



# Nechako Nordics Newsletter 2021 / 2022

WELCOME TO THE NECHAKO NORDICS SKI CLUB!

## COVID 19 Update

The Clubhouse will only be available for **essential** bathroom use and warmup. Visits need to be kept **brief**. All users must wear masks and social distance. **The Clubhouse cannot** be used as a gathering location again this winter.

All Nechako Nordics coaches and helpers will be fully vaccinated.

While waiting for your child, you are welcome to ski or please sit in your own vehicle. For more information please refer to **the 2022 Nechako Nordics COVID 19 Safety Plan** on our [Nechako Nordic Facebook Page](#)

## Registration:

Registration for Bunnies, Jackrabbits, Track Attack, Race Group and Biathlon can be made online at:

<https://www.zone4.ca/>

by searching for: "Nechako" and clicking on: **Nechako Nordics Registration 2021-2022**

## Lessons:

Lessons start on Saturday, January 8<sup>th</sup>, 2022, for Jackrabbits, Track Attack and Race / Biathlon Groups. Bunnies will start one week later, on Saturday, January 15<sup>th</sup>, 2022.

Our **Saturday** lessons consist of up to 2 hours of instruction. This may vary depending on the level of the skiers and weather conditions.

Skiers should have a small snack and full water bottle, to be consumed outside. Skiers in levels 3, 4, Track Attack, Race Group and Biathlon Group should bring water in a holder they carry with them.

**Try to arrive 10 mins before lessons start to make sure you are there on time and your child is ready** – if for some reason you arrive late, check the white board outside the clubhouse, which will indicate what areas

your child's coach plans to be at. Please be on time to pick up your child at the end of lessons.

Parents of Bunnies **must** ski with their child and Level 1 aged parents are **strongly** encouraged to ski with the group.

Parents accompanying their children **must provide proof of being fully vaccinated**.

**Adult Lessons:** Due to continued demand, we will once again be offering adult lessons. These lessons will start in early January, be 1.5 hours long and will take place during Jackrabbits lessons. All participants must provide proof of being fully vaccinated. The cost will be \$50 for two lessons. Please contact Richard Burkholder for more information: (250) 567-9000 bur9000@telus.net



**Practice!** Tuesday and Saturday lessons are offered to provide techniques instructions to young skiers in a fun group environment. For your child to really benefit from these lessons and improve physical fitness, they should be encouraged to ski often outside of lessons.

## Clothing:

Ensure your child has adequate clothing for the weather (proper mitts/head gear). Layers are recommended.

## Improvements!

The Nechako Nordics have been very busy this summer, with lots of improvements including:

- The NVSA parking lot has been expanded
- Improved lighting for the Ski Equipment Shed and Archery Range Ski Area
- Trail signage improvements
- Selective harvesting along the trails to improve snow retention
- Grooming equipment will now be parked in a safer location, on the west side of the Clubhouse
- More ski and waxing equipment for our Ski Rental Program

## Equipment:

**Bunnies and Level 1:** Waxless skis with bindings and ski boots are preferred. No poles.

**Please Note:** The Club has decided to **NOT** have a cold weather cut off this season - they will hold a lesson regardless of the cold, simply because our season is so short. Parents can use their discretion as to whether their child should ski when the weather conditions are more extreme.

**Level 2:** Most kids in level 2 will continue to use waxless skis. But, as kids improve and become faster, a waxable ski will be a good option, as a waxable ski can be waxed to suit any snow condition. Kids in this level will need poles about midway through the season.

**Level 3, 4, TA and Race Group:** Waxable classic skis and skate skis are recommended at these levels. Skiers will need a set of poles for each technique.

**Biathlon Group:** Skate ski gear is required.

**Pole sizing (classic):** Extend one arm out to your side making it parallel to the floor. Classic poles should come between your arm pit and the top of your shoulder.

**Pole sizing (skate):** When standing in your shoes or boots and looking straight ahead the top of a pole should come between your chin and upper lip.

**Ski sizing:** Cross-country skis are geared mostly to your weight. The retailer should do a "compression" test: Get you to try on skis to see how your weight affects the grip zone, the

short strip under your foot that grips the snow and propels you forward. Try not to put your child on skis that are too long. Generally, children learning to ski will have a difficult time manipulating a pair of skis that are too long.

Classic ski should be 110-120 % of your height, with an average around 115%. In other words, a skier about 5'8" will have a ski about 200 centimeters long for the best mix of glide length and striding.

Skate skis are generally 106-110% of height. Skiers over six feet in height will end up below 106% as most companies don't offer skating skis above 197 cm.

**Rentals:** Our club has a good selection of [Classic](#) and [Skate](#) ski equipment. Jackrabbits and their parents wanting to rent ski equipment can do so for \$50 for the season or \$5 per lesson. Equipment will be available for lessons only. All Club equipment [must](#) remain at the NVSA site.



## Volunteering:

The Nechako Nordics is a small club, fully run by volunteers.

We are seeking [help](#) with:

- [Ski Rental Shed](#)
- [Clubhouse Cleanup](#)
- [Trail Grooming](#)
- [Biathlon BC Cup #2, Jan 21-23<sup>rd</sup>](#)
- [Teck Northern Cup Race #6, Feb 19<sup>th</sup>](#)

There will be volunteer sign-up sheets posted in the clubhouse.

**Please help if you can!!!**

The Nechako Nordics has an inventory of **jackets and race suits**. They can be purchased at Earthenware throughout the season or at the NVSA trails on the first days of lessons.

Check out this link for the design: [Nechako Nordic Louise Garneau Garments](#)

All garments are available in Men's, Women's, and Junior (age 5 to 14) sizes.

Once inventory is running low, another order would be placed.

Please contact Sonya Zurevinski [sonya.zurevinski@gmail.com](mailto:sonya.zurevinski@gmail.com) if you would like to order an item that is not in stock.



## Ski Trail Etiquette:

Please keep off the trails with boots. We ask that you only wear skis on the trails as boots can leave cavities that the groomer cannot fix.

## Club House Cleanliness:

The NVSA Clubhouse is shared amongst several user groups. Each Saturday parent volunteers will clean up the Clubhouse. Chores include, but are not limited to: COVID sanitation, kitchen and washroom clean-up, sweeping and tidying the clubhouse, and taking garbage to dump. If you are the last person to leave the clubhouse, ensure

that all lights are turned off and all doors are locked.

**All skiers should sweep up the floor after hot waxing their skis!**

## Ski Club Safety Rules:

- In case of an emergency, notify a member of the coaching staff immediately.
- Safety issues or alerts, if known, will normally be posted on the white board in the clubhouse.
- Keep an appropriate distance between skiers to avoid collisions, especially when going down hills.
- Please have your child put on their skis by the clubhouse. The parking lot is often icy, therefore a greater likelihood of your child slipping and falling.
- **Stay away from the shooting range and berms!**

## Trail Lighting:

The lights at the NVSA grounds are easy to turn on. Inside the clubhouse there is a green button right by the door, press it once and the lights stay on for 1 hour.



# NVSA Membership:

Please note that if your child is skiing outside of lesson times, for insurance purposes, they require a **NVSA membership**. The membership helps our club to cover the costs of preparing our ski trails, grooming, track setting and insurance. Parents who ski while their child is taking lessons also require a **NVSA membership** for insurance purposes. They are not required to show proof of vaccination.

## Please become a NVSA member!

Memberships can be purchased online at: <https://www.zone4.ca/>

by searching for: "Nechako" and clicking on: **Nechako Valley Sporting Association Membership**

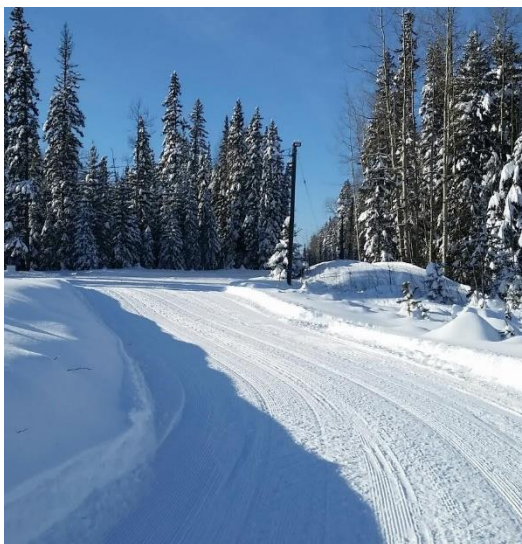
When you purchase a membership, your family will receive a key (**from Nechako Outdoors**) for gate and clubhouse access. Annual memberships expire on April 30 and NVSA changes the keys on May 1.

## The Nechako Nordics have active Biathlon, Race and Track Attack Groups.

Children entering these groups should be at least 10 years old and be good skiers (Jackrabbit Level 4).

### Parents with children interested in:

- **Biathlon** should contact Kevin Moutray [earthenw@telus.net](mailto:earthenw@telus.net) or Gerd Erasmus [gerderasmus@gmail.com](mailto:gerderasmus@gmail.com)
- **Track Attack (Racers) and Race Group** should contact Kevin Moutray [earthenw@telus.net](mailto:earthenw@telus.net) or Zoë Dhillon [zoewalk@hotmail.com](mailto:zoewalk@hotmail.com)
- **Track Attack (Recreation)** should contact Richard Burkholder [bur9000@telus.net](mailto:bur9000@telus.net)



## More Cross Country Skiing Resources:

### Cross Country BC:

<http://www.crosscountrybc.ca/>

### Nordiq Canada:

<https://nordiqcanada.ca/>

### Coaching Association of Canada:

<https://coach.ca/>



**Club Fundraising:** Club funds are generated when we host special events.

This year the club is hosting **the Biathlon BC Cup #2 on Jan 21-23<sup>rd</sup>** and the **Teck Northern Cup Race #6 on Feb 19<sup>th</sup>**

If you are interest in taking a Biathlon Officials Course contact Kevin Moutray at (250) 567-0898 or email: [earthenw@telus.net](mailto:earthenw@telus.net)

Please support the Nechako Nordics by volunteering to help!

## Schedule of Events

- December 11-12, 2021: Community Coaching Workshop (New Coach Training!) at the NVSA Trails
- December 17-19, 2021: NCCP L2T (On-Snow) Workshop at the NVSA Trails
  
- January 8, 2022: Ski lessons start for Jackrabbits, Track Attack and Race / Biathlon groups at the NVSA Trails! 😊
- January 15, 2022: Ski lessons start for our Bunny groups at the NVSA Trails.
  
- January 15-16, 2022: Build the North Training sessions with Graeme Moore at the NVSA Trails
- January 16, 2022: Free Ski Day at the NVSA Trails
  
- January 21-23, 2022: Biathlon BC Cup #2 at the NVSA Trails
  
- February 6, 2022: Waterlily Lake Ski Tour #1 (To Waterlily Lake)
  
- February 15, 2022: Try Skiing by Moon Lite!!!
  
- February 19, 2022: Teck Northern Cup #6 at the NVSA Trails
  
- February 27, 2022: Waterlily Lake Ski Tour #2 (To Herringbone Hill)
  
- March 19, 2022: Racing Rocks (Double Cross) 😞
  - End of Ski Lessons
  - Awards Ceremony