



Kanata Nordic News

A GREAT SEASON AHEAD...

Message from the club's new President Mike Duivenvoorden

For some of you it may be a challenge to start thinking about snow and the upcoming ski season. For others it may not be long before we start watching the weather forecast to see if we can beat last year's record of skiing in October.

It's been good to hear of the many athletes, young and old, competing in summer sports such as soccer, kayaking, swimming, triathlon or the like. The important thing is that we all stay active and healthy, and enjoy the outdoors regardless of the sport.

We are very fortunate in Eastern Ontario to have world class cross country ski facilities. Few other sports allow the entire family to participate together at a level to suit everyone, like the Bunnyrabbit program with ski-along parents, and the racing programs where parents can ski while their young athletes train.

Through the efforts of many member volunteers we have enhanced the club's programs since we moved almost three years ago from the soccer fields at the Mlacak Centre to the woods of Riverfront Park. With the assistance of the City of Ottawa and Ontario Trillium Foundation we now have a network of quality groomed trails for the Jackrabbit programs, a leisurely afternoon ski, or an evening training session.

Since the snow disappeared in March, club members have been busy planning the upcoming season. New initiatives include Jackrabbit FUN fall sessions offering games and activities so our Jackrabbits can get to know each other and stay active before the snow flies. We are also planning biweekly on-snow FUN Sprints, with wacky themes and creative relay races.

On the racing side we will continue to follow the [Long Term Athlete Development model](#) by designing programs to suit the physical development and skills of individual athletes. For our leaders there will be pre-season training sessions and, new this year, three exclusive on-snow evening training sessions to improve their own skills. Watch for more details about the upcoming season in e-mails and on the [club's web site](#).

In addition to ski programs, there are numerous administrative and organizational tasks needed to keep things running. When registering please check off the categories where you think you can spare some time and share your skills to help strengthen our club.



Club President Mike Duivenvoorden

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REGISTRATION

IS NOW OPEN

Membership Coordinators

...

Online registration for the 2009-2010 season is open on September 17th. To register please [click here](#). For a full registration information guide [click here](#).

Register before November 16th to take advantage of the early-bird program pricing, pre-snow club events and to guarantee a program spot.

Payment online can be made by credit card or cheque. You will receive a confirmation email with a membership card attached when your online registration is received. If you have any questions contact us by [email](#) or leave a message at 613.592.1038.

We look forward to receiving your registrations!

Registration Dates

September 17th

Online [Registration](#) Opens

November 14th and 15th

Register in person at the ski swap (cash/cheque only), or drop off cheques from online registration. Page 3 for details.

November 16th

Early registration savings end

November 17th and later

Regular pricing in effect, programs first come first served.

Programs [at] Kanata Nordic

BUNNYRABBIT PROGRAM

"Active Start"

Welcoming all new skiers ages 4-5 to have so much fun on the snow they won't even realize they are learning ski basics. Saturdays 1:30 - 3:30 p.m. starting January 2. [Click here for more information.](#)

JACKRABBIT PROGRAM

"FUNDamentals"

Develops skiing fundamentals for children ages 5+ in a relaxed and fun environment. The program covers classic and skate techniques as skiers progress through the four levels. Saturdays 1:30 - 3:30 p.m. starting January 2. [Click here for more information.](#)

TRACK ATTACK PROGRAM

For youth who have completed the Jackrabbit program (or have equivalent skills) ages 10-15. The program includes technique work, touring, fitness work and a few races. Sessions start Saturday October 17, 2009 with dryland activities and continue until March 31, 2010. Saturdays 1:30 - 3:30 p.m. and Thursdays 6:30 - 7:30 p.m. [Click here for more information.](#)

RACER PROGRAMS

"Learning to Train"

Provides an opportunity for skiers ages 10-12 to be introduced to training, setting realistic personal goals, and to competition as a means of reaching their full potential. Sessions start late September 2009 with dryland activities and continue into March 2010. [Click for more info.](#)

RACER PROGRAM

"Training to Train"

A more advanced racing program for skiers aged 12-16 tailored to their levels of development as athletes. Sessions start late September 2009 with dryland activities and continue into March 2010. [Click for info.](#)

ADULT NOVICE

A program for beginners as well as those who want to improve their technique, their knowledge about waxing, and their efficiency on the trails. Saturdays 1:30 - 3:30 p.m. starting January 2, 2010. [Click for info.](#)

ADULT INTERMEDIATE/TOURING

Based in Gatineau Park, this program is for skiers interested in a pleasant two-hour classic or skate ski outing with some instruction and tips on technique. Meet in Kanata on Saturday mornings before going to Gatineau park. [Click for info.](#)

EVENTS HAPPENING AT KANATA NORDIC



Annual Ski Swap & Sale

Reserve Sunday November 15th for our annual Ski Swap and Sale!

This year's Swap and Sale takes place on Sat. Nov. 14th (drop off) and Sun. Nov. 15th (for the sale itself) at the [John Mlacak Centre, 2500 Campeau Drive](#), Kanata. Drop off any adult or children's cross country skis, boots or poles on Sat. between 4:00 and 8:00 p.m. Experienced club members will help you price your gear. We charge a mere \$2 for each item you register to sell, and will retain 20% of the sale price to cover the hall rental costs. The Swap and Sale runs Sun. from 2:30 until 5:30 p.m. upstairs in Hall C. Purchases can be made by cash or cheque. Proceeds from your sales and your unsold equipment must be picked up between 5:00 and 6:00 p.m. Sunday.

For those considering new equipment this season, we have invited local sports retailers [Fresh Air Experience](#) and [Bushtukah Sports](#) to the Swap and Sale on Sunday. They will have some deals for you and can also help determine what equipment best suits you. Also at the Swap: Kanata Nordic-branded clothing, for great looks on and off the trails! We have two styles of jacket and a selection of racing attire. More details are on page nine of this newsletter.

On Sunday from 2:30 until 5:30 p.m. you can register with Kanata Nordic for the upcoming season. Everyone who registers in person, either at the Swap or another pre-season event, will receive a free Kanata Nordic decal, new this year! Also on Sunday we will have a special guest, Boston Pizza's big friendly mascot Lionel, who will be handing out goodies to the kids.

Volunteers are required to help at the event, with clothing sales, pricing equipment, and registration. To volunteer or for more information please contact Racing Coordinator [Harris Kirby](#) or Promotions Coordinator [Marlene Alt](#).



Trail Maintenance & BBQ Day

Join us Saturday, October 17th to help prepare the trails for winter and enjoy a free barbecue afterwards. We need muscles big and small so bring the kids! Come prepared for a couple hours outdoors (layered clothing, water, rain gear as necessary, etc.). This is a great chance to get some fresh air, explore the trails and meet some ski mates before the snow arrives.

Date: Saturday, October 17th (time to be confirmed closer to the date)

Location: Bonnenfant YMCA-YWCA Outdoor Centre, 1620 Sixth Line Road

For more information: trails@kanatanordic.ca.

Useful Ski Links

Cross Country Canada (CCC)

The national sport governing body for cross-country skiing in Canada.

Cross Country Ontario (CCO)

The provincial division of CCC.

CCO National Capital Division

Our local representative body.

The 2010 Vancouver Olympic Games

The Olympics and Paralympics are only a few months away!

Gatineau Park Ski Conditions

Bookmark this one for when the snow flies!

Ski XC Fast

A program developed by the National Capital District to promote cross-country skiing to students in grades 6 to 8 within the National Capital Region.

GET INVOLVED WITH KANATA NORDIC



by **Kaleigh Maclaren**
Newsletter Co-Chair

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Kanata Nordic is a member-run organization with many opportunities for you to help with program and other initiatives. All the changes that have been implemented over the past few years have been spearheaded and led by dedicated members that have volunteered their through the year. In order to sustain and support our programs, growing social calendar and other club initiatives, the continued input and support of all our members is necessary. There is a wealth of knowledge, experience and enthusiasm in our membership and there are many ways to help; every contribution helps.

I'd like to share with you first hand that volunteering at Kanata Nordic is a win-win experience. Four years ago after being a member of the club for the previous ten, I started volunteering initially to get started on my 40 hours of community service - because of many great experiences I went beyond the required hours. During this time I had the opportunity to be the youngest member on the executive, gain support in starting some of what I like to call my crazy ideas like this newsletter and the 30th Anniversary banquet. I learned a lot, and was able to strengthen my skills, meet great people and have many exciting opportunities both within the club and outside of it. As I enter my university career I will continue to support our club as co-editor of the newsletter.

I strongly encourage you to get involved in your club. There is something for everyone whether you prefer leading a group or doing something behind the scenes. If you have a lot of time or not that much, every little bit helps. The possibilities are endless with dedicated individuals to be the driving force behind another great year with Kanata Nordic. As mentioned before Kanata Nordic's programs are driven by members such as you. Stay tuned to your e-mail and visit our website for more details on how you can become an active part of your club!

VOLUNTEER OPPORTUNITIES

Calling all new and past leaders...

Kanata Nordic will be offering two coaching certification sessions this fall: ICC (Introduction to Community Coaching) on **Nov 14 -15** and CCC (Community Coach Certification) on **Dec 12 - 13**. These sessions provide a wealth of information for those leading or assisting our learn to ski programs, including technique breakdowns and tips, as well as suggestions for activities and games that sneak in skill development while the kids are having fun. The club strongly supports and encourages our leaders' training and development, and will reimburse course costs. Those interested please contact [Ardeh Kirkham](#), Jackrabbit Program Coordinator.

Ski Swap, Dryland Activity Assistant, Coach, Jackrabbit Program Support, Graphic Design, ASSET MANAGEMENT, Club BBQ Support, Annual Trail Clean Up, NEWSLETTER, WEBSITE SUPPORT, Event Planning, Trail Grooming
Kanata Pretzel Race Volunteer, executive, racer support, Registration Assistance
tell us what you can do. . .

[For more information email Mike Duivenvoorden](#)



30th Anniversary Family Banquet

A REVIEW OF
THE SUCCESS

by **Kaleigh Maclaren & Ardeth Kirkham**

30th Anniversary Banquet Co-Chairs

...

The Kanata Nordic Ski Club celebrated a huge milestone on Saturday March 28th at the St. Isidore's Church hall with its 30th Anniversary banquet. Community spirit was in full swing as skiers from all ages came and enjoyed food, fun and friends. Hungry athletes got their fill with a hearty pasta buffet courtesy of Bytown Catering, music was provided by Uncle Dan, and door prizes by the dozens were drawn thanks to our generous sponsors (see logos). Racers rubbed shoulders with Bunnyrabbits, Para-Nordic Olympians with City of Ottawa guests, as all groups of the club came together to celebrate the accomplishments of skiers and leaders in all of the Club's programs. A good time was had by all!

Highlights of the evening were the video slide shows and the quilt cake showing the many faces of the club (see above picture). Many thanks to all those who helped make this evening a truly special event.

We look forward to the next thirty years!

Cool Fact

Racers from our club have gone on to race on the provincial, national, and international stage!

THE EVENING'S HIGHLIGHT



Thank to our great bakers of all ages the highlight of the evening for many was the quilt cake that featured fourteen cakes!

Thanks to the Banquet Sponsors

We'd like to thank all of our banquet sponsors for donating all of the prizes for the evening!



KANATA NORDIC SKIER PROFILE

The MacAskill Family

In each issue we feature a Kanata Nordic club member.

In this issue we introduce you to The MacAskill Family - Ken, Kim, Jonathan, Katie, and Olivia who are all involved at different levels in the club



by Michèle Charrier
Newsletter Contributor

...

Ken and Kim MacAskill have been members and volunteers with Kanata Nordic for several years. Along with their three children, Jonathan 13, Katie 11 and Olivia 8, the MacAskills ski most weekends at the Bonenfant Centre, in spite of a very hectic family schedule. Kim is a family physician in a busy practice and Ken is a Chief Financial Officer in the high tech sector.

This is a family that thrives on activity. Ken and Kim are both passionate about fitness and each year they participate in a couple of marathons and triathlons. They train together regularly, stealing a few hours in the early morning for a run while the kids are still sleeping. Their mutual enthusiasm for fitness and sport has naturally rubbed off on the kids. Jonathan plays competitive hockey and community soccer, while Katie and Olivia swim and also play hockey and soccer.

With such a busy household, finding uninterrupted family time together can be challenging. The MacAskills have a couple of key strategies: they have breakfast together every morning before all parties head out in different directions and they try to spend quality time at their cottage in the Laurentians.

Cross country skiing on the weekends is another way that the family spends time together. Jonathan and Katie started xc skiing several years ago in the Jackrabbit program. Kim, a very accomplished xc skier herself, volunteered to coach their group. Kim has been coaching every since and is very well liked by her Jackrabbits and their parents.

Kanata Nordic Ski Club is the ideal venue for the MacAskills: The trails are close to home, the club is family oriented, and the hot chocolate is the best!



PLANNING FOR A REWARDING SKI SEASON

by **Sue Ward**
Newsletter Contributor

REFLECTIONS ON A SEASON PAST

We are 2 or 3 months away from our first trip out the trails. As our kids are heading back to school and thinking about their extra-curricular activities for the year, this is a great time to reflect on the previous ski season and start preparing for the next one.

A few things you can talk about to your children to ensure they get the maximum enjoyment out of the ski season.

1. **Equipment:** Ask them how well their equipment worked for them. How much have they grown? If they're in Level 4 or higher, is their equipment appropriate for skating? Reviewing the equipment needs now will help you take good advantage of the ski swap or any sales that may start before the ski season.
2. **Building Aerobic Capacity:** Skiing requires a fairly sustained and intensive effort and there are very few other sports that will require such a high aerobic effort. So plan with your children what you can do now to get ready for ski season so that they can start benefiting from the program right away. For example, you can start building aerobic activity into your child's week by going for power walks together (you can even walk the Bonnenfant Centre trails), participating in any dryland training the club may be offering, and learning to run together which will also get your kids in shape for the cross-country running season, a great cross-training activity. Rollerblading, swimming lengths and skating are also great aerobic activities.
3. **Healthy Eating:** If you're like most of us, summer time is not typically the time we are eating well. Not only do bad food choices make us overweight but they suppress our immune systems (sugar is a particularly good at this!) and rob of us the energy we need to enjoy physical activity. Plan with your kids what dietary changes you can make to start eating healthier as a family. Drink lots of water and ditch the sugared drinks, the 'energy' drinks and the powerades. If you or your kids have a craving for these perhaps you can pick one weekend night as your treat night rather than having pop and fruity (think Fruitopia) drinks as part of your daily un-nutrition plan. Start reading the nutrition labels on your food purchases. Eat a healthy breakfast. Now is a good time to set the standard for healthy snacks during the school year. Simple changes can have a substantial benefit. Most of us know what the right choices are; we just have to be mindful in the grocery store.
4. **Get your children excited about skiing:**
 - 1) The winter Olympics are 6 months away and there will be wonderful opportunities to see our Canadian athletes competing in many cross-country ski events.
 - 2) Plan a family mini-vacation centred on skiing. X-country skiing is a great family activity. We have access to amazing trails outside our door and within 2-3 hours of Ottawa.
 - 3) Remind them of the friends they made a ski lessons and the fun activities at the Y-camp.



BIG OR LITTLE?

The Joys of Skiing with Kanata Nordic

by Michèle Charrier

Newsletter Contributor

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Three years ago my daughter, Elyse, and I joined a large, well-established ski club with excellent programs based in the Gatineau hills. Neither one of us had any experience x-country skiing, but the Gatineau hills were becoming harder to ignore and we were looking for some winter exercise.

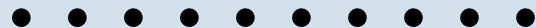
It was a pretty good first year at the big club. We regularly joined our group sessions every Saturday morning, learned a few skills and got plenty of fresh air and exercise. We enjoyed the picture perfect trails. The season ended.

Last fall we started making plans to join the big club for another season but discovered a local, lesser known and smaller alternative, Kanata Nordic, and joined that instead. Our decision to choose a smaller club not based in the Gatineaus was primarily due to its close proximity to our house and the fact that Kanata Nordic was offering a non-competitive ski program geared for young teens. Why not, we thought!

By the time we ended our first group outing with the Track Attack program, on a cold and very crisp December night, I had been introduced to a couple of families, skied under a full moon (a first for me and Elyse) and generally had a blast. From that point on we knew we had made the right choice. We were recruited to volunteer within a few weeks of our arrival and our group of new friends expanded.

Our wonderful journey continued through the winter months. Every week promised fresh adventures including some excellent skiing in the Gatineau hills with the Track Attackers, skiing at Bonnenfant Centre in the pitch dark under the threat of a snow storm (I have since bought head lamps) and participating in a truly family-oriented activity, the Kanata Pretzel Sprints race. We skied well into March on ice, snow and everything else. Our memorable first season with Kanata Nordic ended with a delightful banquet and party.

While those wonderful Gatineau hills continue to beckon, we know now that it is the people that make a club, and we are really looking forward to the upcoming season with Kanata Nordic!



SPORTS FOR LIFE

by Mike Duivenvoorden
Club President and Racing Coach

...

Some of you may have heard of the Long Term Athlete Development model (LTAD), particularly if you have children involved in organized sport. For some, just the mention of "Athlete Development" may carry with it images of predawn practices and single sport focus at a very early age, competition that glorifies the winners and traumatizes the 'losers', or parents who try to achieve personal ambitions through their children. These images and the stigma attached to them are only a few of the serious issues that have adversely affected organized sports and it was partly to address this that the LTAD was developed as a framework for organized sport in Canada. Today most organized sports bodies in Canada have developed sport-specific LTAD models to provide guidance to parents, coaches, teachers and athletes. In these models, anyone who participates in athletics of any type is considered an athlete. The Sports Canada web site at www.canadiansportforlife.ca provides excellent information regarding youth and athlete development.

As with most major national sports organization, Cross Country Canada (CCC) has developed an LTAD model intended to promote a healthy life style through the "Sport for Life" framework, as required by Sports Canada. The CCC LTAD is based on eight stages of development, each part of a path to the final stage which is "Active for Life". Each of the eight sequential stages recognizes the different physical, mental, and emotional needs in the development of males and females from birth to maturation and beyond.

The first three stages encourage physical literacy and lifelong activity. The first stage, Active Start, covers ages 0 to 6 and includes the Bunnyrabbits Program. This program is designed to encourage children to become involved in sporting activity and acquire fundamental motor skills to develop a foundation for future more complex skills and activities.

The second stage, FUNdamentals, includes the Jackrabbit program and is designed to develop basic movement skills, fundamental skiing, and motor skills through various activities with an emphasis on FUN. The intent is that by the end of the program all the basic skiing skills have been learned.

The third stage is called Learning to Train and typically includes males age 9 to 12 and females 8 to 11. These ages are the optimal period in the child's development to acquire motor coordination and improve upon sports skills, physical literacy, and to increase a focus on fitness. Generally this is accommodated through the Track Attack Program, the Mini-Midget level introduction to the Racing Program, as well as our Club's Dyna-Rabbit program.

Article continues on following page . . .



Pictures from Cross Country Canada

Get outfitted in Kanata Nordic gear for this season!

by **Marlene Alt**
Newsletter Editor
...

Make a Statement on the Trails and Around Town with Kanata Nordic Clothing.

For the 2010 season we are again selling the latest in cold weather fashion and practicality with a vintage red soft shell jacket and a lighter black microfibre warm-up shell. Both jackets feature a Kanata Nordic logo.

For the racers, or racers-at-heart, we continue to offer our striking racer wear, designed by Quebec's Apogee Sports. Pieces include tights, warm-up pants, a jersey, a jacket, and – new this year – a lycra toque. The clothing comes in both youth and adult sizes, except for the toque (but an adult XS should fit most children). The new toque is a great way to promote your club at a modest price. Do some Christmas shopping with us!

Samples and a range of sizes will be available for you to try on and order at our Ski Swap and Sale on November 14th and 15th (see page three for more details). Refer to the [2010 clothing catalog](#) for descriptions, sizes and prices. For more information or if you can't make it to the Swap and contact Promotions Coordinator Marlene Alt by [e-mail](#) or phone at 613-270-003



Active Start

FUNdamentals

Learning to Train

Training to Train

Sports for Life Continued...

For some, these first three stages may lead directly to the final stage, Active for Life, while others may follow a path to further training including competition. The next four stages continue to focus on development but also promote individual competitive excellence. Competitions are simply the arena to measure progress towards achieving personal goals and to reassess those goals based on results. The other competitors enhance the social environment and provide motivation towards reaching or exceeding achievable goals. In many cases, depending on the competition, an emphasis on winning can be a demoralizing influence simply because it may not be a realistic goal. In skiing, as with many endurance sports, a realistic goal may be to improve upon a personal best time in a previous race, or to ski a specified distance each week over the entire season. One major challenge for athletes and individuals, in sport and in life, is determining achievable goals.

Each of the subsequent four stages can lead to Active for Life or to a further pursuit of athletic excellence. The first of the next four stages, stage four, is called Training to Train. This stage typically includes males ages 12 to 16 and females ages 11 to 15. At this age social and emotional considerations are important and there is an optimum window for low intensity aerobic training. This stage could include Track Attack or a club Racing program.

Subsequent stages include the stage five, Learning to Compete, stage six, Training to Compete and the seventh stage, Training to Win. The latter stage typically occurs at age 23 and above for men and women. As mentioned earlier the eighth and final stage is called Active for Life, and is the ultimate goal of the CCC LTAD model and of the Sports Canada "Sports for Life" framework. For more information on the Long Term Athlete Development model refer to the referenced sites or many other on-line resources.

Learning to Compete

Training to Compete

Training to Win

Active For Life



OUR SPONSORS

Our collection of sponsors just keeps growing! The cash-back sponsorships help keep our membership fees low and pay for special events like the barbecues. Check out the offers for Kanata Nordic members and please support these businesses when you can.

NEW!



Bushtukah is a large outdoor sports retailer located at [203 Richmond Road](#) in the heart of Westboro Village. In the past it has been a generous supporter of our Pretzel Sprint races and the 30th Anniversary Banquet. Now Bushtukah is offering all members **10% off of ANY full-priced merchandise**, excluding packages. The shop has a great selection of adult's and children's cross country ski equipment and outdoor clothing plus friendly, knowledgeable staff. Just let them know you are a Kanata Nordic member when you shop there. On Sunday Nov. 15 from 5:00 to 9:00 p.m. Bushtukah hosts its clubs' members-only night with a one-time 20% discount for club members!



One of the foremost cross country retailers in the area, Fresh Air Experience offers our members **10% off any full-priced Nordic-related equipment**, excluding packages. They have a trade-in program for children's gear that is a great way to get started and keep growing with good quality merchandise. Fresh Air Experience is located at [1291 Wellington St.](#) in Westboro.



Enjoy a meal at the Kanata location of Boston Pizza and our club will get **10% cash back**. Just let your server know you are a Kanata Nordic member and give them your restaurant receipt for our file there. If you have any questions contact [Shelley Maclaren](#).



Discover the benefits of chiropractic care at no cost or obligation: The Wellness Group offers Kanata Nordic members a free initial consultation worth \$60. For more information visit their [web site](#), [e-mail](#) or call 613-271-8555.



This local retailer, located at 1581 Greenbank Road, will credit Kanata Nordic with 10% of the purchase price or any full-priced items, which the club will receive back in cash. Simply let the staff know you are a Kanata Nordic member and quote the club's phone number, 613-592-1038 (if you forget the number it's on our [web site](#) and on your membership cards).

BEHIND THE SCENES

at Kanata Nordic

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.....
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[Kaleigh Maclaren](#)
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Thank you to our contributors this issue.

We are looking for contributors for our December issue of Kanata Nordic News. If you are interested please [contact us](#).

Ideas for future issues are always welcome!

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Everyone who registers in person at the ski swap or at another pre-season event will receive a free club decal!

Get your free
Club decal...



Your source for Kanata Nordic information . . .

www.kanatanordic.ca

dates ♦ pictures ♦ event info ♦ and more!