

## **AGM Programs Report**

October 25, 2023

Director of Programs, Peder Nessel

### **Programs Report**

#### **Peder Nessel**

2022-23 was another fantastic year for Programs. Our club provided programming and support to thousands of people. I would like to give a huge shout out and heartfelt thank you to all our amazing staff, volunteers, coaches, participants, and community partners, you made the season a resounding success. I have included reports and success stories for each of our programs, I hope you find them as inspiring as I do.

My goal is for our club to offer meaningful and beneficial programs that provide a positive and rewarding experience for everyone involved. This may seem like a tall order but it's a real pleasure to work with the team we have in place.

Over the last year we have continued to work on improving programs, building on past initiatives, and introducing new ones. Our current program portfolio includes a partnership with HUB Cycling to provide bike safety and skills training to nearly a thousand kids. Our Skill Development team coaches hundreds of kids that are barely old enough to stand up on their skis all the way to kids learning how to drive. Our School Ski program introduces skiing to thousands of youth in elementary, high school and post secondary. The Racing program is helping dozens of promising young athletes to achieve their dreams of competing, breaking their own PRs, and reaching for the podium. Our CANSI team is helping hundreds improve their technique so they can explore further and go faster than ever. Our Masters and Seniors 55+ teams are bringing out the best in our adult members, improving PRs, exploring further, and keeping us all happier and healthier.

I am proud of our programs, and I am looking forward to the upcoming season. We have a number of upcoming coaching courses, instructor courses and other great opportunities. If you are interested in getting involved in a program we currently offer or one that we should, please let me know. We are always looking for new and interesting activities that offer a healthy dose of nature, Nordic lifestyle, and positive experiences.

Thank you for supporting our programs, club, and community. If you have any questions, comments, suggestions, or requests please let me know.

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## **HUB Cycling/Learn2Ride – Everyone Rides Grade 4/5**

### **Lisa Conner**

Starting in the Spring of 2023 the Caledonia Nordic Ski Club, partnered with HUB Cycling, offering free, fully funded bike safety programs to elementary school students in Prince George called Learn2Ride - Everyone Rides Grade 4/5. This program is funded by the Ministry of Transportation and Infrastructure as part of the Clean Transportation Action Plan.

In 2023 the club delivered cycling skills and road safety to 8 schools, reaching 807 students, with the goal to reach 8 more schools in the Spring of 2024.

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## **Seniors / 55+ Ski and Snowshoe**

### **Suzanne Sharp**

The 2022-2023 Seniors/55+ Ski and Snowshoe Programs were supported by club, community and participant efforts and donations.

Ski sessions were led by 8 senior CANSI certified instructors, 16 senior volunteers and 4-5 senior ski patrollers. We had 55 registered participants including 22 people that had not previously participated.

Snowshoe sessions were led by 4 senior tour leaders, 12 senior volunteers and 4-5 senior ski patrollers. We had 54 registered participants including 20 new participants. New this year was a snowshoe group for people with Health & Mobility Issues.

Excellent presentations were provided during our socials. Carolyn about volunteer opportunities, Steve about grooming protocol, Lisa Neukomm about fitness for seniors and the Alzheimer's Society of BC about Healthy Brains.

The Seniors'/55+ Ski and snowshoe program was very popular this year, almost filling in just one day. We opened more spaces and filled most of those. We received a lot of favourable comments and all involved would like to see the program continue in future years.

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## **Racing**

### **Ali Cadell and Robin Ditto**

Please see the two attached reports for our Team.

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## **Skill Development**

### **Sadie Bialuski**

Special plans for last season included the torchlight ski, Chocolate race, fun day/costume day and treasure hunts. The 3pm time change from 10am on Saturdays was a huge success.

With the support of staff, 26 volunteer coaches and 12 additional volunteers we hosted 220 kids per week, 85 on Tuesdays and 135 on Saturdays. Each session ended with generous support of Save On Foods who provided fruit and cookies for all of the kids, a huge thank you to the folks at Save On for your continued support.

Participant breakdown by age/development stage;

Bunnytots - 13

Bunnies - 40

Jackrabbit 6/7 - 38

Jackrabbit 8/9 - 30

Jackalopes - 14

We wrapped up our season with great events at our annual Fun Day.

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## **Coaching**

### **Sadie Bialuski**

We hosted an NCCP Community Coaching course November 26-27 with 7 participants and an NCCP Learn To Train On Snow course December 2-4 with 5 participants. The delivery of each course was supported by staff, CCBC and the generosity of a grant from ViaSport.

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## **School Ski**

### **Carolyn Thorp**

2022-23

We hosted approximately 50 days including schools classes, daycare, Cub Scouts and Brownies. Over 1700 elementary students in 81 classes/groups. An additional 100+ students of high school or college age. All of our programming was supported by staff and 19 instructors.

2023-24 School Ski is up and running!

As of October 13<sup>th</sup> we have 32 classes, 21 days and 700 kids booked with about 20 days left and more participation is expected. We may need to host less than last year to help accommodate the WPN Championships. Fresh inquiries are coming in about our annual Christmas Break Winter Camp so we are looking forward to good participation again this year. We have 13 core instructors, a few available on call and 2 new leaders are undergoing training this Fall. Sadie will be taking over program management this year and the transition has already begun.

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## **CANSI**

### **Carolyn Thorp**

We hosted over 150 lessons, 57% classic and 43% skate. 51% were private, 20% semi-private (2 people), 19% group (3-6 people) and 11% family. 9 lessons were for Gold members and 3 for Platinum members.

The first lesson was hosted November 17<sup>th</sup> and the last on April 1<sup>st</sup>, an amazing year!

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## **Masters**

### **Leland Johnson**

We hosted 14 Masters over 19 sessions between January 11<sup>th</sup> and March 15<sup>th</sup>. Sessions ran twice per week for 1.5 hours each focussing on;

- Classic skiing: Ski maintenance, balance fundamentals, classic diagonal stride no poles - weight shift and tempo, classic diagonal striding with poles and kick double pole, double poling, turning and stopping downhill, uphill herringbone and reading terrain.

- Skate skiing: Ski maintenance, double poling, one-skate, two-skate, free-skate, downhill turns and stopping, off-set and up hills.

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