



Fernie Nordic Society News



May 2023 News

In this issue:

- The race team is switching to summer training mode and is looking for second hand equipment to add to its training gear
- The Fernie Nordic Society is planning its annual general meeting in mid-July. This will be combined with the Volunteer Appreciation Social. Read all the details below and mark your calendar.
- Our feature article is about the ski gear rentals to the SDP young skiers

We wish you all a great summer!



Annual General Meeting & Volunteer Appreciation Social!



AGM & Social!
Elk Valley Nordic Centre
Sunday, July 16, 2023 @ 4 pm

Please join us for our Annual General Meeting and stay to celebrate our amazing volunteers! Bring yourself, your family, your favourite salad or dessert and we'll provide the pizza & drinks!

Please RSVP to fernienordic@gmail.com

Our volunteers make the club activities run. Here is a glimpse into their tasks:

- coaches SDP lessons
- race team coaches
- trail grooming
- equipment maintenance
- kids ski gear distribution and collection
- board of directors
- ambassadors
- helpers at events
- bookkeeping and website
- newsletter editor
- trail work & firewood

A BIG Thank You! to all of them. See you on July 16.

Do you have some extra gear?

It's that time of year again when our Fernie Nordic Racers transition from on-snow to dry-land training and we need your help. This volunteer run team is in need of equipment to help keep our skiers in tip top shape through the summer months. The team is always working towards a stronger Nordic season ahead. Specifically, the team is seeking the following:

- Weights
- Yoga mats / exercise mats
- Skipping ropes
- Exercise Bands
- Balance boards

If you can donate any of the above items please email ferniennordic@gmail.com to arrange a pick up. Please help spread the word.



Ski Gear Rentals for the Skill Development Program

The young skiers in the lessons program have the opportunity to use the ski gear owned by the club for at least twelve years now. It is a convenient and affordable solution to get them into the program. Volunteers Felina Arsenault and Steve Marlborough have handled its distribution and returns during this season.

We rented out equipment to 63 individual skiers from 53 different families in the program this year. In addition, a group of six indigenous youths used some of the ski gear for a series of lessons at the Golf Course in January. Two of the SDP coaches managed these weekly lessons.

In total the club has 94 sets of classic skis, 20 sets of skate skis, 93 sets of classic boots, 33 sets of combi boots and 89 sets of ski poles.

We had two return days, one in mid-April and one at the end of April, plus a few families made special arrangements to return skis to Steve directly. All skis have been returned in a timely manner and in reasonably good condition.

The most common feedback we received from families was gratitude for the rental program - kudos to the club, it is a much appreciated service! We also received some constructive feedback that the skis could use some waxing. Steve and I have heard this feedback and are making it a priority for improvement next season.



Is this the end of the 2022-23 season or start of the 2023-24 season?

Wes and Louison are training with the Sovereign Lake ski academy during the May 4 to 7 Spring Fling training camp in Vernon BC.



Race Team News

Spring is out! Flowers have bloomed, the grass is green, snow has melted, and the trails have dried out. And the Fernie Nordic Racers have begun training for the 2023-2024 ski season!

After a great ski season, the Fernie Nordic Racers had a break from training for a month and they are now well rested and ready to start their dryland training.

The team organized the hut at the Nordic Centre into a gym to do their strength workouts. The team will be doing lots of strength, running and cross-country ski specific training such as roller skiing and workouts on the Ski Erg machine. The whole team will be training together on Tuesdays and Fridays and the older athletes will be training on Mondays and Thursdays as well.



In conclusion, we are excited for the dryland training season. Thank you to our amazing coaches for the support and such a great ski season.

article by Louison Dubief and Aurélie Smithson



Watch for the 2023-2024 membership drive to start by the end of August. It will be a great time for any keen young skier to join the regular training of the race team. Our monthly newsletter will have more details.

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