



Vancouver's Family Cross Country
Ski Club at Cypress Mountain

www.jackrabbits.ca

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NEWSLETTER #1

JANUARY 2009

President's Message

Welcome to the 2008/2009 season of programs. We have been blessed with lots of fresh snow at Cypress Mountain so skiing conditions are spectacular. Many of our club members have been skiing frequently and it is always a treat to see so many Hollyburners cruising the trails wearing their colourful blue jackets.

This weekend is the beginning of the Bunnies, Jackrabbits, and Teen programs. As well, Track Attack launched on-snow last weekend and the Racing Team has been training since the summer and has already competed successfully at the Prince George BC Cup Race.

We have 250 children and teens signed-up and 60 coaches keen to lead them through the 9 regular weekend and the extra evening sessions for the Jackrabbit Level 3 / 4 program. Hollyburn continues to offer the largest Jackrabbit program in Canada with the most volunteer coaches.

The Club continues to have a committed group of Directors to ensure all participants enjoy a great cross country skiing experience. At our Annual General Meeting in October the following team was elected:

Norm Laube – President
Dirk Rohde – Vice President
Anna-Louise Pentland – Secretary
Birgit Laube – Treasurer
Russ Stothers – Coaching Coordinator
Diego Bittante – Skill Development Program Coordinator
Jake Weaver – Racing Program Coordinator
Bob Putnam – Director at Large
Tammy Stothers – Director at Large
Morna Fraser - Director at Large

We welcome Anna-Louise and Morna who are new to the executive this year and thank our entire returning executive for their many years of hard work. We thank Utta Gagel, Amanda Smith and Jill Hoube for their contribution over the past several years.

There have been many changes with the Club over the past summer and fall including:



NEW CLUB HEAD COACH - Many of you will recall that Petr Jakl was our part-time Head Coach for two years. Petr left us in October 2007 and after a 10 month search we are pleased that Abi Holt has joined us as our new full-time Club Head Coach. Abi is from Sun Valley, Idaho and has significant experience as a Club Coach and a high-level racer. She is great with kids and looks forward to mentoring our volunteer coaches and helping guide all our programs. She is also leading the Racing Team with a year round training and competition program.

EXPANDED PROGRAMS – This season two of our programs have been expanded to align with Cross Country Canada’s Skill Development Program. Firstly the Jackrabbit Level 3 /4 Program has been expanded to offer a weeknight session in addition to the weekend session allowing kids to ski 18 sessions.

Secondly we are fully adopting the Track Attack program for those kids in grades 5, 6 and 7. The program started with several dryland activities in November and their first official on-snow session was in early January. Track Attack offers two ski sessions per week and the kids are being coached by our NCCP Level 2 and LTT coaches.



STORAGE/WAX HUT – After many years of discussions with Cypress Mountain, our Club was finally given the opportunity to construct a storage/wax hut facility. We seized the opportunity and through the leadership of Derek Smith, Mark Forder and Martin Richardson we now have a wonderful 400 square foot facility adjacent to the Base Warming Hut. The Hut will be used for storing all our Club gear (canopy, skate skis, waxes, supplies, etc.), waxing skis, coach training and video analysis for the Racing Team. We are extremely thankful that several of our corporate and individual sponsors pulled together to help fund the cost of constructing the Hut. Thanks go to: Haywood Securities; Omicron Total Building Solutions; Rockingham Engineering; Dick’s Lumber and Weyerhaeuser.



CLUB VAN – As part of hiring our Head Coach, a 15 passenger Team Van has been acquired again through the support of our sponsors. Thanks go to: Greg Gardner GM, Haywood, Omicron, Drs Otto & Weaver, Deep Cove Outdoors, GM Making Dreams Possible; RYDERS Eyewear and Cypress Mountain. The Team Van has already been used extensively for training trips to Cypress and taking the Racing Team to Prince George for the BC Cup competition.

STRATEGIC PLANNING – Our original 5 year Strategic Plan was created in 2004 and in May of 2008 we conducted a Strategic Plan review to focus on our goals for the next 5 years. One of our key goals of the initial plan was to hire a full-time head coach and create a Club space at Cypress Mountain. We have achieved these two goals and now are focusing on integrating our Head Coach and new facility to best support the entire Club. We will also look at ways to make sure the programs work best for all our members.

If you like how the club operates or would like to see some changes, please consider getting involved as a Director. Call me at 604 209 2115 if you would like to find out more of how you can get involved.

We look forward to seeing you on the trails at Cypress soon.

.....Norman Laube, President

Membership Benefits

Membership in the Hollyburn Jackrabbit Ski Club has many benefits:

- Programs for children, teens and adults with a focus on a fun team spirit
- 500 family members from throughout Greater Vancouver and as far reaching as Squamish and Washington State – a great skiing community
- Dedicated certified coaches (NCCP Level 1, 2 and 3)
- Professional Head Coach Abi Holt guiding the Club programs
- Membership with Cross Country BC and Cross Country Canada and sport insurance coverage
- Free club t-shirt and CCBC item
- Free Ski Cross Country magazine (\$5 value)
- Free Project Podium Cross Country Canada Calendar (\$15 value)
- Free technique and waxing workshops
- 15% club discount on ski gear at Deep Cove Outdoors in North Vancouver

- 10% club discount at Sigge's Sport Villa in Vancouver
- 15 to 20% discounts on skis and bikes at Different Skis and Bikes in West Vancouver
- Subsidized club clothing available at Deep Cove Outdoors
- Discounted trail tickets and equipment rentals at Cypress Mountain
- Season's Pass Group Discount at Cypress Mountain
- Special events with the National Ski Team (i.e. Medals on the Mountain)
- Annual social events – (i.e. Lantern Ski, Family BBQ)
- Opportunity to qualify to volunteer at the 2010 Winter Olympics

Opening Day for Bunnies, Jackrabbits and Teen Programs

Our programs begin on the weekend of January 10th. Here are some tips to help make opening day go well:

Trail Tickets – please purchase and pick up prior to your first session. It is very busy on opening day and you may have to line up for over a half hour to get your tickets.

Clothing – please dress your young skier in cross country style clothing. Snow boarding or downhill ski outfits are typically too bulky and warm. Dress in layers starting with Polartech type or Merino wool longjohns and undershirt, with a fleece top and windbreaker top and pants are best. HJSC clothing is available for sale at Deep Cove Outdoors in North Vancouver – jackets, tights, warm-ups and toques – these items are subsidized up to 30% through the support of our sponsors (pricing and size details on our website). Always wear a toque and warm gloves or mitts with non-fleece grip to hold poles properly.

Skis – most of our skiers use waxless skis for classic technique. Please glide wax the tips and tails (0 to -5 degree wax range) and apply some Swix Easy Glide or Toko Grip and Glide on the “fish scales”. The skis will slide faster and grip better without clogging. Waxing information is on our website – www.jackrabbits.ca/skiprepcourse.pdf - or contact Bob at Deep Cove Outdoors at 604 987-2202 or Sigge's.

If your child is using waxable classic skis please ensure that you wax them for the conditions of the day. Your child's Coach will not have time to apply grip wax.

The Club provides skate skis for the skating sessions in Levels 2, 3 and 4 of Jackrabbits. Most of the skis have Salomon bindings but we do have a few with NNN bindings. Your Coaches will organize the skating session days.

Water and Snack – please ensure your child carries a small fanny pack with a water bottle and simple snack.

Club T-Shirts and Calendars

This year each family again will receive a Cross Country Canada calendar as a member benefit. You can pick-up your calendar early at Deep Cove Outdoors or they will be available on the 2nd session at Cypress.

Each program participant and coach will receive a Club long sleeve t-shirt this year. Thank you to the design talents of Denise Tade of **OMICRON Architecture Engineering Construction** and Tammy Stothers for organizing this year's shirts. The shirts are currently being printed and should be handed out at the 3rd session.

Raffle and Sponsorship

Our annual raffle is a core part of our fund raising efforts which allows us to keep our program fees affordable. Having a raffle is also necessary to receive a Gaming Grant from the Provincial Government which is key to keeping our program fees affordable. Each family will receive a raffle booklet soon and the prize draw will be held at the Volunteer Appreciation Social in April.

Our corporate and individual sponsors are an important part of our Club's success and their contributions fund coach training, club equipment, coach vests, program bibs, and support the racing program. This year the following sponsors have already committed to supporting the Club: **Haywood Securities, OMICRON Architecture Engineering Construction, Drs Otto&Weaver Family Dentists, ROCKINGHAM Engineering, CIBC World Markets, Cypress Mountain, Deep Cove Outdoors, RYDERS Eyewear, Chevron, Sigge's, Different Bikes and Skis, Phillips Farevaag Smallemberg Landscape Architects, GM Canada, Greg Gardner GM Motors, Brooks Corning Office Furniture, Wicke Herfst Maver Structural Engineers, West Aqua and Bell.** In addition, several families have made tax deductible contributions and have asked to remain anonymous.

If your company or family would like to make a sponsorship contribution, please contact Norm Laube at 604 209-2115.

Fischer / Madshus Demo Day

Sunday Jan 11 9:30 – 3:30 Cypress Cross Country Base area

Madshus and Fischer representatives will be on hand with a selection of Skate/Classic skis and boots. This will be a great opportunity to test "Top of the Line" equipment. Last weeks *Tour de Ski* podium was owned by Fischer, Madshus and NNN boot binding systems.

Demo is free. Driver's License deposit will be required to test skis.

Club Clothing

Club clothing this year is offered exclusively at Deep Cove Outdoors (3410 Gallant Avenue, North Vancouver, at the entrance to Deep Cove). For details, have a look at our clothing web page at <http://www.jackrabbits.ca/equipment.asp?page=clubclothing>. Deep Cove Outdoors has pre-ordered a selection of tights, warm-up pants, jackets and jerseys and they are being sold at a discounted rate thanks to the support of our Provincial Gaming Grant.

PROGRAM SESSIONS

BUNNIES, JACKRABBITS, TRACK ATTACK

Saturdays 9:00 - 11:00 a.m. or 1:00 – 3:00 pm

Jan 10, 17, 24, 31, Feb 7, 14, 21, 28, Mar 7

Sundays 9:00 - 11:00 a.m. or 1:00 - 3:00 p.m.

Jan 11, 18, 25, Feb 1, 8, 15, 22, Mar 1, 8

Jackrabbit Level 3 / 4 and Track Attack evening sessions happen:

Wednesday evenings, 6:45 - 8:00 p.m., Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 4

Thursday evenings, 6:45 - 8:00 p.m., Jan 15, 22, 29, Feb 5, 12, 19, 26, Mar 5

Note: Track Attack may add more sessions in March

TEEN PROGRAM

Sundays 9 – 11:30 Jan 11, 18, 25, Feb 1, 8, 15, 22, Mar 1, 8

RACING TEAM

Tuesday, Wednesday, Thursday evenings and Saturday, Sunday mornings
Specific times and workouts are posted each week by the Head Coach

FALL TRAINING REVIEW – *Abi Holt*

Two months in and two camps down... plus lots of training in between.

Greetings! I have already met many of you athletes, coaches and parents of the Hollyburn Ski Club, but to those I haven't met, hello. I moved here at the end of July and took over dryland training duties with the Racing Team on August 1st. Since then, we quickly evolved into a five-days-a-week training schedule and we have managed to fit in two training camps. It's been a great start, but this is, of course, just one of our teams. In October the Midget Racing Team will begin their dryland training and in November the Track Attack will launch their dryland season. In short, more to come! For a quick update on the Racing Team's adventures, keep reading...

The Hollyburn Racing Ski Team had their second annual [but first with Abi] Osprey Lake training camp this past August 22nd to August 25th. With ten athletes in attendance (Kajsa, George, Nick, Annie, Lucas, Marcus, Dylan, Zayne, Colin, Marissa) and logging approximately 12 hours of training in three and a half days, this first camp gave us a great chance to make one final fitness push before the summer ended. Our focus was some quality volume training, and this is exactly what we did, in the forms of running, biking, bounding and rollerskiing.

From September 26th to September 28th the Racing Team again hit the road for a training camp, but this time we were Whistler bound for the BC Coastal Region Fall Camp. This time our focus was more on racing, recovery and ski-specific training. Our group of twelve athletes (Kajsa, Sonja, Maya, Camille, George, Harry, Nick, Cam, Kalem, Fred, Lucas and Marcus) raced both Saturday in the individual run and Sunday in the team relay as part of the two-day Whistler Spirit Run festivities. Between the racing events, we also managed to squeeze in a strength session at the Meadow Park gym, a catered trip to the Hilton pool and a skate rollerski session on the newly paved trails at the Callaghan Valley. Not bad for a two night camp! Also, at the end of the weekend we shared honors for being one of the best represented teams at the Whistler Spirit Run—go Hollyburn!

And finally, between the glories of the training camps, this group of racers is fitting in a lot of training! We are meeting five days a week for a variety of activities, including rollerskiing, running, biking, hiking, bounding, strength, plyos and some occasional games. A few weeks ago we even managed a one-day ascent-and-conquer of Black Tusk. In this day hike the racers covered 29 kilometers and over 1700 meters of vertical feet. Needless to say, these guys are getting tough! And in this sport, toughness goes a long way... so stay tuned for the results this season. To the rest of you Hollyburn athletes, stay active—I'll be seeing you soon!

2007/2008 SEASON IN REVIEW

What a fantastic ski season it was! Epic dumps of snow created one of the best years at Hollyburn and the opening of the Whistler Olympic Park at Callaghan Valley has given us world class trails to tour, train and race on.

We were pleased to see so many more of our families taking the plunge to purchase Season Passes which allowed them to take advantage of the extended ski season from late

November to early April. Some of the best skiing happens outside of the January to March Jackrabbit Program.

The Christmas Lantern Ski has now become a tradition thanks to Alison Heath and her team of volunteers. This fun family event is an evening ski between Christmas and New Years Eve with candle light, food and great company.

Our Jackrabbit program was expanded to 9 sessions to better align with the new Cross Country Canada Skill Development Program. We received lots of positive feedback that the extra 2 sessions really allowed our skiers to improve. Thanks to Jill Hoube and her dedicated group of Session Coordinators for doing a great job organizing the Bunny and Rabbit programs. Special thanks go to Joe and Lynn Lewicki who have dedicated countless hours over the past many seasons as the Sunday Morning Session Coordinators. Due to health reasons they will not be able to volunteer with us next year.

Teens on Skis had some of the most fun of all our skiers. Led by Utta Gagel and Siobhan Dawson the TOS group had some wonderful outings including their Ski Picnic and Cabin Weekend Trip. There are great write-ups and pictures in this newsletter on these activities. We thank Utta and Siobhan for the great program they developed this year as they will be turning the coaching duties over next season to be able to spend more time with their own kids who are in the racing program. We are actively recruiting for new TOS coaches who have a love of a variety of skiing experiences including backcountry, technique and social activities.

2007/2008 was a huge year for our Racing Program. The snow season started off with a bang with our Early Snow Camp in December at Sovereign Lake. The first race was the Coast Cup in mid-December at the new Whistler Olympic Park. This was the inaugural race at the 2010 Olympic Venue and Dirk Rohde and his Officials team did an awesome job organizing the event. This was the first race for many of our younger skiers and they all put in a huge effort.

Hollyburn had many successes on the race circuit. In the 3 race BC Cup series (Prince George, Whistler Olympic Park and 100 Mile House), Katie Weaver was the top Pee Wee Girl racer in the Province. In the Midget Boys category, Fred Weaver took 2nd place overall and Lucas Putnam Rea finished 3rd overall.

Hollyburn defended its Team Aggregate Award at the BC Midget Championships at Sovereign Lake by winning the overall title for the 4th consecutive year.

The BC Winter Games were a hi-light for 22 of our Grade 8 and 9 athletes. The Games brought together 2000 athletes from all over BC to Kimberley/Cranbrook for 4 days of competition, socializing and fun. Hollyburn had more athletes than any other ski club participate and came home with 4 medals as Fred Weaver took Gold and Lucas Putnam Rea Bronze in both the classic distance and the skate sprints.

Although we were sad to see our Head Coach Petr Jakl leave us for a full time position at the University of Maine, Petr still provided guidance to our year round training and racing programs. We actively recruited for a new head coach and were very pleased to find and hire Abi Holt as our new Club Head Coach.

Thanks to all the volunteers for another outstanding year!

TEENS ON SKIS CABIN WEEKEND

We went to the cabin on a nice weekend in February. After we dropped our stuff off at the cabin we had a good ski down to the very bottom of the mountain and then to the lower top part of the mountain. As it was getting dark we headed back. We came just in time since it started to rain. After we unpacked our things we enjoyed a delicious meal of



spaghetti and meatballs with salad and tasty garlic bread. When we were too full to eat anymore we headed up to where our sleeping bags were and played cards for hours. Camp was of course, the most fun card game of the night. We were interrupted many times by the constant snow falling off the roof. There seemed no end to it! In the morning we finished shoveling off some of the snow on the roof and headed out of the cabin and back down to the slopes. We skied down to the parking lot and

ended our fun camping trip - *Sylvia Halpert*



TEENS ON SKIS – SKI PICNIC



What do snow caves plus snacks plus skiing plus sliding equal? On February 27 the Jackrabbit Teens on Skis group had their annual ski picnic. We hopped on our skis and went searching for the perfect place for a snow cave along with the help of our instructors, Utta and the experienced-snow-cave-maker Siobhan. We decided to make it at the top of Brother's Pass. Us kids went immediately up the hill carrying our garbage bags to make a series of slides. Snow flew up in our faces as we sped down. Siobhan set to work on the snow cave and after a little bit the rest of us took turns helping dig out the hole. Eventually, we started heating up some water and melting snow to make ourselves hot chocolate. Everyone had brought a snack to share. By far the best part was at the end when we jumped on top of the cave until it smashed to pieces. So what is snow caves plus snacks plus skiing plus sliding? Our ski picnic! – *Kiera van der Sande*



2008 BC WINTER GAMES – CRANBROOK/KIMBERLEY

The BC Winter Games are an Olympics like event that brings 2000 athletes together from throughout British Columbia every 2 years. For 5 days in February 2008 these Grade 8 and 9 students came together in Cranbrook and Kimberley for competition, fun and shenanigans. Athletes try-out to qualify to attend the games for their local zone – there are 8 zones in the province. In the Lower Mainland there are 3 zones and we had 22 Hollyburn athletes qualify and compete accompanied by 6 coaches.

The thoughts and comments of our athletes below summarize what a great event it is. The next BC Winter Games are in Terrace/Kitimat in 2010 and if you are going to be in Grade 8 or 9 in February 2010 it is an event not to be missed.



I loved the BC Winter Games. It was the experience of a lifetime. Before I went, I thought it would be fun, but it was way more fun than I could have imagined. The bus trip was really long, but we kept ourselves entertained by talking and watching a movie. I tried to sleep, but I woke up every 2 hours. I was peaking for these races, and I guess it paid off, because I had my best races of the year, winning 2 gold medals. The dance was nearly as much fun as the races. It was fun to hang out with my friends and meet lots of new people. The BCWG have inspired me to work even harder for future races.

.....*Fred Weaver*

The BC winter games of 2008 will remain in my memory for the rest of my life. From Opening Ceremony to Closing Ceremony it was all full of fun events. My incredible experiences varied from pushing my limits and doing my best, to dancing with my friends. My wonderful coaches supported me and made sure I am comfortable and successful. The BC winter games have taught me a lot, such as, how to appreciate bus rides and always to do my best. I had a great time!

.....*Maya Guttman*



As soon as the bus pulled out of the Lonsdale Quay, I knew my adventure was beginning to unfold. My progress this year was my motivation, my weapon, my drive. When I received my ID card I felt as if I had been accepted into a realm of champions and warriors, and all I wanted to do was stand up tall and blend in with my new found glory. The competition was fierce but predicted. But in the mist of the training and the socializing, I was able to enjoy the beauty of the Rocky Mountains.

.....*Kalum Utley*

I got to Cranbrook on the bus, dazed and tired and uncertain of what to do. During the later part of the day, my idea of how huge an event this was and there, in the parking lot, I etched it into m brain, this was an eternal memory for which the flame would never go out. The first day has one word: Discovery. Staying in a school was not cool but, gosh, everything else was. The organisation, the food tent, chartered buses to everywhere around and what else. That first night was the opening ceremony and it was spectacular. Premier Campbell was there along with all the 2010 mascots and it was just such fun and relaxing entertainment. The first day of competition was cool. I was racing against kids a year older than me and boy, I am not looking forward to racing 5 km next as a Juvenile. My race went well though and I placed a remarkable 15th out of 20 which, according to my standards, was excellent. On the second, Was sprints. I won't talk a lot about that because, well, I fell. I don't like sprints much so that's as far as I talk about that. That is my experience. It will stay with me forever and it will definitely not be lost.

.....*Jonathan Wilkinson*



I had a great time at the BC Winter Games and wish it had not been such important events so I could have had even more memorable experiences with friends and teammates. It was fun to have a sleepover 3 nights in a row but even more fun was the racing atmosphere. The race atmosphere was good in the first place but the extremely helpful and friendly volunteers made it even better. There are tons of people and events that happened during the games that I will always enjoy remembering.

.....*Adam Woods*

My experience at the BC Winter Games in Kimberly was amazing! It was so much fun to spend time with my friends and ski a terrific course. Even though the bus trip was extremely long, it was worth it. I met tons of new people too! If I had another opportunity to go I would definitely go again!

.....*Jessica Smith*



I'm really glad I had the chance to participate in the B.C. Winter Games. It was very fun, and it was well worth the long bus ride. My favorite race was the 5 kilometer classic race. The dance was lots of fun. If you go to the B.C. Winter Games, make sure you go to the dances.

.....*James Panozzo*

It's Lauren from 100 Mile. I'm just replying to the request for paragraphs... Ummm...I think the best part about the Games was meeting people and making friends. Skiing with different people instead of the same person was definitely a welcome change. I got along really well with all the skiers from Hollyburn and made some really good friends. Social... Yep. That was the best. The social stuff. And you can re-phrase that however you want, I don't really care. That's basically my opinion. Thanks for everything at the Games. Hope you all had a good ride home and have gotten life back to normal. See you next ski season.

.....*Laurennnnnnnn Sortome*



The BC Winter Games were quite the experience. It starts with the epic 12 hour bus ride, which was at times boring, but also fun. Sleeping in the school was in fact way better than I had imagined it to be. The school we stayed at was fairly new, and was well cleaned for our arrival. The opening and closing ceremonies were interesting, but dragged on way to long. It was crazy being in the arena with 2500 other athletes from around BC. Many said the food was terrible, but I think that it was actually really good, the breakfasts being the best meals, with eggs, hashbrowns, ham, fruit and cereal. The races themselves were also really fun; there was a really positive atmosphere, and the Kimberly ski trails

are lovely. It was really cool to be with our friends so much, and to meet new people as well. The dance was also great fun. Overall the Games were a ballin' experience of a lifetime, which will stay with me for the rest of my life.

.....*Marcus Laube*

Although the bus ride wasn't the best part of the trip, my time to the Winter Games was great. While the purpose of the outing was to go and ski with people in and around our age group, and experience skiing at a higher level than we had perhaps experienced before, I also had the opportunity to meet many new people. Through things such as the dances and opening/closing ceremonies, we met and saw people from all over our province. Without some of the things like this we perhaps wouldn't have had the chance to meet them, and have the many great and funny memories such as that High School Musical dance group. On another note, in terms of the actual racing side of things, I was very pleased with the layout and organization of the course. I even set my personal best of 20 minutes and 17 seconds, which I was very happy with. As in any organized sport it really depends on what your tastes are for food, so as I and others are teenage boys craving the sweets and treats, we can all agree that the food could have been a little more appetizing. Without people like the coaches and friends along, this wouldn't have been possible. So, I thank you for that, and I wish luck to all the future participants of 2010.

.....*Nick Della Vedova*

My winter games experience was one of the best things in my life so far. The racing, the food, the hanging out, everything was amazing! I didn't win, but I didn't expect too, and 11th or 12th in BC? That's okay with me, especially because I'm still just starting to train, so I can only get better. The dance was fun, and I got to meet new people and have a great new thing to talk about with my friends. And on top of it all, I got to miss 3 days of school!

.....*Dylan Kirkby*



FUN DAY, RACES AND OTHER EVENTS



