programs	Wesley Clover Parks	Start of these on-snow programs: Bunnyrabbits (Saturday groups), Jackrabbits, Dynarabbits, Teen Skate 1, Adult Novice, Adult Intermediate and Adult Touring.
Sun Jan 6, 2019	First session for Sunday Learn-to-Ski Programs	Wesley Clover Parks	Start of these on-snow programs: Bunnyrabbits (Sunday groups), Teen Skate 2.
Sun Jan 13, 2019	Kanata Nordic Annual Sprint Race (The Pretzel)	Wesley Clover Parks	Part of the regional race series; date to be confirmed
Thurs Jan 17, 2019	Leader Training #4: Topic TBD	Wesley Clover Parks	On-snow session to help leaders with teaching tips and their own ski technique.
Thurs Jan 24, 2019	Leader Training #5: Topic TBD	Wesley Clover Parks	On-snow session to help leaders with teaching tips and their own ski technique.
Sun Feb 10, 2019	Snow Day	Wesley Clover Parks	Embrace winter with a free day of xc skiing, snowshoeing, orienteering, games and more.
Sat Feb 23, 2019	Jackrabbit Fun Day	Wesley Clover Parks	A day of fun and games and special treats for both Saturday and Sunday programs
Thurs Feb 28, 2018	Learn about Racing: Open House	Wesley Clover Parks	Learn about the Racing Rabbits and Racer programs
Sat March 9, 2019	Last session for Saturday Learn-to-Ski Programs	Wesley Clover Parks	Last formal session, but trails are groomed as long as there's enough snow
Sun March 10, 2019	Last session for Sunday Learn-to-Ski Programs	Wesley Clover Parks	Last formal session, but trails are groomed as long as there's enough snow
Sat March 30, 2019	End of Racers' Winter Program	Various	End of formal on-snow program; weekend sessions continue as long as there's snow
Sat March 30, 2019	Year-end party	TBD	A social event for all club members
Mon April 8, 2019	Annual General Meeting	TBD	Open to all; reports on the year and election of 2019 club Executive
Sun April 14, 2019	Facilities Clean-up Day	Wesley Clover Parks	Looking for light labour to help close the cabin and return the facility to its off-season state
Sun April 21, 2019	Trails Clean-up Day	Wesley Clover Parks	Looking for hands-on labour to do some light trail repairs, and put away our gear for the off-season
May 2019	Summer Racer Training Starts	Various	A low-key fitness program, once a week

All dates and events subject to change, generally due to Mother Nature. Events details and updates on kanatanordic.ca
For more information on any event please email info@kanatanordic.ca.