



Thanks for a great 2022-23 ski season!

The Foothills Nordic Ski Club is made up of a wonderful community of people who have dedicated their time and passion to the sports of cross country skiing and biathlon. The programs offered by the club wouldn't be possible without the great team of volunteers, staff, and club members. The club hosted many successful events and races this season and the registered classes were full.

Ruedi Setz Award

As a way to say thank-you to our volunteers, every year the club selects a nominated volunteer who made significant contributions to the club for the Ruedi Setz Award. This is chosen from a list of nominations submitted from club members. Do you know someone in our club who reaches above and beyond volunteering to help our club succeed? Please email your nominations to the president@foothillsnordic.ca and remember, a nomination is a kind of vote, even if you know someone is already being nominated, you can add your evidence and opinion to the selection process.

Have you completed your volunteer hours for the year?

Learn more about volunteering at foothillsnordic.ca/volunteer or by contacting the volunteer-director@foothillsnordic.ca

COMING UP

2023-2024 Registration

**all dates are tentative*

- Year-round programs and Spring Programs - **April**
- Key volunteers (Fall Programs) - **June 14th**
- Members (fall program) - **June 21st**
- Public (fall programs) - **End of June**
- Key Volunteers (winter programs) - **1st week of September**
- Winter Program (for existing FNSC Members) - **2nd week of September**
- Public Registration (all programs) - **3rd week of September**

FNSC AGM

June 14th

JR + XC Youth Programs

As the 2022-2023 season comes to a close, we wanted to take a moment to express our heartfelt gratitude for the incredible support, dedication, and enthusiasm that each and every one of you brought to this season. Together, we had an incredible season filled with thrilling races, personal achievements, and unforgettable memories. None of this would have been possible without the support of our families, volunteers, and staff.

To our families

Thank you for entrusting us with the privilege of coaching and mentoring your kiddos. We are humbled by the trust you placed in us and grateful for the opportunity to work with your children. We know that you juggled busy schedules and made countless sacrifices to get your kids to practices and races, and we appreciate your unwavering support every step of the way.

To our volunteers

Thank you for generously giving your time and energy to make this season possible. From maintaining the trails at Confed to waxing skis to snow farming to the Cookie Race, you made an incredible impact on the success of our program. We are constantly inspired by your selflessness and dedication to our community, and we are deeply grateful for everything you do, because without you, none of this would be possible.

To our staff

Thank you for your tireless work, your unwavering dedication, and your commitment to our program. You worked countless hours to plan practices and created a fun, positive, and supportive environment for all of our young skiers. Your passion for the sport and your love for our community is evident in everything you do, and we are grateful to have you as part of our team.

As we look back on this season, we are filled with gratitude for the amazing community that surrounds Foothills Nordic Ski Club. We are grateful for your dedication and support, and we look forward to another fantastic season ahead.

Registration for Fall Dryland JR programs will open up in June and registration for Winter JR programs will open up in September. Exact dates and registration process will be announced later in May. The JR team will be sending out a parent survey in the coming week and we appreciate if Families can take 5 minutes to answer the questions as it will help support decisions on how to improve the program for next year.

Serena + FNSC Team



Photos submitted by Serena Moar

Race Organizer of the Year!

The FNSC has been selected as Nordiq Alberta's 2022 - 2023 Race Organizer of the Year!

The FNSC team did a great job organizing the Alberta Cup 3 & 4, and we are proud that the club's hard work, effort, and continued excellence has been recognized. Nordiq Alberta was immensely impressed by the skills course that was set up for the U8 and U10 participants and the ripple effect it had throughout the rest of the season was an incredibly positive experience.

The award will be presented to a FNSC board member on March 25th in Canmore. Congratulations to the organizers!

FYI

Learn more about volunteering at
foothillsnordic.ca/volunteer

Foothills Nordic Ski Club



FOOTHILLS CHELSEA

Nordiq Exchange

We were thrilled this year to be able to bring back the T1 Exchange program, after a few years hiatus due to Covid. Our T1 biathlon and cross country groups (U14 age athletes) participated in an exchange with Chelsea Nordiq. This opportunity is partially funded through the Canadian Sports Friendship Exchange Program, a federal government program. The goal of the program is to allow kids to travel to another part of the country, make new friends, and learn more about another part of Canada – what makes us different, and what unites us all. In February, our athletes flew to Ottawa and billeted with families in the Chelsea, QC area for a week. They explored Ottawa and the Gatineau area, going cross country skiing as well as experiencing a variety of other activities. The host families welcomed our kids with open arms and made sure their experience was memorable.

In early March, our club hosted the Chelsea kids. It was an action packed week with some time spent at the Lake Louise hostel, skiing at various places (Canmore Nordic Center, Lake Louise, and Peter Lougheed Provincial Park), hiking to Johnston Canyon, skating on Lake Louise, touring around Banff, and scavenger hunting downtown Calgary, among other things. The weather for this trip was mostly cold but clear – the mountains showed themselves off in their full glory, and our guests were happy and excited to be here experiencing it

all. The kids all learned about how to stay at someone's house when you only just met them, and conversely, what it takes to be a gracious host. The smiles we saw on people's faces all through both of these trips made all the planning efforts very worthwhile!

To all the parent volunteers who worked on this exchange – thank you for helping to create such an amazing experience for the kids. And for those parents who have athletes coming up through the program – the exchange is entirely parent-initiated and parent-led. If you want your child to have this experience in future years, please step up and help make this happen for your child! Talk to any board member if you're interested. There's lots of info from previous exchanges to draw on. Usually, the club does these exchanges every other year, for athletes in T1. Planning starts far ahead of the actual exchange, so parent planners will need to start being involved when their athlete is in second year Track Attack and first year T1.

Planning is currently underway for an exchange for next winter, and has been funded by CSFEP. We have partnered with Nakkertok Nordic in Ottawa/Gatineau. Foothills athletes born in 2010/11 are invited to participate, as well any 2009 athletes who did not participate in this year's exchange. Contact Kirsten or Margaret at 20232024SkiExchange@gmail.com for more information!

Foothills Nordic Ski Club



Ski @ School

The Ski @ School program was a roaring success this winter season! We attended 8 different schools and reached over 600 students ranging from grades 1 - 6. The coaches received many high-fives, hugs, cards, and exclamations of, "this is awesome!"

For the majority of students this was their first introduction to cross country skiing. Vast improvements in confidence and skill could be seen in our brief time spent at each school.

Through play based learning the kids learned basic skills such as; dead bug, star turns, and herringbone. By day three both coaches and students would hold immense pride in seeing how much was absorbed as knowledge was put to the test in an interactive obstacle course.

Every school that was visited gave glowing accolades for the ski @ school program and can't wait to book with us again.

Coaches Rachel Smith, Sarah Jorgenson, and Rachel Schmidt are thrilled to have been a part of such a fun experience!



Nationals Bursary

18 athletes applied to the Nationals Bursary (more biathlon than cross country). Applications were judged by 5 masters athletes who do not currently have children in a FNSC program.

Judges received the applications with no names attached, keeping them anonymous. All evaluations from the 5 judges were then aggregated for each applicant and final scores indicated winners for highest score for a biathlon athlete and a cross country athlete.

Scores were checked and double checked by FNSC board members. All of the judging and methods are available in the funding folder for record and transparency.

The winning athletes turned out to be both children of current board members.

Congratulations to the winners!

- Amelia Custodio
- Simon Matson





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Adult Programs

Foothills ran a variety of Adult Programs this year. We would like to extend a heartfelt thank you to all our adult program coaches for another amazing year!

Adult Learn to Ski was split, for the first time, into Intro to Cross Country and Technique Improvement levels in order to get more cohesive groups. We ran 8 different sessions, in daytime and evening. We also added two extra Mountain Ski Days to get people out of Confed and onto some other trails. Programs were well received, and with the great grooming at Confed this year, we were able to fit in all 12 of our planned sessions as well as the two extra mountain days. Whether you've never tried skiing before, or have been skiing for years and just want to improve your technique and efficiency, we have a program for you!

Our Masters program was very active this year, with the group being split Level 1 (Chill) and Level 2 (mid to fast) groups. If you are an intermediate or advanced skier, and want a program that meets for both classic and skate skiing more than once a week, this may be the group for you. This year, we added a Calgary option for Thursday interval nights, to accommodate the people who are unable to get to Canmore during the week. Our Masters group also joined the November Lake Louise Snow Camp, and supported members at various races and loppets.

The Ski Fitness program was as popular as ever this year, and we were able to add a new session on Friday afternoons. Ski Fitness is a once a week daytime program that focuses on technique and fitness for intermediate to advanced skiers.

Women's 55+ was also successful this year, adding a fall dryland option to the usual on-snow offering. This group takes a more gentle approach to technique and fitness.

We continue to try to offer programs to suit everyone's needs. We will be updating the website in the next few weeks with details on next year's programs, as well as registration dates. If you have any questions, feel free to contact

adultprograms@foothillsnordic.ca