

From: Kanata Nordic Ski Club <info@kanatanordic.ca>
Subject: Kanata Nordic News - December Issue
Date: December 9, 2011 9:50:14 AM EST
To: info@kanatanordic.ca
Reply-To: info@kanatanordic.ca

Having trouble viewing this email? [Click here](#)



Kanata Nordic News

In This Issue

[Introducing our new Racers Coach: Steve Tuttle](#)

[Ski Hall of Fame: Former Coach Heinz Niederhauser](#)

[The Inside Track: What Track Attack is Really Like](#)

[How Dogs Guide People to a Life of Skiing](#)

[Member Profile: Christine Roscoe](#)

Issue 12 December 2011



Although it has yet to *really* snow, our programs have been **FULL** for many weeks! Only the Racer program may have room for a few more but please contact coach [Mike Duivenvoorden](#) before registering.

Anyone registered in lessons should be hearing from their leader or coach soon if they haven't already. In the meantime if you have questions you can email your coordinator, either [Elizabeth Brown](#) (children's programs) or [Ian Maclaren](#) (adult programs). If you have yet to collect your membership giveaway (a Kanata Nordic water bottle or tote bag and decal) these will be available at the Y Bonnenfant Centre during lessons on Saturday January 7.

Most lessons start January 7 but it's a great idea to get out at least once before that. It's very easy to forget something your first time on the trails so even a short outing -- especially with young children -- is a great dry run. For tips on how to get the most out of your lessons, visit our [web site](#) (scroll to the bottom). Then you'll be ready to go when it *does* snow.

Introducing our new Racers Coach: Steve Tuttle

Kanata Nordic made the decision this fall to contract a part-time paid coach to assist our volunteer Racer coaches, Mike Duivenvoorden and Harris Kirby. Relative to the other Kanata Nordic programs, the Racers' season is longer and they train more frequently. We needed someone who could capably assist with a large and diverse



Mark Your Calendar: Upcoming Events

Sat. Jan. 7, 2012
Learn-to-ski lessons start

Sun. Jan. 29, 2012
Kanata Nordic Sprint Race

Sun. Mar. 10, 2012
Last day session for learn-to-ski lessons

(Racers and Track Attack continue while there's snow)

For other dates visit our [Calendar of Events](#).

Program Coordinators

Elizabeth Brown
Jackrabbit (and Bunnyrabbit) Coordinator
jackrabbit@kanatanordic.ca

Ian Maclaren
Masters Coordinator
masters@kanatanordic.ca

Dev Paul
Track Attack Coordinator
trackattack@kanatanordic.ca

Mike Duivenvoorden
Racing Coordinator
racing@kanatanordic.ca

Visit

www.kanatanordic.ca



Forward this issue

group of skiers. The club advertised widely in the local ski community and recently selected Steve Tuttle as the successful candidate.



Steve grew up paddling and racing in Carleton Place where his parents ran the local canoe club (his sister, Victoria, was on the national team for 12 years until she retired last season). "I first began working at the canoe club in my midget years and enjoyed coaching, teaching and supervising the younger athletes" says Steve. He later worked on Prince Edward Island, where his first 'head coach' job was to recruit and train athletes for the 2009 Canada Summer Games. Steve stepped away from coaching for a time, returning to it in 2010, in order to follow his passion for sport. In 2010 he served as Head Coach at the Ottawa River Canoe Club (ORCC), Kanata Nordic's neighbours at Riverfront Park.

It was at ORCC that Steve met Mike and Harris. Last winter we partnered with ORCC to give their paddlers an excellent off-season training option and to boost the ranks of our racers. With the newly expanded racing crew, Harris and Mike were in need of extra coaching resources. Steve was already under contract with ORCC and had a strong background in xc skiing, so he assisted the Kanata Nordic coaches and also groomed the trails from time to time.

Steve first began cross country skiing at ten years old and even when competitive kayaking became his focus he continued to ski as his preferred winter cross training activity. The late [Heinz Neiderhauser](#), a legendary xc ski coach and former Kanata Nordic coach, was a family friend and Carleton Place paddler who taught Steve and his sister proper ski technique and training methods. Steve later joined the Nakkertok ski club where he developed classic technique knowledge (he had grown up skate skiing). He raced for Nakkertok and then for a newly formed squad based out of Carleton University, the National Athlete Development Centre Ottawa/Gatineau. Steve remembers, "This was a performance team that travelled throughout North America to major ski competitions. We had two great coaches in Pavol Skvaridlo and John Langstone. It was an exceptional experience and I learnt all aspects of the sport."

When off the trails you might find Steve working part-time at Bushtukah in Kanata, running (he completed the Ottawa Race Weekend marathon the last two years), training for a triathlon (he likes to compete in local ones), commuting on his bike, or practicing yoga. In any case, Steve should be easy to spot as, like coach Mike, he is well over six feet tall.

Welcome to Kanata Nordic, Steve, and best of luck to the whole racing crew for a successful 2011-12 season.

Former Coach Heinz Niederhauser Inducted into Ski Hall of Fame



On November 2, 2011 the late Heinz Niederhauser was inducted into the [Canadian Ski Museum's](#) Hall of Fame at a gala banquet held at the Chateau



Cartier Hotel in Gatineau, Quebec.

A passionate coach and administrator, Heinz left a lasting mark on Kanata Nordic during his years coaching with the club and also played a major role in the development of the present high performance system in Canada.

At the ceremony Heinz' widow, Blanche Drapeau, accompanied by their son, accepted a plaque and commemorative gold pin on behalf of Heinz.

The inscription for Heinz reads:

Heinz Niederhauser, formerly of White Lake, Ontario, played a critically important role as a cross-country coach at all levels, from the early 1970s until his death in 2008, at age 72. He committed huge amounts of energy, most of it as a volunteer, coaching at the club, high school, divisional, provincial, national, and international levels.



Among his many roles were cross-country Head Coach and Technical Director for Cross Country Canada, Master Coach for Cross Country Ontario, and founder and coach of the Pakenham Ski Club. Over the many years he devoted to excellence in cross-country skiing Heinz shaped the athletic careers of many members of Canada's National Team.

To learn more about Heinz' remarkable career [view this short video](#). You can also read about him in our [December 2010 newsletter](#).

[Return to the top](#)

The Inside Track: What Track Attack is Really Like

by **Brandon Paul | Track Attacker**

Track Attack is an alternative skiing program to racing offered by Kanata Nordic for young skiers who wish to build on a training aspect of the sport. We do however attend two races which are covered in the entry fee; one is hosted by our very own club, the Pretzel sprints and the other is the Gatineau Loppet. The Loppet offers a variety of race distances that you can choose from to fit your comfort level with endurance and skill.



The focus of the Attack is:

- Improving on ski technique; skiing is pretty all encompassing for engaging muscles and is awesome for cardio.
- Personnel goal setting through distance covered, the Gatineau races, and fitness.
- Building a team training environment.
- Having a great time enjoying the good old outdoors, sucking in that crisp Canadian winter air and gliding through the sparkling albino snow (that beats my school friends stuck inside playing Call of Duty)
- And hopefully, meeting some good buddies along the way.

Training Times



Track Attack has convenient times and locales for sessions for families who can't make it all the way to Gatineau Park frequently. Our Saturday session is held from 1:30 PM to 3:30 PM at the Y Camp in Dunrobin, only a 10-15 minute drive from Kanata. The Y is great for some sprints on the field, hill climbing at, well... the hills and taking time to appreciate nature in the serene network of trails.

On Thursday we hold a shorter one hour session from 6:30 PM to 7:30 PM at varying locations depending on conditions. Emails will be sent out weekly, but usually we hold the weekday session at the Kanata Lakes golf course or possibly the Y Camp if our committed volunteers have taken time out of their busy lives to groom the field. After homework and a day at school kids will be tired, believe me I'm speaking from experience, but once you get out in the fresh night air and experience the sensation of night skiing it is a great way to unwind from a long school day and an amazing cardio workout. I guarantee on these nights parents will find that their kids will go to sleep a little early.

In addition to these two local sessions, we will sometimes hold a ski in the natural gem of Gatineau Park which provides a vast linkage of trails and groomed roads for skate skiing, some incredible hills (well not so incredible going up, but it's worth it on the down hill) and breathtaking views upon reaching the peaks like at Champlain or Huron lookouts. When you get there and look out and down on the quiet nature, the frozen river of the Ottawa and try to claim you can see your house in Kanata... those moments are just purely awesome and what makes you never regret all that terrain you went through to get here.



The group will probably go once a month on a Sunday, maybe a little more in December because of the free time in the holidays. If this conflicts with your schedule or is an inconvenience to reach they are optional, Gatineau is a truly amazing experience and I recommend it for anyone able to come on the team.

Train to Ski: Dryland Training



The official season starts in January, but this isn't Jackrabbits anymore my friends! Attackers want to get out as soon as possible, so once the snow hits sessions begin. Though to lead up to skiing Attackers go to dryland training, sort of like a conditioning camp, where we run, sprint and all that fun stuff to get in shape for the winter to come. Plus it's sort of a transition, so when you go every weekend in the glorious autumn, you're secretly adjusting

to the slow temperature drops as opposed a cold shock going out for the first time in December. Getting fit AND cold conditioning... two birds, one stone. It's really a great way to get to know the team and build up some camaraderie on our walks up from the Beaver Pond.

Goal Setting and Accomplishments

Each year members of the Attack set a personal goal of accumulative distance they aspire to cover in the entire season. It may seem like a mountain, but it is entirely self inspired what each individual skier wants to accomplish and often they surprise themselves by going beyond what their initial number was! There is a



spreadsheet online at Google docs that Coach Dev will send the link to for the skiers to track their progress and how their friends are doing. For the more competitive types its fun to generate a



little friendly competition between the other reach-for-the-tops. But, if you're like me and more the laid back kind of guy you can just look charts and go "Wow! Look the teams doing well." Plus the group makes a team goal so they can all contribute to a mass total for the season, of course the goal will be determined later depending on how many skiers sign up. At season's end all the Attackers get together, either at the club banquet or at Track Attack party (we've even been known to crash Racer ones) and Coach Dev gives us all plaques for our distance covered, so there's a little motivation! And then you can hang it up on your wall and go "Wow! I did it." And feel so proud you come back next year!

The Team, the Friends



Through Track Attack you forge a sort of bond with your teammates from sharing experiences like beautiful days in the trails, après skis, disappointments (I'm sure everyone hasn't forgotten my pro flip/crash 4m from the finish at The Pretzel last year) and victories at the races. As a team you fall down together (literally), laugh about it and you get back up just to make it through because of each other.

As a team you go out on the coldest days when half of you wants to curl on the couch and watch TV, but you don't because the other half out numbers your laziness because it's your skier half... plus the team! We motivate and push each other to go that extra bit faster, try that extra bit harder and laugh away the hot chocolate break.

See, it is not about the gear or the spandex that makes a team; it's about the people and the personalities that defines the Attack. As a team, you move along from that late start time, haul each other out of the ditch of the snow embankment and fight back that last kilometre even though you want to collapse, but when you see the parking lot in sight and you and your friend look at each other with that eagerness for one last effort, you wouldn't trade it for anything in the world.



Brandon Paul is an aspiring teen author and is as avid in skiing as he is at writing. He's been a member of Kanata Nordic since 2001 when he started in the Bunnyrabbit program. Since his first fall, the love of skiing stuck and never gave up on Track Attack when numbers weren't looking promising. Now ten years later from his original first ski, Track Attack's sign-ups are higher than ever with possibly more coming this season. I look forward to seeing you all on the trails this ski season!

seeing you all on the trails this ski season!

[Return to the top](#)

How Dogs Guide People to a Life of Skiing

by **Heather Adeney** | Contributor

There are a few different schools of thought on the best way to learn to ski. Tying one end of a rope to your waist, and the other end to a hyperactive dog isn't one of the more common approaches. Oddly, I can name quite a few people whose skiing was not much more than plodding through the snow, until their dogs gave them the inspiration to take flight, or at least take some lessons. I count myself among them.



Skijoring, or dog-assisted cross country skiing, is not an equipment-intensive sport. The skier wears a wide belt or a rock



climbing harness, the dog (or dogs) wears a sled dog harness, and the two are connected by a rope, usually with a bit of bungee in it. I started out with some poorly-fitting classic skis, a belt, and a piece of rope. And a dog, of course: a friendly, foolish, 10-month old mutt from the pound, who had no inborn talents except the desire to pull on the end of a leash. The first refinement was to strip all the wax off the skis and replace with glide wax. Grip was no longer required to get up the hills. Hooray!

Then, I copied the other skijor racers and got myself some skate skis, took a one day clinic with XCZone, and that was the start of the long road to a decent skate technique, which continues to this day.

This summer, three of my skijoring community friends have made dramatic physical transformations in the name of fitness. All were motivated by their favorite alternative sport, skijoring. When your beautiful, athletic, canine companion blasts off the start line, sails over the field, then bogs down on the first big hill because you are 20 pounds overweight and your skate technique sucks, well that is the purest form of motivation. I'm doing it for my dog, they say. But when the pounds come off or when the P10 hill in Gatineau Park can finally be scaled without stopping it's the human that feels the victory.

To find out more about skijoring, visit www.skidogs.ca. For some great entertainment [click here](#) to watch TV coverage from the skijoring world championships last March in Norway.

[Return to the top](#)

Member Profile: Christine Roscoe

by **Ardeth Kirkham** | Contributor



Everyone knows where Christine Roscoe's Jackrabbit (JR) 2 group is: just look for the adult-sized kid dressed as a cowboy or a dinosaur, having as much or more fun than the youngsters in her group. The Kanata Nordic Ski club has been blessed with many amazing leaders over many seasons, and Christine Roscoe has been a fan favourite for several seasons.

Christine's involvement with the Kanata Nordic ski club began four years ago, when she was in high school. She was looking to fulfill her community service hours and decided to be an assistant leader with her aunt Robin (her dad's sister) for two seasons. Her first impressions were, "Wow, look at all of the kids!!" She was surprised and impressed by the number of children in our Jackrabbit programs. After learning from Robin, she decided she was comfortable taking a group on her own. She took her Introduction to Community Coaching (ICC) course through the club and was a JR 1 leader in the 2010 season. Now she is going into her third season as a leader and loves it more each year, as she develops her lesson plans and finds new costumes and themes for her groups.

Christine truly enjoys planning her ski lessons - it is a chance to express her creative side - and express it she does, to the delight of her groups. What truly amazes her father is the skill development of these young skiers while having so much fun. This planning fits in well with Christine's

goals for the future, as she hopes to become a teacher. Christine is currently in her first year at the University of Ottawa, and although she is busy with her studies, she has remained committed to working with our young skiers. She says she has big plans for her JR 2 kids this year, so get ready for some fun.

Like so many of our skiers, Christine started her career as a Bunnyrabbit at the tender age of four, with the Torbolton ski club in Dunrobin. She does admit to crying the odd time, and not always loving being out on the snow, so parents take heart -- it does get better -- look at her now!

The Roscoes are a skiing family. Her father Dave and aunt Robin raced in high school, and Dave helped with the Kanata Racers. He was also a leader with the Torbolton club. Christine decided that xc ski racing was not for her; she left that to her brothers: Mike, Scott and Jonathan. Scott has decided to help out our club this year as well, and will be assisting with the JR 1s. Jonathan will ski for the Earl of March school team.

Christine's mom Diane has a philosophy which governs the family's activities: all members must participate in activities that can be done until you're 90. Diane is a nurse and a firm believer in the benefits of staying active and being outdoors. The Roscoe family is doing just that by being involved in xc skiing. And Kanata Nordic is very thankful.

[Return to the top](#)

End of Issue 12

December 2011

We are always interested in your ideas for the newsletter, and for volunteers to help with each issue, so if you have the inclination please [get in touch](#).

See you on the trails!

Sincerely,
Marlene Alt and Kaleigh Maclaren, Co-editors
Kanata Nordic Ski Club

[Forward email](#)



Try it FREE today.

This email was sent to info@kanatanordic.ca by info@kanatanordic.ca | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Kanata Nordic Ski Club | P.O. Box 72084 | Kanata | ON | K2K 2P4 | Canada