

January 2011

EDEN MILLS NORDIC



NEWSLETTER Jan 2011 Number 1

Hello and welcome to our very first newsletter! This year we have 227 members, 78 kids in classes and 21 coaches. Our pre-season activities included trail maintenance, dry land training, sending our coaches to certification courses, ski exchange, getting the online registration up and going, designing our logo and getting headbands made up. Our January activities included a coaching clinic with Gord Salt, waxing session with Russ, attendance at the MonoNordic race, Ski exchange with Waterloo Nordic. Our fabulous trails are kept in shape by our team of dedicated groomers. More details on these activities follow in the next pages.





Rajan
Anderson, Luke
Lawson, Katya
Tarasoff, Paige
Parker, Toby Parker,
Andy Skolseg,
Alicia Moore

Mono Nordic Annual Ski Race

On Saturday, Jan 29, 2011 a contingent of Eden Mills Nordic racers, parents and coaches drove to the Mono Nordic Annual Ski Race.

Our skiers participated in the Free (Skating) Technique Race. We had entries in the 1.5K Pee Wee Boys and Girls, 1.5K Atom Boys and Girls, 4K Juvenile Boys and 8K

Master Men events. The weather was fine and sunny with fresh-packed snow, temperature of -6 and no wind.

The focus of the first race of the season was for our racing rabbits to get used to a racing atmosphere, inspire and motivate each other and measure up against other skiers their age. Great work everyone!



Racers
and Coach
Marianne
Staempfli

Other Events

Trail Maintenance is an important yearly chore, but also an opportunity to get out and walk in the woods on a beautiful fall day.

Dry Land Training was attended by kids ages 10 to 15 and was held every Saturday afternoon from September to December. Activities included off-road biking along the river, Nordic hiking in the woods, relay racing, strength, balance and endurance activities and lots of games, giggles and great camaraderie. Thanks to Coach Marianne Staempfli.

Ski Exchange with Waterloo Nordic: On Sunday Jan 30, 2011, we had our first Annual Ski Exchange with the Waterloo Nordic Ski Club. This club maintains trails at Bechtel Park in Waterloo, including trails in the soccer field (which are lit on Tuesday and Wednesday nights during the ski season), in and around the baseball diamonds and in the woods beside

Bechtel Creek, The terrain includes some long and challenging hills. We participated in their ski classes and were treated to hot cider heated over a camp stove, orange and apple slices, granola bars and cookies.

Thanks to our Groomers!

Thanks to our groomers who get to work immediately after every significant snowfall and on Saturday mornings. There would be no skiing without you!

Head Groomers:

- Gary Barton
 - Richard Lay
- #### Grooming Team:
- Henry Staempfli
 - Hermann Meier
 - Ken Nuttley
 - Dave Riley

Next Newsletter

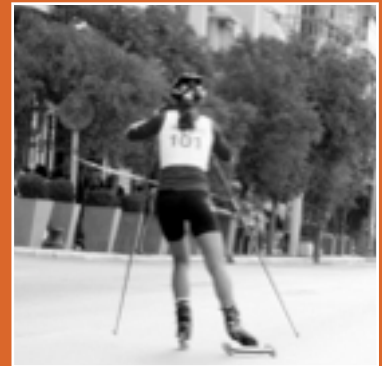
Send your pictures and articles for the next newsletter to julieskiing@yahoo.ca



TRAIL MAINTENANCE



DRY LAND TRAINING



GROOMING

