

Arrowhead Nordic Program Reports – 2021-22

Membership:

- 366 people signed up for membership or programs in total
- 60 Adult members and 7 student members (not including coaches and people registered in programs.)
- 195 registered in Jackrabbits and Track Attack
- 13 registered in ARC racing program
- 97 registrations in adult programs (some in more than one program)

Chair Report

The 2021-22 season was another year of navigating through the pandemic and ensuring the programs we offered could be done in a manner that respected the health of the members. The environment was not static and expectations continually changed with different requirements from the local Health Units.

Once again, the challenges of competitions and large gatherings decimated the opportunity to host our annual Muskoka Loppet, Women of Winter (WOW) and the first Elementary race. I am pleased that we were able to host a variety of skills development programs and an active racing program.

Although there were challenges hosting events, the biggest breakthrough moment was to see the number of youth participating in the second Elementary Race. The semblance of normalcy began to appear.

This year Arrowhead board of directors tried some different approaches in their management by establishing sub committees to oversee program, events, merchandise, building and financials. A board member was asked to sit on a number of these committees to help share the work load and engage.. Terry Graham did an outstanding job in organizing a work crew to create a refreshing look to the club house at Arrowhead. Stephen Jones was instrumental in setting up club buffs for all members and working with Apogee for club clothing. Apogee has been a struggle and moving forward the club is seeking to find an alternative clothing supplier. The program committee met three times in the early fall in setting up a calendar of events and looking at resources. The programming committee included (Ally, Nathan, Holly, Sue, Stephen and myself). The events committee had representatives (Denise (Elementary), Jody (Loppet), Sue (WOW), Michele (Volunteers), Dan O'Neill (Canadian Ski Patrol Service - Muskoka) and myself). This committee met twice to discuss logistics. The only committee that is missing is the social which has been difficult to establish.

Blair Lewis who recently joined the board took a large project on completing a strategic review. The first stages of the strategic review included interviewing and surveying not only our own club members but other clubs throughout Ontario and the chair of Cross Country Ski Ontario. I believe the club will benefit from the work that Blair and his committee of Ken Parsons, Stephen Jones and Michele Schwemmer took on with this initiative. This project will give the vision and steps to move the club forward.

Terry Graham also undertook the organization of the ski rental program for the youth Skills Development programs. In the past, the ski club worked with Arrowhead Provincial Park staff to let members families come into rent ski packages. This year the club purchased the parks' old inventory

and delivered a rental program for our own club members. Terry was instrumental in the success of this program.

The provincial Ministry of Heritage, Sport Tourism, and Culture Industries provided Cross Country Ski Ontario a grant to disperse to clubs that experienced a loss of opportunities based on the restrictions due to COVID. Arrowhead Nordic Ski Club has applied to Cross Country Ski Ontario for a grant of \$7500.00 for the loss of revenue from not hosting the Women of Winter, Muskoka Loppet and the first elementary race.

This year we had Craig Nakamoto come to the board as the treasurer. The club is a Not-For-Profit incorporated organization. The club is expected to follow the Canada Revenue Agency tax laws and submit forms annually which has not happened in the past. There is no financial consequence for not filing but we are in need of filing as far back as we are able. The rationale behind the incorporated act was to enable the club to chase after grants to help improve the program offering. Craig has done an extensive amount of work with the CRA and has gotten the ship sailing in the correct direction. As well, the club officers (President/Chair, Vice President/Vice Chair, Secretary and Treasurer) have now signed as authorities on the bank account. This is an annual feature that needs to happen after there is a change of officers. The bank account is the TD Bank located at North Kinton Avenue in Huntsville. The decision was made by the board to continue to be a not for profit incorporated organization. The lawyer for the club at the time of incorporation is Thoms-Currie and a copy of the articles are kept with the club secretary. The club has a substantial sum of funds that has been collected over the years and these funds can be used to offset a loss of season. However, the funds that are current need to be assigned a project that will benefit the club but it is not enough on it's own that it can be used as leverage for grant applications. The club needs to examine a grant application person who is familiar with Trillium and other sport grants available. Craig has spent a large amount of time in refining the payment program and electronic transfer of funds. Moving forward the club is growing and it is time to professionalize our daily activities and look at expanding staff to include an overall program/events coordinator.

This past season I undertook a project to examine the feasibility of lighted trail and snow making operations. The park this year undertook a major project in establishing a new hydro system into the park that will bury all hydro lines underground. Many camp sites have begun to be electrified and the new Visitor Center will not rely on using the back up generator to provide emergency lighting. The good news is that the park is interested in establishing a lighted trail system to provide opportunities for local skiers to use the park trails after hours. The hope is that this will spread out the visits to the park. The other issue is snow availability as we are seeing annually fewer days of skiing (January 5th) there is a need to ensure parks. Most provincial parks offering cross country skiing in British Columbia, Alberta, Quebec and PEI have snow making operations. I reached out to TechnoAlpin an Italian snow making operation who came to meet with me at Arrowhead Provincial Park to discuss actual costs and layout of operations with tying into the Lighted trail system. The cost would be approximately \$1.5 to \$1.75 million for the first phase which would given access to skiing from the Visitor Center to Sprint trail and Rowe Trail. The answer to the question of what it would cost to install snow making has been answered. The last project that I have worked on is trying to get the Ontario Northland Rail to make an interim stop at Haliburton Forest Products to help with bringing passengers from Toronto's Union

Station to ski at Ontario's premium ski facility. The use of the bus from Union Station to Yorkdale to Arrowhead does not make a lot of sense. I have reached out to the ONR CEO and we are discussing the feasibility of a temporary stop for ski season. In the future the tourist coming into Pearson can use the Union Pearson rail to Union and then hop onto Ontario Northland to experience winter.

As the chair I was also the conduit in working with the club's needs and the provincial park. This year the park had similar constraints as the club with restrictions on large social gatherings and so much of the indoor space that we had access to in the past was no longer available for this past year. The Great Room inside the Visitor Center was off limits to the public and only the changerooms/washrooms and store were available to the public. The Pavilion which has been in the past the location for snacks for our skills development program participants became ski rental facility which had our program staff come up with a unique solution in which they shortened the program to an hour and a half with no snack break. The portable became the location for the instructors who would be on site for the entire day to store their own gear and eat meals. The ARC program is still searching space to be able to do workout routines in the fall, waxing, video analysis and meeting. I have been in discussion with the Park Superintendent to suggest the new woodshed being built next to the portable have a partitioned wall for the athletes to train using a variety of equipment.

The largest number of complaints I received from our members this year was the access to the park. I met over the course of the winter with the Park Superintendent Jason Dwyer to discuss options and I also had his permission to record the Family Day weekend in which I made a presentation to the park and to the board. The skating trail that has been used as the factor for high volume of people happened within a two hour window and for the majority of the day it was ¼ full parking or less. To be clear the park has no control of the program for reservation, this stems from Peterborough main office and is designed for all parks. I have sent a message to the software company, CAMIS Software, to set up a meeting with Jackie MacFarlane, Client Account Manager, to discuss the inefficiencies and try to help them to understand the needs of a winter visitor with the goal of seeking solutions. I am a firm believer to not reinvent the wheel when other provincial park systems have working solutions. A one size fits all solution does not meet the needs of a park located within a town municipality's boundaries and the majority of visitors are short term local visitors. The idea of going to the beach for the day with lots of sun and 30C is not the same as going to Arrowhead to ski for a maximum of 2 hours at -20C. The Park Superintendent is aware of the loss revenue and the negative feedback with respect to the reservation system. I appreciate the constraints on Jason and that he does not have the final word on decisions that are made as these are made at different levels of the organization. I would like to take this time to thank all of the park staff for their help throughout the winter months and in particular with the support of the events.

A large shout out to Benjamin Osorio who has spent countless hours with our programs and he is now leaving Arrowhead to work with the National Development Team training center in Thunder Bay as the new assistant coach. Good luck.

The Arrowhead NSC ARC program has seen Matthew Shalla and Braunwyn Strickland appointed to the Southern Ontario District Team. Congratulations.

Finally, I would like to thank all of the board, staff and leaders who have given their time to provide a program of routine to give people a sense of normalcy. These past two years have not been easy but with the vision and energy the programs went extremely well as I have received positive correspondence from appreciative participants, parents and guardians which I have shared with the board. In order for this club to move forward we need to separate the board's fiduciary duties from committees and reduce the number of board meeting while increasing the number of volunteers to sit upon committee meetings and bring reports back to the board meeting.

I have made the difficult decision to step down from the board as the chair to focus on my role as the chair of Cross Country Ski Ontario Para Nordic committee, officiating cross country ski racing and teaching advanced coaching courses across Canada. I look forward to working with Stephen, Blair, Michele and Ken on advancing the Strategic Review next steps.

Respectfully submitted by John Cowan

Kid's Programs

Jackrabbits

Jack Rabbit 2022 Year End Report



| | |
|----------------------------------|---|
| Number of Participants | 150 - up from 144-2020(cancelled year) 112-2019 |
| Breakdown of Participants | 46 Bunnies 86 level 1 & 2's 18 level 3 & 4's |
| Staff | 18 coaches & Assistant coaches/ 2 volunteers / 12 LIT's 2 Coordinators—Ally Myers, Lead / Cheryl Leavens (Sat. PM session) |
| Session Times | Sat. 10:30-12 / Sat. 1:00- 2:30 / Sun. 10:30 -12:00 January 5/6—March 12/13 |
| 2023 Plan | Ally is committed to returning for the 2023 season but this will likely be the final year. |

“Meet Kids Where They’re At!”

- ⇒ Theme of a session at Staff Training to address the unique time of return after Covid and being mindful of the various experience kids had during the pandemic.
- ⇒ We made a commitment and brainstormed ways to be inclusive and supportive.
- ⇒ The JR Instructors and LIT's embraced this and left no one behind!

“Thank you so much Ally to you and your team...another wonderful winter season! Thank you for accepting and overcoming the challenges to ensure our kids receive fun, safe and supportive programming.

The coaches and LITs were great this year! We especially enjoyed watching our son grow in confidence from the start of the season to the end - he went from "I can't do this" to "maybe I can do this" to "I want to do this"... thank you!

Excellent season, excellent instructors! Hats off to all of them!”

One of the many parent emails I received.

Season Highlights:

- Despite the cold we fit in all 8 sessions and used the make-up session.
- Creative cold accommodations by delaying and shortening program twice: 11:00–12:15
- **Special Events:** Becky Scott Sprints, Valentines Bingo, Ski Cross, Ski Tour Campfire
- **Staff Party**—Rented the Port Sydney Community Hall and had a super fun party with Retro games(thanks to Terry) where we celebrated the season and paid tribute to staff moving on!



JR Year End Video.mp4

Jackrabbit video: <https://www.wevideo.com/view/2596440225>

Track Attack 2022:

- Lynx 11
- Track Attack 36

Coordinator : Nathan McFadyen Coaches: - Noah Webster, Anne Lindsay Stephanie Borbeau

Track attack and Lynx met up over the course of the season at the old bowl parking lot. This seemed to work well for members who used the park well and assisted us with managing Covid19 guidelines.

Track Attack classes were nearly full. Lynx classes Saturday Afternoon, numbers were low and two clients cancelled due to lingering Covid19 symptoms. Saturday's class was then moved to Sunday with two instructors teaching the Lynx group.

Program success stories:

Parents really appreciated the weekly reminders and newsletters provided. Many testimonials received by myself (Nathan) about communication skills with the parents. Track Attack children had fun during the program, lots of positive feedback on the last day of classes.

Having the Track Attack Coordinator on site worked out well as it assisted with better first aid assistance (0) 😊 but allowed Nathan to take cold skiers back to the portable to warm up.

This also allowed for better parent communication to speak with the coordinator for information.

Areas for improvement:

I feel like Arrowhead Nordic Ski Club could benefit from proper marketing and using social media. We should be posting information on a club facebook page / Instagram account. This would assist us with increasing class numbers and assist us in answering questions / concerns parents may have before program starts. This would also be a good way for us to advertise dryland programming going forward.

Nathan will not be returning as the sole program coordinator for the track attack program, due to employment changes.

Arrowhead Race Crew (ARC)

Coaches: Holly and Jon Strickland

Number of participants: 2 ARC1, 10 ARC2 - 10 boys, 2 girls - 10 U14, 1 U16, 1 U18

Sept-April Tuesdays in-person & virtual, Thursdays in-person, & Saturdays in-person

Program success stories/highlights: *80% of athletes attended >90% of all practices. *bulk roller ski order with team discount placed with Barnette Canada, 9 athletes now own their own roller skis *the crew attended 4 SOD series races, 2 O-cup races, Easterns, and the Ontario Youth Championships. *Many top 10 & top 5 finishes, 1 O-cup podium finish, 2 Ontario Youth Championship podium finishes, 1

XCSO technique award given to one of our U14 athletes for classic technique at the Ontario Youth Championships. *6 articles written for the Doppler Online

Areas for improvement: Need to look at restructuring practices to better accommodate the needs of the WIDE variety of ages/developmental levels.

Adult Programs

ANSC mid week, adult program Coordinators Report. Sue Sedgwick

January, Beginner/Return to Ski, Classic technique, Tuesdays 1-3pm

19 registered. 2 had to cancel and received a refund. 3 coaches (Sue Sedgwick, Gail Tusz, Denise Jordan) 2 volunteer coaches, (Kim Brophy, Eva Black) working on their community coach hours.

Divided into 3 groups. The Confident, Comfortable and Cautious

Oldest new skier was 78! A well received program. Participants gained confidence and became comfortable with skiing many of the trails.

I'm happy to coordinate this next year and most coaches should return.

This program needs a new name. I'd like it to be considered separate from Ski for Fitness for ease of organization.

January, Ski for Fitness, Skate technique, Thursdays 1-3pm.

9 registered,

3 coaches, (Sue Sedgwick, Gail Tusz, Anne Lindsay). Denise Jordan volunteered as a coach. Anne took the lead with this program and the collaborative approach worked well. We usually started with a large group activity/ game and then split into 2 groups. Most were new to skate skiing. One participant was using rental skis and had a hard time keeping up with the group. She got some one-on-one coaching. One participant drove up from Oakville each week. Participants did well with the cold temperatures in January. I'm happy to coordinate this next year and most coaches should return.

February, Ski for Fitness, Classic technique, Tuesdays 1-3pm.

22 registered

3 coaches. Sue Sedgwick, Gail Tusz, Denise Jordan. Dave Gibson filled in as a supply coach for 2 sessions. 3 groups, The Confident, Comfortable and Cautious. Coaches would chat before the class and a plan was made. For most participants, the focus was social and to improve technique. Participants were asked what they wanted to work on each week and were encouraged to explore new trails.

One participant drove from Bala. Most participants were retired women with a few young moms. Looking for a new coordinator for next February. Most coaches should return.

Coaches. We have a good group of people available for the mid week classes next year. Having people to call on as supply coaches was a big help. We had to make up at least one class for each session due to weather. Two make up classes were needed each month for Ski for Fitness to accommodate all the participants. Different coaches were available on different days which worked.

Masters – DRYLAND - Coordinator Steve Jones

Participants – 13

Coaches – mainly 2, (Ben, Steve), but some guests (Ted Williams, Drew, Holly, Emily)

Meeting dates and times - - 11 weeks Sept > December

- i. Saturday mornings - 2hrs 10AM - 12PM &
- ii. WEDNESDAY pm/evenings - 1.5 to 2 hrs - made weather & daylight accommodations

Program success stories/highlights – what worked?

- a. DRYLAND - different venues - vistas
- b. bounding / striding
- c. rollerski demonstrations - classic & skate
- d. hiking/biking - variety & "range"
- e. Guest instructors - to take advantage of coach expertise, or absence, variety, demonstrations

Areas for improvement – what did not go so well? Potential solutions?

- a. can no longer use the NOVA centre property for hill work - with more building in certain areas we will have to continue to make adjustments to training locations
- b. will need to involve & develop more permanent/local instructors - Ben will be heading West - we have seen that it is risky be too dependent on certain demographics (expectations, risks)
- c. there has been a suggestion to have a summer dryland program
- d. with the Pandemic - there have been few opportunities for events/racing

number of anticipated returning coaches - At this point looking for additional coaches - succession planning; always looking for people who would be a good fit and interested in instructing/coaching/coordinating; it would be good to have some "gender & age diversity"/women - Anne / Candace

Masters WINTER – Coordinator Steve Jones

Participants – 10

Coaches – mainly 2 , (Ben, Steve) , but some guests (Dave Gibson, Dave McVittie)

Meeting dates and times -- 10 weeks Jan>March

- i. Saturday mornings - 2hrs 10AM - 12PM (made weather accommodations to time and date)
- ii. WEDNESDAY pm/evenings - 1.5 to 2 hrs - (made weather accommodations to time and date)

Program success stories/highlights – what worked?

- a. great group - enjoyed being active and outdoors with others
- b. many accolades and breakthroughs with all techniques and comfort on skis
- c. classic & skate - inclusive - could be either, depending on conditions and individual preference on any day
- d. Guest instructors - to take advantage of coach expertise, or absence

Areas for improvement – what did not go so well? Potential solutions?

- e. with the Pandemic - there have been few opportunities for events/racing
- f. more coaches - succession planning & variety
- g. at Arrowhead - trails/grooming
 - i. with the loss of the "trailer loop" there is not any trail or area to use that effectively keeps a group "together" while allowing them to ski at their own pace. (the North Lumby has been used for the HHS-NST program, but it would be better to have a couple of closer options)
 - ii. due to the power transmission line installation project the Lumby Trails were disrupted
 - iii. able to use modified Lumby - comments for future
 - 1. Tubing Hill - was amazing to have a really wide hill for climbing and descending
 - 2. Amphitheatre Road - additional quality terrain for technique and conditioning
 - 3. disappointed that the extension from North Lumby was closed after initially being groomed

Number of anticipated returning coaches - Steve (I will not abandon the program, but the sooner there are other coaches who would like to step in , the better)

Ski 4 Fitness - Classic (Saturday) - 4 weeks (January)

Number of participants – 20

Number of coaches – 3 (Ben, Dave McVittie, Steve)

Meeting dates and times -Sat . 1pm>3pm - 4 weeks (January)

Program success stories/highlights – what worked?

- a. people were happy to have a program - outdoors with other people
- b. range of participants - good to have enough coaches to provide direction to all levels, while keeping group together
- c. improvement in comfort on skis and technique
- d. progressed - skied East River and Arrowhead Lake Trail

Areas for improvement – what did not go so well? Potential solutions?

- e. stadium area does not provide enough varied terrain
- f. need a loop closer to stadium with varied terrain to be able to keep everyone moving at their own pace - especially during colder weather
- g. need to work with park - clearly define program requirements

Number of anticipated returning coaches - Dave McVittie, Steve, Need to recruit others

Ski 4 Fitness - Skate (Saturday) - 4 weeks (February/March)

Number of participants – 8

Number of coaches – 2/3 (Ben/Dave Gibson , Steve)

Meeting dates and times - Sat . 1pm>3pm - 4 weeks (February/March)

Program success stories/highlights – what worked?

- a. breakthroughs in balance and technique

Private Lesson Report - Michele Schwemmer

Number of participants -78

Total of 38 lessons

Total of 74 hours

Never classic -12

Beginner classic -11

Advanced technique classic - 2

Never skate -1

Beginner skate - 11

Intermediate skate - 1

Number of coaches – 5: Todd Weiler Denise Jordan- Dave McVittie - Ben Osorio - Michele Schwemmer-

Program success stories/highlights – what worked?

Ease of park entry and equipment rental access with advance daily reservation.

Lessons were allowed for local participants who did not or could not get a reservation but had a season pass, but had to leave after their lesson to accommodate park capacity restrictions, even if they were renting equipment.

Areas for improvement – what did not go so well? Potential solutions?

- Increase advertising for private lessons at park and with local businesses.

Example - at AO - include a ski club tag with every pair of xc skis sold.

A simple logo tag that looks like a gift certificate - we get requests every year for gift certificates.

- It should be understood - private lesson individuals and groups, that are specifically coming to the park for a lesson are planning for the day; are primarily from other jurisdictions and vacationing in the area. They become our promoters and repeat lesson-takers indefinitely. They are less concerned about cost but getting their needs and schedule met, time of day, week, month. They want to take lessons and want our expertise.

If a one hour lesson is to be taught - it is at the discretion of the coordinator and the instructor doing the lesson is already in the park.

- We lost 26 lessons (89 people)- Due to lack of snow and trails being closed, no park entry due to inability to make a park reservations, extreme cold cancellations, and no “on the spot” weekend drop in lesson availability.

Solution-

After diligently following the protocol requested from Club President JC and Park Superintendent JD- after multiple lesson pushes and frustration from people who had to repeatedly reschedule or cancel lessons and vacations - I explained the lesson situation in person - about our inability to get a park reservation including us - was given approval to book them with advance notice and continue to send the weekly email including the license plate as they were manageable one offs and we/they could go in and get a day pass from the VC.

*I sent Jason and his team a weekly email along with details as required - daily amendments in terms of extreme cold push if necessary and who was instructing, number of participants and kind of rentals required.

Elementary School Race

- Held only one race due to Covid
- Students had to find own transportation since the schools were not organizing buses
- Had about 160 racers

Ski Rental Report - Terry Graham

In the fall of 2021 ANSC purchased from Arrowhead Provincial Park skis and boots to start our rental program. Previously participants rented needed equipment directly from the Park. These rentals were available only for the program times. Our vision was to be able to provide rentals on a seasonal basis so participants were able to ski outside of program times, either at home or at the Park. The purchase was limited to smaller sizes of classic equipment to outfit mostly Jackrabbit and Bunny participants. No poles were purchased from the Park but several sets were purchased from the remaining Tawingo equipment not sold at the fall ski swap. We are still in need of smaller size poles. (recommendations in Appendix)

57 sets of skis ranging in size from 100cm to 173cm, 65 pairs of boots ranging in size from EU 27 to 41, and approximately 32 pairs of poles were purchased (from Tawingo) or donated from leftover swap items. Many of the longer poles were re-sized to provide the needed smaller sizes. (inventory in Appendix). This equipment is to be stored in the ANSC Chalet.

Two fitting/pick-up days were held in mid December. Several participants also picked up gear on the first day of programming (not ideal). There were quite a few last minute rentals as people continued to sign up for programs past the start date. Some sets were returned on the last day of programming and a day was set (March 26) for gear to be returned to the Chalet. Several sets were dropped off at our house from those that could not make the return day. All rented skis will be waxed for summer storage.

Purchase cost was to be \$1830.00 (I think the exact amount we spent for the Park gear was \$1796.00). Plus \$200 to Tawingo for some poles and a few skis. Total \$1996.00 Rental cost was set at \$60 for the season. This cost was deemed to be reasonable by participants. 38 sets (plus 2 sets for the bursary program) of gear were rented out for a total revenue of \$2,280.00. The rental program paid for itself in just one season with a profit of \$284.00

The rental program was co-ordinated by Terry Graham. Close ties to the Jackrabbit co-ordinator seems essential as communication with the participants regarding rentals starts with the Jackrabbit co-ordinator. Questions regarding rentals were fielded to Ally then forwarded to me for response.

Recommendations for next year:

Reinforce the importance of the need to be fitted before the first day of programming so kids arrive ready to ski. i.e. Please come to the fitting days.

More small poles. It would be nice to be able to give poles to smaller kids even if they were not used during the program times.

Explore the purchase of skate ski equipment for the Track Attack program and Level 3/4 Jackrabbits. The needs of these skiers are different in that they would rent for only half the time and would need skate specific boots. I have asked the Park rental manager if they would be interested in selling us skate gear next year.

Para Program

The Para Nordic program was set up as a trial basis and with only one athlete Nathan Perry he was able to train with the provincial team athletes. The set up of this program does not have a budget similar to other club programs. The requirement to be part of the provincial nordic program was to be part of an existing club and to follow a Yearly Training Plan. All of the coaching support has been provided by the provincial coaches. Arrowhead easily meets the homologation features of training and racing and is an excellent central location in Ontario.

As the chair of the Cross Country Ski Ontario Para Nordic program committee we undertook the process of completing a Strategic Review. The club hired Olympic and PanAm medallist distance runner, Athletics Canada coach and para coach Bruce Deacon from Run Fast Consulting to undertake the process. The first goal is to get more clubs to begin offering para nordic opportunities along with identifying clubs that have suitable terrain for training. Para nordic coaching requires a specialized coaching skill set and is being developed over the next five years with the idea of getting more local coaches working with local athletes integrating the para streamed athletes working along with olympic streamed athletes at the club programs.

Next year Nathan will be having a chance to work with Nordic Canada's Next Gen coaches and National Para coaches in Canmore followed by a busy season of racing with the Ontario Winter Games, Ontario Para Winter Games, Canada Winter Games and Nationals. Nathan has already started his training plan and is in his second week. I am pleased to announce that four of Nathan's team mates Collin Cameron has been named to the World Cup team, Christina Picton has been named to the Development Team, and Madison Mullin and Logan Larivierre were named to the NC Prospects Team.

If you know of someone who is interested in learning more about competing with the para program please contact me directly at jscowan@sympatico.ca.

Respectfully submitted:

John Cowan

Cross Country Ski Ontario Update John Cowan

The entire Cross Country Ski Ontario Annual General Meeting can be found at this [link](#). I will share some highlights of this past year.

This past year saw our largest number of participants with a 40% increase in membership from the previous year even with several clubs not operational due to COVID. Last year was the organizations largest enrolment of members as people were looking forward to being outside and experiencing winter activities and learning how to ski.

This year the Para Nordic program undertook a strategic review and was successful in providing some direction of taking the steps into making a provincial level program. The Para Committee is pleased to announce that we have hired an administrator Jen Niessen for part time staff.

Ontario Technical Director Victor Wiltmann was fortunate to establish a district Technical Director program with the addition of Katherine Hall (Lake Superior Ski District LSSD), Katherine Dennis (National Capital District NCD), Peter Wiltmann (Northern Ontario District (NOD) and Bryan Dubeau (Southern Ontario District SOD). Victor has stepped down from Technical Director and is now becoming the Integrated Support and Monitoring Team Director and Bryan Dubeau has taken on the position of the provincial Technical Director.

Two Ontario Cup races were canceled this year. A new venue for Ontario cup was held at Lake field College School which has a lot of potential.

A new video series was launched with the help of Angus Doughty and Kelly Sinclair at Highlands Trailblazers on a variety of topics on ski selection, waxing, etc.

A new mascot was launched called Olli and the Ontario Otter. Look out for Olli and s/he can be rented for clubs..

Policy updates will be going through a review with Sport Law Group. Once these policies are up clubs are encouraged to adopt without re-writing.

Membership fees to XCSO will rise \$2 from the current \$8 to \$10 for next season. This fee has been the same for the past 10 years.

A recognition ceremony was given at the end of the AGM.

Outstanding Volunteer Award - Grant Hall (Lappe Nordic - passed away suddenly in January skiing)

Lifetime Achievement Award - Al White (Highlands Trailblazers)

Heinz Neiderhauser Outstanding Coach - Gord Salt (Highlands Trailblazers)