



Arrowhead Nordic Ski Club Annual General Meeting

Wednesday, May 5, 2021

7:30 pm on Zoom

Attendance: Cathie Raynor, Sue Sedgwick, Denise Jordan, Eric Norton, Jodi White, Andrew Fyfe, Jaimie Harm, Terry Graham, Ally Myers, Anne Lindsey, Steve Jones, Jon Strickland, Holly Strickland, Jason Dwyer, Ken Parsons, John Cowan, Jody L, Ken Hawthorn, Kim Scott, Samantha?, Nathan McFadyen, Michele Schwemmer, Drew Hutchison, Betty McDonald, Blair Lewis, Hugh McKenzie, Julie Belanger

1. Call Meeting to Order
2. Roll Call of Registered Members
3. Approval of the Agenda: **Moved to Accept the Agenda:** Jody White **Seconded:** Andrew Fyfe **Motion:** Carried
4. Approval of the Minutes of the last AGM: **Moved to Accept the Minutes of the previous AGM:** Denise Jordan **Seconded:** Ally Myers **Motion:** Carried

REPORTS:

5. Park Superintendent Report – Jason Dwyer

Covid presented many challenges. Arrowhead operated at 50-60% capacity. The park is now open year round and operates on a Full Cost Recovery basis. Winter camping was 90% occupied. Day permits were reduced by 50% and Ski Winter permits were up almost 50%. Annual permits sold well.

6. Chair's report– Cathie Raynor

- Membership - Registrations were up:
 - 144 Jackrabbits, 41 Track Attack, 16 Racing team, 61 Adult members – 365 people registered for programs or membership
- Back to Ski program on Tuesday afternoons (coordinated by Sue Sedgwick) had 26 people signed up and we had 27 signed up for Ski for Fitness lessons on Tuesday afternoons.
- Private Lessons - Set to expand our private lesson program: Set up lesson requests through our website and online payment through Zone 4 Coordinator Michele Schwemmer
- Bursary Program: Expanded upon what we had offered in previous years. Gave bursary of \$200 each to 3 families to help with program expenses and equipment. About 12 people donated their refund or equipment sales to it. Thanks to Denise, Sue and Gloria for organizing

- Coaches & Officials: Several coaches took coaching courses. Coaches registry updated. Rowan's Law (concussion prevention) - all parts in place. Michele Schwemmer took Level 2 Officials course

PROGRAMS

7. COVID Cancellations: We spent a great deal of time creating Covid plans for each of our programs. Thanks to Terry, Ally, Holly and Anne for all their work on this. And then Covid 19 forced us to cancel our winter programs for Jackrabbits, Track Attack, Winter Masters, Ski for fitness, Return to Ski and Private Lessons. Jackrabbits and track Attack attempted to run a shortened program, but again, the worsening Covid numbers forced us to give up on trying to run programs. Considerable manpower was required to process all the refunds. We did receive a grant from CCO to cover non-refundable membership fee (\$19 pp) for JR and TA.

Programs that Ran:

8. Fall Track Attack - Anne Lindsay ran an after school program in the fall. Nathan McFayden will be the new coordinator next year. Fall Masters - Steve Jones ran a 10 week fall program.

9. ARC Report – Holly Strickland 3 athletes nominated to SOD, expand up to 20 athletes, Open registration Aug 15 for 2 weeks, divide into ARC1 and ARC 2 (more races), want to challenge the current OFSSAA regulations regarding High School athletes not being permitted to ski for a club. Hope to offer informal club race series mid-week next year.

EVENTS

10. School races and the Muskoka Loppet were cancelled, but we did run the Noppet – an online version of the Loppet for club members. We held the Ski Swap online.

11. Cross Country Ontario KM Challenge report – We were amazing!

- Placed 5th as a Team
- Total of 56,310 km (almost 1 ½ x around the world)
- 150 people participated

Noteworthy Families

- The Gottliebs (6014 km)
- The Richters (2840 km)
- The Parsons (3065 km)

Top girls in youth division

- Cate Gottlieb (13), 1,725 km
- Skylar Gottlieb (11), 1,202 km
- Fiona Shearing (15), 624 km
- Claire Parsons (12), 531 km
- Leah Richter (12), 472 km

Top Boys in Youth Division

- Aidan Spiers (15), 1,430 km
- Sam Richter (15), 1,408 km
- Matthew Kuusk (15), 1,210 km
- Sam Parsons (12), 513 km
- Ryker Harris (11), 459 km

Top Women (Adult Division)

- Denise Jordan, 1,026 km
- Lindsey Gottlieb, 955 km

- Jane Wolfe, 701 km
- Sue Sedgwick, 669 km
- Mary Spring, 665 km

Top Men (Adult Division)

- Ken Hawthorn, 4,707 km (**top skier in Ontario!**)
- Peter Gottlieb, 2,131 km
- Steve Jones, 2,094 km
- Dave Lomas, 2,051 km
- Paul Hastings, 1,425 km
- all participants received ski ties and a special presentation was made to Ken Hawthorne

OTHER ACHIEVEMENTS

- Portable Roof – a new snow roof was put on the portable. We hope to spruce it up with siding and trim this summer. Thanks to Steve Jones for arranging the contractor

12. Financial Report – Jamie Harms – see below

Motion to accept financial report **BE IT RESOLVED that** the 2020-21 Financial Statements be accepted as presented. **DATED** the 5th day of May 2021

Moved by: Denise Jordan **Seconded by:** Jamie Harms **Motion:** Carried

13. Resolutions

RATIFICATION and APPROVAL of DECISIONS OF THE BOARD

Be it Resolved that the Membership ratify and approve all decisions determined by the Board at its sanctioned meetings from May 2020 to May 2021.

DATED the 5th day of May 2021

Moved by: Drew Hutchison **Seconded by:** Denise Jordan **Motion:** Carried

14. Election of the Board of Directors - Each member has one vote. If you are not a current member, you are not eligible to vote. Voting will be by zoom poll or by show of hands.

a. Thanks to retiring directors - Jody White, Gloria Schimmel, Eric Norton, and Anne Lindsay (previous year)

b. Nominations:

i. Continuing –Stephen Jones, Terry Graham, Denise Jordan, Cathie Raynor, Jody White, Sue Sedgwick, Andrew Fyfe

ii. New - John Cowan, Blair Lewis

c. Nominations from the Floor (we are allowed up to 12 directors)

d. **Motion that the nominations be closed.** Andrew Fyfe

Seconded Eric Norton **Motion:** Carried

Motion to elect the nominated board of directors Denise Jordan


Seconded Ally Myers **Motion:** Carried

15. Adjournment Motion: Cathie Raynor


16. ARC slide show

REPORTS

Jack Rabbit 2021 Season in Review



<div style="position: relative; height: 100px;"> CANCELLED </div>	<p style="color: red; font-weight: bold; font-size: 1.2em;">144</p> <p>2021 Registrations</p> <p>Sat AM 60 Sat PM 25 Sun AM 59</p>	<ul style="list-style-type: none"> Registration was strong this year and was up from 112 in 2020 Sat PM still remains the smallest group This year we had a lot of new families register which may have been a function of Covid and families looking for safe programs
<p>2021 Staff Numbers</p>	<p>21 Coaches 19 LIT's</p>	<ul style="list-style-type: none"> We had a strong group of coaches and did run a successful Staff training following Covid procedures LIT group remains strong and there is a solid plan in place to keep training LIT's to step into a staff role It was amazing to see so many instructors and LIT skiing and logging hours for the KM challenge
<p>Number of participants and Staff disappointed</p>	<p style="color: red; font-weight: bold;">100 %</p>	<ul style="list-style-type: none"> Although we were all disappointment with the season cancellation everyone was very understanding and grateful We learned that we can respond to challenging situations and pivot to create safe protocols



Ally Myers, "I'll be back" in the Coordinator role next season

Financial Report (Jamie Harms)

Income		Expenses	
Club memberships		Zone 4 fee	1,782
adult membership	1,878	SOD fees	2,850
youth membership	120	Bank Charges	142
Programs		Office & Misc. Supplies	637
Track Attack Fall Registration	1,260	ICC & CC Training Reimbursement	12
ARC	3,125	Childrens Bursary	290
Masters - Fall	1,170	Website fee	164
Roller Ski Rental Program	320	Club General - Other	2,159
Ski Swap payout	-14	Programs	
Other Programs	4,860	Total Private lesson expenses	100
Ski for Fitness	19	Total ARC expenses	3,207
Private Lessons	150	Total Jackrabbit expenses	834
		Total Masters - Fall Program expenses	1,096
Total Income	12,888	Total Masters - Winter expenses	58
		Total Track Attack/Lynx expenses	1,557
Net Income	-1,998	Total Expense	14,886

	30 Apr 21
ASSETS	
Current Assets	
Chequing/Savings	
10000 - TD Canada Trust	34,901.29
Total Chequing/Savings	34,901.29
Other Current Assets	
12000 - Prepaid Expenses	
12003 - Portable Expense Funds	-1,343.29
12004 - CANSI Training Funds	-1,200.00
12005 - Eqpmt Upgrds & Enhancements	-1,961.85
12006 - Website Design Allocation	-1,853.00
12007 - Coaching Jacket Allocation	-2,499.12
12008 - Timing Hut Repair Allocation	-68.46
12009 - National Coaching Bursary Fund	-1,500.00
12010 - ARC Wax Fund for Uniforms	-240.00
Total 12000 - Prepaid Expenses	-10,665.72
Total Other Current Assets	-10,665.72
Total Current Assets	24,235.57
Fixed Assets	
10100 - Program equipment	
10101 - radios	9,604.74
10104 - Video Camera	439.54
10105 - Bibs	5,976.17
10106 - Roller Skis	2,055.89
10107 - Wax Table & Brushes	964.65
10108 - Computer - Laptop	1,004.08
Total 10100 - Program equipment	20,045.07
15000 - Furniture and Equipment	967.47
Total Fixed Assets	21,012.54
TOTAL ASSETS	45,248.11
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
22000 - Grant Rcvd in Trust (Risk Mgmt)	374.42
26000 - Payroll Deductions Payable	
26200 - EI Deductions Payable	-3.10
Total 26000 - Payroll Deductions Payable	-3.10
Total Other Current Liabilities	371.32
Total Current Liabilities	371.32
Total Liabilities	371.32
Equity	
30000 - Opening Bal Equity	16,909.39
32000 - Unrestricted Net Assets	28,704.20
Net Income	-736.80
Total Equity	44,876.79
TOTAL LIABILITIES & EQUITY	45,248.11

Membership Statistics

	2015	2016	2017	2018	2019	2020	2020/21
adult members only		92	94	65	85	97	61
Student members	21	6	7	10	10	17	6
child members	4	1	1	2	1		
Bunnies and JR	168	153	141	121	100	112	144
Track Attack	44	51	36	38	38	38	30

Lynx	10	10	9	6	5	11	11
Total JR, TA and Lynx	222	214	186	165	143	161	185
ARC	17	17	18		17	5	16
summer				10	2		
fall				8	11		
winter				13	15		
Masters							
Summer					4		
Fall	3	5	10	10	8	5	9
Winter	1	2	10	8	20	10	7
Ski for Fitness total people	10	16	23	22		21	40
Saturday classic class	7	6	9	11	10	8	13
Saturday skate class	6	8	7	6	8	8	7
Thursday skate class			9	5	4	6	12
Thursday classic class			6	2	5	4	24
Total Membership	369	360	344	296	319	309	365
JR and TR breakdown							
JR Sat am	70	58	68	58	48	48	60
JR Sat pm	77	62	41	30	23	29	25
JR Sunday	22	33	32	33	29	35	59
TA Sat am	36	30	27	25	17	11	14
TA sat pm	9	21	9	13	15	9	12
TA Sun am (new 2019)					11	29	15
Loppet	2015	2016	2017	2018	2019	2020	
30 km (registered/raced)	65	61	87	59/49	81/77	23/69	
15 km	113	120	147	133/107	119/108	146/135	
adult social	64	31	49	42/39	44/43	59/56	
kids		55	89	92/88	80/71	91/87	
Special Olympics			1	3/2	1	3	
university men				8/7			
university women				18/15			
total racers	280	278	373	352/308	325/300	372/352	
scratches		26	(warm)	42	25		
School Races							
School race one (reg/raced)	433/38	396/3			428/385	169?	
school race two (reg/raced)	Too cold	394/3	424	429/404	357/326	108?	
		68	385	no snow			

ARC END OF SEASON REPORT

Coaches Holly and Jon Strickland

2020-2021

Introduction:

Known as ARC, Arrowhead Race Crew is an athlete centered, coach directed, parent supported Nordic team. Our goal is to enable young athletes to develop their cross-country skiing race skills in a positive team environment.

In order to grow in our sport an athlete needs to feel like part of the community, have fun, learn how to train and above all, love skiing. It is our job, as coaches, to assist athletes in achieving the above objectives as well as to achieve their own goals and potential, at whatever competitive level they may be.

In addition to ski-specific training two-three times per week in the fall and winter. We encourage participation in organized activities, such as MUSAC's swim for fitness program or Huntsville Hurricane's Track Club, so that athletes are actively training 4-6 times per week. Thus supporting the LTAD model for Learn to Train (L2T) and Train to Train (T2T) Athletes.

Year in Review

Despite Covid, ARC was able to run a fairly smooth program from September to March by meeting or exceeding Provincial, XCSO, and Nordiq Canada requirements. We trained 2-3 times / week, outside 100% of the time, using Riverside P.S. as our main training location. Athletes were provided with balance boards, therapy bands and workout tubes for the season and brought their own yoga mats. When provincial lock-downs occurred we ran weekly virtual HIIT/Strength training workouts and held virtual social nights.

We surpassed our enrollment expectation of 10 athletes, with more than a 200% increase in enrollment, from 5 athletes in 2019-20 to 16 this season. There was interest to expand past 16, however we wanted to ensure that we could run practices with 10 people, 8 athletes and 2 coaches, if needed. We had seven female and nine male athletes and of these six were U12 and ten were U14. Four of the five athletes from 2019-20 returned and one newly registered athlete did not continue past December due to personal reasons.

Performance Review

In spite of Covid, attendance was exceptional. 13 of 16 athletes attended more than 80% of the 35 practices and 5 of the athletes attended 100%. On average, ARC athletes skied 300Km this season, racking up an incredible amount of "time-on-skis". It should be noted that two athletes skied 1,200Km & 1,700Km.

Chocolate Time Trials were held every 3-4 weeks throughout the season, even during lock-downs. Several athletes improved their 1000m run time and met or came within Nordiq Canada's Athlete Development Matrix benchmark for T2T Males = 3:25 & Females = 3:45. There was also great improvement in stamina and speed on skis with several athletes meeting or coming within in range of Nordiq Canada's Athlete Development Matrix benchmark for T2T athletes (Average ski race paces for 5km: Skating Males: 3:11/km & Females: 3:32/km Classic: Males: 3:29/km & Females: 3:47/km.)

Three athletes have been nominated to the Southern Ontario Division team for 2021-22 and should hear back by the end of May.

Athlete & Parent Feedback on Key Issues

Similar to last year, we collected athlete and parent feedback through an end-of-season survey the results of which can be found here (click on "See previous responses"). Overall feedback is positive in all areas

including: organization, communication, mental & physical health support, program length, program cost and engagement.

Recommendations & Areas for Improvement

- We recommend the expansion of the program to 20 athletes in 2021-22, if it is safe to do so given Covid restrictions.
- We suggest that registration open August 15th and close Labour Day in order for ample time to plan and contact families before the start of the program.
- We recommend two minor changes to ARC programming, were ARC 1 would be for athletes 11-18 years who are interested in Paraffin and High School Racing ONLY and ARC 2 would be for athletes who are interested in the latter as well as O-Cup racing.
- We recommend that Arrowhead start a formal dialogue with XCSO and other clubs with regards to the current OFSSA regulation that states: "High School Division: Any Nordic skier may compete in the High School division, provided:(i) They exclusively train and compete with/for their high school and do not train or compete with/for any other Nordic program or program with a Nordic skiing component;(ii) They ceased to train or compete with/for any other Nordic program or program with a Nordic component: (a) Prior to the start of the school year, if they are in grade nine (9), or (b) Prior to the start of the previous high school year, if they are in grade ten or above." We believe that this regulation is detrimental to the growth of competitive Nordic skiing as it discourages athletes from training with a club and that similar to Basketball, Volleyball and Track and Field, OFSSA should return to a regulation that allows all athletes to compete in a single High School Division whether club trained or not.
- We advocate for the creation of an informal, club race series (ARS- Arrowhead Race Series) where club members (or xcso members in good standing from other clubs) could participate in various race styles. Races could be held once every three weeks mid-December to mid-March. No prizes. Perhaps points.

Concluding Remarks

There is no doubt that, at times, we all felt some disappointment at not being able to compete this season. However, one of the great things about the sport of Nordic Skiing is that it's a long-term sport where athletes don't peak until well into their twenties or thirties. This means that a missed season of competition at this level will not be detrimental in the long-term. That said, ARC athletes demonstrated amazing attitudes and a willingness to train and improve despite the constraints of Covid. They fed off each other's positivity and enthusiasm and made coaching a true pleasure. Thank you to all the athletes, the parents who support them and us and the club board of directors for enabling the program to run. We look forward to coaching in 2021-22.