



Fernie Nordic Society News



November 2023 News

The snow is starting to fall and it won't be long until we are all on the trails again. The Fernie Nordic Society is busy preparing for an exciting and full season. Mark your calendars for the following important dates:

Adult Ski Camp

December 27 (Classic) 10 a.m. to 2 p.m.

December 28 (Skate) 10 a.m. to 2 p.m.

Kids Ski Camp

January 2 @ 10 a.m. to 1 p.m.

January 4 @ 10 a.m. to 1 p.m.

SDP lessons - start dates

January 6 @ 10:30 a.m.

January 9 @ 4:30 p.m.

January 11th @ 4:30 p.m.

Community Fun Race

February 24th at the Fernie Golf Course @ 9:30 a.m. - 12:30 p.m.

Flying Viking Challenge

March 23rd or 24th TBD at the Elk Valley Nordic Centre

Families who are renting ski gear for the SDP lessons will be able to pick it up on the morning of Saturday November 25. An email with all the details will be sent to the families shortly.

The SDP lessons program is filling up but spaces are still available. There is still time to register your child and renew your membership at <https://zone4.ca/register.asp?id=32471>

Memberships can still be purchased online.

[Click here to Register](#)

Pumpkin Hunt a Success



Nice weather and a good turnout made the Fernie Nordic Society's 7th Annual Pumpkin Hunt on October 21 a great success. The picture-perfect day included many amazing costumes, marshmallow roasting, hot dogs, photos and of course pumpkins.

This popular event is a great way to kick start the 2023/2024 season and the Fernie Nordic Society recognizes the many volunteers and sponsors that make this event possible. We would like to thank Save-On-Foods, Teck and Starbucks for their sponsorship and support. In addition, we thank the following:

- Murray S. for getting the BBQ on site.
- Mark F. for transporting the pumpkins to the site.
- The Fernie Nordic Racers and their coaches for restocking pumpkins for each time slot
- Grow Children's Boutique for selling tickets.
- Emily Park Photography for spending the day capturing all the fun.

The Fernie Nordic Society is also thankful for all the volunteers who helped with moving pumpkins from Save-On-Foods to the Elk Valley Nordic Centre, parking, helping with the barbeque, making the hot chocolate and setting up and cleaning everything up. We also appreciate the efforts of board members Megan, Sam and Jane and Jen G. who spent the entire day supporting the event.

Coaches still Needed for Upcoming Season

The Fernie Nordic society is looking for more coaches to support our youth programming. The society provides funding for coach training as needed, but all you need is enthusiasm and we'll help you with the rest.

The season runs from January 2024 through March 2024 and the commitment is one hour each week for 10 weeks. We are also seeking part-time and substitute coaches. So if you cannot commit to the full 10 weeks substitute positions are also available.



For more information, click on <https://www.fernienordic.com/contact-sdp/> or inquire at fernienordic@gmail.com.

ADULT NORDIC SKI TECHNIQUE CAMP



December 27-28

DECEMBER 27: CLASSIC
DECEMBER 28: SKATE
10AM-2PM
\$125 FOR 1 DAY
\$225 FOR THE WHOLE CAMP

All proceeds go to sending the Fernie Nordic Racers to
Nationals

Professional coaches

Location: Elk Valley Nordic Center
Nordic Center

Lunch included

Improve your technique



[Register Now - Adult Camp](#)



FNS Toques on sale

With the cooler snowy weather it is definitely time to pull out the winter hats. The Fernie Nordic Society is again selling our custom branded toques. We have grey and blue hats without a pom pom and a blue one with a pom pom. Each hat is \$25 each. Email us at fernienordic@gmail.com if you would like to order one.

Fernie Falcons Invitational



About 100 athletes in grades six through 12 attended the Fernie Falcons Invitational Cross-Country Running race last month. The event was held at the Elk Valley Nordic Centre and attendees came from across the East Kootenays.

Fernie Secondary/Kootenay Discovery School's Cross Country Running head coach, Helen McAllister, said the good

weather favoured athletes and spectators along with the setting at the Elk Valley Nordic Centre making for a wonderful race atmosphere. The staging area and trails were in perfect condition, said McAllister, and she thanked the many volunteers who helped make this event happen.

Pictured above is the local Fernie team that includes many Fernie Nordic Racers.

Kids Ski Nordic Camp

ELK VALLEY NORDIC CENTRE

**TUESDAY JANUARY 2ND AND/OR
THURSDAY JANUARY 4TH**

10AM TO 1PM

\$60 PER DAY

**KIDS AGED 7-12
BRING YOUR OWN LUNCH AND SKI EQUIPMENT**

**LOTS OF SKIING + GAMES + SNACKS + HOT
CHOCOLATE**

REGISTRATION ON ZONE 4 LINK

ALL PROCEEDS GO TO SENDING THE FERNIE NORDIC RACERS TO NATIONALS
IN GATINEAU QC IN MARCH!

CONTACT : RACETEAM@FERNIENORDIC.COM

Register Now - Kids Camp

Race Team Feature Athlete

Cameron Etue



Cameron Etue is a grade 10 student at the Fernie Academy. He is originally from Sparwood but moved to Fernie in grade 2. His parents moved their family to Fernie because they love the nature and outdoor activities that Fernie offers. Nordic skiing, downhill skiing and mountain biking are some of Cameron's favourite things to do. He also loves trying new things and hanging out with his friends. His favorite meal is chicken fettucine alfredo served with garlic bread and a big salad, but he also loves cereal and smoothies for breakfast. After long skis he likes to sit and enjoy a warm cup of hot chocolate.

Cameron started Nordic skiing at the age of 6 with the Jack Rabbits program. He joined the Fernie Nordic Racers when he was in grade 4 at the age of

9. He enjoys the sport because he likes being outdoors and loves to go fast. His favorite part of the race team is how supportive and kind the other athletes are. He also loves being on the race team because he gets to do his favorite sport with some of his favorite people.

Being on the race team allows him to improve his skills and have fun with his friends. Cameron likes both classic and skate technique but recently he has grown to enjoy classic more. He likes the speed of skate skiing, but he prefers the technique of classic. Cameron's is a talented and driven skier with many goals and dreams. This season Cameron's goal is to attend many training camps and races to improve his speed and technique. Cameron loves the Nordic community and is very grateful for all those who make this sport possible.

Louison Dubief and Aurélie Smithson

Coaching Workshop

Coaches who have completed their Coach Initiation in Sport and Introduction to Community Coaching and are looking to further their education are invited to a Community Coaching Workshop on December 8-10.

The Kimberley Nordic Club is hosting the event which is the next progression in the National Coaching Certification Program (NCCP).

Please connect with Daniel Childress in Kimberley at (250) 432-5294 for specifics regarding the course content/structure and email fernienordic@gmail.com if you are interested in attending.





Lights installed in Staging Area

A few volunteers installed lights all around the staging area of the Nordic Centre last week. It will be a great addition to ski lessons, training of the race team and other activities happening in late afternoons and evenings. Shown on the photo are the usual suspects on that rainy day: Mike de Jong, Dave Smith and Steve Hunter.

Photo by Matthieu Corriveau



The ski season is fast approaching, and it's time to pick up your 2023-2024 renewal stickers. I will be holding sticker pick-up sessions starting this Thursday, November 16 at the public Library. If you've lost your membership card, you can also pick up your replacement card at the sticker pick-up session.

Please see the schedule below for additional pick-up times and locations.

Thursday, November 16, 5:00-7:00, Fernie Heritage Library
Friday, November 17, 12:30-3:00, Mugshots
Tuesday, November 21, 10:00-12:00, Freshies
Wednesday, November 22, 1:00-3:00, Freshies
Saturday, November 25, 10:00-12:30, Mugshots
Thursday, November 30, 5:30-7:30, Fernie Heritage Library

You can also pick up your 2023-2024 membership renewal stickers at the Nordic Hut any weekend or holiday once the ski season has begun. See you on the trails!

Laurie Bemi



SNOW VALLEY LODGING
WHERE ADVENTURE AWAKENS



THE GUIDE'S HUT
Fernie's Authorized Retailer
of Salomon and Madshus
Nordic Equipment



671 2ND AVENUE

WWW.THEGUIDESHUT.CA

Members enjoy a 10% discount
on all Nordic equipment when
they show their membership card.



Mugshots Bistro

Members enjoy 25% off any drink
when you buy something to eat.

FRESHIES
 **CAFÉ**

Members enjoy 10% of any
purchase when they show their
membership card.

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