

# Kanata Nordic 2019-20 Season



Date	Event	Location	Description
Wed Aug 18, 2019	Registration open (exclusive)	Online	Open to existing and previous members only
Sun Sept 1, 2019	Registration open (public)	Online	Open to all
Tues Sept 10, 2019	Dryland training starts	Various	First session for athletes in the Racing program
Sun Sept 29, 2019	Fall Trails Day #1	Wesley Clover Parks	Looking for hands-on labour to prepare our trails for the season; 8:30am – 11:30am
Tues Oct 15, 2019	Early-bird prices end 11:59pm	Online	Program prices go up (membership unchanged)
Sat Oct 19, 2019	Dryland training starts	Various	First session for the Teen Skate program athletes
Sun Oct 20, 2019	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 2, 2019	Hike the Ski Trails	Wesley Clover Parks	All club members are invited on this guided hike through our trail network 10 am - noon
Sun Nov 3, 2019	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 8-9, 2019	Ski Swap	Nepean Sailing Club	Buy or sell both new and used gear (with retail partners) and learn about the club programs
Sun Nov 17, 2019	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 27, 2019	Adult Program Workshop	Richcraft Centre	Info session on equipment, waxing, clothing
Sat Nov 30, 2019	Jackrabbit Ski Program Meet & Greet	Wesley Clover Parks	Meet other members and our club coach Mike Vieira and learn about plans for the season
Nov 30 & Dec 1, 2019	Community Coaching Course	Nakkertok	Formal coach training for leaders & assistants [Tentative]
Sun Dec 1, 2019	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 7, 2019	Jackrabbit Leader Orientation	Wesley Clover Parks	A workshop on how to lead Jackrabbit programs, plus overview of the facility, scheduling and more
Sun Dec 8, 2019	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
December 13-15	Candy Cane Nor-Am	Nakkertok	Elite level racing. Volunteers needed

Date	Event	Location	Description
Dec. 21 & 22, 2019	Community Coaching Course	Nakkertok	Formal coach training for leaders & assistants [Tentative]
Sat Jan 4, 2020	First session for Saturday Learn-to-Ski Programs	Wesley Clover Parks (401 and 411)	Start of these on-snow programs: Bunnyrabbits (Saturday groups), Jackrabbits, Dynarabbits, Teen Skate 1, Adult Novice, Adult Intermediate and Adult Touring.
Sun Jan 5, 2020	First session for Sunday Learn-to-Ski Programs	Wesley Clover Parks	Start of these on-snow programs: Bunnyrabbits (Sunday groups), Jackrabbits, Adventure Rabbits, Teen Skate 2.
Tues Jan 7, 2020	Leader Training #2: Topic: Balance & Agility Drills	Wesley Clover Parks	On-snow session to help leaders with teaching tips and their own ski technique.
Jan. 11 & 12, 2020	T2T Coach Coaching Course	Nakkertok	How to coach athletes in training for races
<b>Sun Jan 26, 2020</b>	<b>Kanata Nordic Annual Sprint Race (<i>The Pretzel</i>)</b>	<b>Wesley Clover Parks</b>	<b>NCR regional race series for children, youth &amp; masters</b>
Tues Jan 14, 2020	Leader Training #2: Topic: Coaching Classic	Wesley Clover Parks	On-snow session to help leaders with teaching tips and their own ski technique.
Jan 18-19, 2020	Learn-to-Train Coaching	Nakkertok	Learn to Coach 9-12 year olds (Track Attack)
Tues Jan 21, 2020	Leader Training #3: Topic: Coaching Skate	Wesley Clover Parks	On-snow session to help leaders with teaching tips and their own ski technique.
Mon Feb 17, 2020	Snow Day	Wesley Clover Parks	Embrace winter with a free day of xc skiing, snowshoeing, orienteering, games and more.
Sat Feb 22, 2020	Jackrabbit Fun Day	Wesley Clover Parks	A day of fun and games and special treats for both Saturday and Sunday programs
Thurs Feb 27, 2020	Learn about Racing: Open House	Wesley Clover Parks	Learn about Racing Rabbits & Racer programs
Sat March 7, 2020	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 8, 2020	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, 2020	End of Racers' Winter Program	Various	End of formal on-snow program; weekend sessions continue as long as there's snow
Sat March 30, 2020	Year-end party	TBD	A social event for all club members
Mon April 6, 2020	Annual General Meeting	TBD	Open to all; reports on the year and election of 2020 club Executive [TENTATIVE DATE]
Sun April 19, 2020	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 26, 2020	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 2020	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](http://kanatanordic.ca)  
For more information on any event please email [info@kanatanordic.ca](mailto:info@kanatanordic.ca).