

# 2022 Annual General Meeting

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**June 6, 2022 | 7:00p.m. - 8:30p.m.**  
**Zoom Conference**



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### Meeting Access

Please register in advance for this meeting ([click this link](#)). Following registration, you will receive an e-mail with directions to access the meeting via Zoom conference. Questions? Please contact Lauren Muzak Ruff, ccns@sportnovascotia.ca.



## Agenda

1. Welcome by CCNS President
2. Regrets and apologies
3. Establish Quorum of 3 Directors
4. Approval of 2021 AGM Minutes (pp. 5-6) | Motion required
5. President's Report | Motion required
6. Financial Statements and Treasurer's Report | Motion required
7. Administrative Coordinator Report
8. Communications Report
9. Ski Team Report
10. Reports by Clubs wishing to present
11. Nominations to Board | 3 vacancies – 0 nominations - 0 to be elected
12. Presentation of the 2022 CCNS Awards
13. Adjournment of AGM
14. First 2022-2023 Board of Directors Meeting.
  - a. Convene first meeting of the new Board of Directors with Election of Officers
  - b. Election of Officers | President, Vice President, Secretary: 2-year term
  - c. Appointment of Officers by Resolution of the Board
  - d. Brief discussion of general business: Budget and Annual Plan for 2022-23
  - e. Set next Board of Directors meetings dates
  - f. Adjourn.

## 2021 - 2022 Board of Directors

Chair / President: John Cameron, Scotia XC Ski Club  
Vice President: Vacant  
Treasurer: Kris Doyan, Scotia XC Ski Club  
Secretary: Dorian Hudec, Cape Breton Nordic  
Member at Large: Lorenzo Caterini | Scotia XC Ski Club  
Member at Large: Dave Hubley | Scotia XC Ski Club  
Member at Large: Lois MacNeil | North Highlands Nordic  
Member at Large: Melanie McDermid | Scotia XC Ski Club  
Member at Large: Board Members | Friends Of Ellenwood Park  
Non-Voting: Daniel Murray | Coach, Provincial Ski Team

### Staff

Mallory Taylor (04/2021 - 12/2021) / Lauren Muzak Ruff (12/2021 - 03/2022), Sport Nova Scotia, Administrative Coordinator

Catherine Caouette, Cross Country Nova Scotia, Communications Officer

## Club Contacts

Arctic Fox

Jennie Mae Roy | [facebook.com/arcticfoxskiclub](https://facebook.com/arcticfoxskiclub)

Cape Breton Nordic

John Hudec | [facebook.com/capebretonnordic](https://facebook.com/capebretonnordic)

Friends of Ellenwood Park

Christine Bolger | [www.friendsofellenwoodpark.ca](http://www.friendsofellenwoodpark.ca)

Scotia XC Ski Club

Melanie MacDermid | [scotiaxc.ca](http://scotiaxc.ca)

North Highlands Nordic

Paula Michaelis | [nhn.xcski.ca/](http://nhn.xcski.ca/)

## Membership Votes

Number of votes per member club as per CCNS bylaws:

- 1-15 members: 1 vote
- 1 additional vote for each additional 50 members
- No club may control more than 49% of votes

CLUB	MEMBERS	VOTES
Arctic Fox	0	0
Cape Breton Nordic	47	1
Friends of Ellenwood Park	7	1
North Highlands Nordic	114	2
Scotia XC Ski Club	731	3
<b>Total</b>	<b>899</b>	<b>7</b>

## Supporters

- Nordiq Canada
- Nova Scotia Department of Communities, Culture, Tourism and Heritage
- Sport Nova Scotia



## 2021 AGM Minutes

2021 CCNS Annual General Meeting May 26, 2020   Zoom Videoconference		
Agenda	Discussion	Notes
Welcome from CCNS President	John C welcomed the attendees.	
Regrets and Confirm Representatives of Clubs	Paula Michaelis – NHN; John Hudec – CBN; Melanie MacDermid – HNSC, Chris Bolger – FOEP	

Establish a Quorum of Directors	All clubs, except for Arctic Fox were represented. Reps from the clubs vote for the Board members. NHN: Paula Michaelis CBN: John Hudec Arctic Fox: Jennie Mae Roy Friends of Ellenwood Park: Chris Bolger Halifax Nordic: Melanie MacDermid	
Approval of Agenda	In AGM booklet which was circulated.	<b>Motion:</b> To approve the agenda as circulated. <b>Moved:</b> John H <b>Seconded:</b> Melanie <b>Motion carried.</b>
Approval of 2020 AGM Minutes	See AGM booklet for AGM minutes.	<b>Motion:</b> To approve the minutes from the 2020 AGM as circulated. <b>Moved:</b> Melanie <b>Seconded:</b> John H <b>Motion carried.</b>
President's Report	John C presented his report. See AGM booklet.	<b>Motion:</b> To accept the President's report as presented in the AGM booklet. <b>Moved:</b> Chris <b>Seconded:</b> John H <b>Motion carried.</b>
Financial Statements and Treasurer's Report	Kris presented his report. See specifics in the AGM booklet. Net revenue for CCNS excluding the provincial team is \$13,797.61.	<b>Motion:</b> To approve the 2020 Financial Statements as presented by Kris. <b>Moved:</b> John H <b>Seconded:</b> Melanie <b>Motion carried.</b>
Appointment of Sport NS to prepare the 2021-22 Financial Statements		<b>Motion:</b> To appoint Sport Nova Scotia Administrative Centre to prepare the 2021 -22 Financial Statements. <b>Moved:</b> Lois <b>Seconded:</b> Chris <b>Motion carried.</b>
Reports by Clubs and Communications Officer	See reports in the AGM booklet as presented by: John H (Cape Breton Nordic), Melanie (Halifax Nordic), Paula (North Highlands Nordic), and Chris (Friends of Ellenwood Park), Daniel Murray (provincial ski team), and Catherine Caouette (communications officer).	
Nominations to the Board and Elections	There were 3 vacancies on the Board and 3 nominees at the time of the vote (2 had dropped out). Kris Doyon, Paula Michaelis, and Andre Roy Girard were elected to the CCNS board. Bios were in the booklet and each introduced themselves.	
Adjournment	A short meeting of the Board to follow this one immediately after.	<b>Motion:</b> To adjourn the CCNS 2021 AGM <b>Moved:</b> Chris <b>Seconded:</b> Melanie <b>Motion carried.</b>



## President's Report

I write this report with bittersweet feelings as the 2022 AGM marks the end of my time on the CCNS Board. Our by-laws limit service on the CCNS board to 6 years (three 2-year terms) and my time is up. I'm still looking forward to being a part of various CCNS projects, especially coach development, the school ski program, and a new Canadians on skis project, but also to letting other people take over the behind-the-scenes administrative work.

Going forward, CCNS is lucky to have an incredibly strong team of staff, who now manage many of the day-to-day aspects of the organization with only minimal board involvement. A very big thanks to all of our staff! Lauren Muzak Ruff started in the role as CCNS Administrative Coordinator in December 2021 and very quickly mastered the ropes and learned to effectively nudge us along. Catherine Caouette continues to do excellent work to share information about skiing in Nova Scotia and also to build the cross country ski community by creating and sharing stories about skiers from all parts of the province. Hilda LaPierre in the Sport Nova Scotia Administrative Centre continues to provide excellent accounting support and worked closely with CCNS to update our financial accounting system so that it is now much more user-friendly for Board decision-making. Kat Kitching also agreed to work with CCNS on a part-time contract basis to manage our fleet of rental skis for schools and community groups. Kat dedicated loving care to the ski equipment and excellent support to the teachers and community organization leaders to help them put more than 250 children and youth on skis as well as supporting 1000s of day rentals at Brunello Golf and Country Club in January and February 2022.

Much of the work of CCNS takes place behind the scenes, so the benefits to ski clubs and their members are not always clear. Here are the highlights of CCNS's work in 2021-22:

**Grants to clubs:** Over the past 12 months, CCNS made over \$16,000 in grants to member clubs to support the purchase of trail grooming equipment, new building construction, and pop-up events to engage new skiers. A big thanks to the members of the arms-length Grants Committee (Susan Corrigan, Jennie Mae Roy, Chris Algar, Derek Estabrook) who reviewed the grant applications and made funding recommendations to the CCNS Board. In Winter 2022 CCNS experimented with small grants to clubs to support 'pop-up' ski instruction events which provided short one-off ski lessons. The program helped dozens of people to improve their ski skills and received lots of positive feedback.

**Coping with COVID-19:** Through the multiple waves of COVID-19 CCNS worked to review what often felt like continuously changing provincial government regulations,

interpret the implications of the regulations for cross country skiing, and then communicate the regulations to our member clubs. A big thanks to Sport NS CEO Jamie Ferguson for always being quick to respond to inquiries and to help figure out COVID-19 regulations.

**Coach Development:** The capacity to teach people of all ages and backgrounds to ski is essential to grow and sustain cross country skiing in Nova Scotia. To pursue this goal, CCNS offered the 'Community Coaching' course twice in winter 2022 – in the Annapolis Valley and at North Highlands Nordic Ski Club in Cape Breton. A total of 11 new coaches achieved status as trained Community Coaches.

**Collaboration with Municipal Recreation Departments:** CCNS continued to work with Municipal Recreation Departments in the Annapolis Valley region by providing guidance on ski equipment purchase decisions, coach development, and collaboration on pop-up ski lessons and try-it events. These types of collaborations are important for the growth of cross country skiing. Municipal Recreation Departments bring valuable resources, experience, and connections that help CCNS to connect with more people and develop a love for skiing.

**School Ski and Community Group Program:** In 2019 and 2020 CCNS purchased a fleet of over 50 sets of ski equipment for children and youth and set up a program to make that equipment available to school and community groups. In 2022 we were able to consolidate the program through a lot of work by Kat Kitching and Lauren Muzak-Ruff. With minimal publicity, the program enabled over 250 children to ski for the first time in Winter 2022. We hope to continue to promote and grow the program in future winters.

**Application for 'New Canadians on Skis' project with the Immigrant Services Association of Nova Scotia (ISANS) and Nordiq Canada:** CCNS worked with ISANS to apply to Nordiq Canada's 'Equity Fund' to help new Canadians learn to ski. We'll find out the results of the application later this year.

**Building the community of cross country skiers in Nova Scotia:** Through diligent information sharing and great storytelling, CCNS's Communications Director – Cathy Caouette –helped to grow the community of cross country skiers in Nova Scotia beyond club members to include thousands of other people who use the 'Trails and Conditions' page on our website and engaged with the stories about skiing in NS on CCNS social media.

**Governance and funding applications:** A big part of the behind-the-scenes work this year involved major submissions to Sport Nova Scotia and the provincial department of Communities, Culture, Tourism and Heritage for the next four-year cycle of funding for Sports and Recreation Organizations. The results of those submissions will be released

in September and will hopefully enable CCNS to continue to support cross-county skiing across Nova Scotia.

CCNS also completed various other governance projects, including simplification of our membership fee, improvements to financial reporting, and the creation of a template harassment policy for clubs to use – which includes an arms-length 3rd Party to receive any complaints (thus meeting national standards for harassment policies). We hope that we don't ever need to use this policy, but reports of harassment from other sports highlight the importance of strong policies to keep athletes and participants safe.

As my six years on the CCNS Board come to an end, I want to thank all the other CCNS board members and staff, club members, Sport NS and Recreation NS staff, Nordiq Canada Board and Staff and skiers across the province and Canada who I've had the privilege of getting to know and work with. I've learned more than I ever anticipated when I first joined the CCNS board and am lucky to have had the chance to be in this role.

John Cameron

## Administrative Coordinator's Report

I joined Sport NS on December 6, 2021 to replace Mallory Taylor while she takes on another role in Sport NS until 2023. In this role, I am responsible for CCNS along with Squash NS and the Maritime Taekwondo Union and other Sport NS files. During my 6 months in this position, I have completed administrative duties, managed financials, assisted with reports and applications and assisted in the development and implementation of the CCNS school ski rental program.

**CCNS Administration** – Communication with Nordiq Canada and many administrative tasks and ongoing Sport NS system components to ensure the operation of CCNS.

Administrative tasks of note for 2021-22:

1. Sport Development Tool 2.0: The SDT is a joint initiative with Sport NS, the Department of Communities, Culture, Tourism and Heritage, and the Canadian Sport Center Atlantic. Members from these organizations review PSO activities, accomplishments and challenges experienced over the previous 4 years. Based on a self-evaluation, evaluation by the respective pillar leads and supporting documentation, the process determines the amount of funding CCNS will receive in the next 4-year funding cycle. With the help of John, Catherine and Daniel, documents and data were provided to the pillar leads and a positive interview was held in April. The outcome of the SDT will be communicated in the Fall 2022.

2. Provincial Recreation Organization Assessment Tool: The PROAT is similar to the SDT but has a larger focus on participation and recreation. Historically, CCNS has received the largest portion of provincial funding through the PRO funding system.
3. CCNS Financials – as a result of much effort put in by myself, John, Tara, Kris and Hilda LaPierre, CCNS is on track to receive regular financial statements through the Sport NS Administrative Centre. By working with Hilda, CCNS has ensured that there will be effective communication in regards to financial accountability and will see real-time financial information in terms of budget and year-to-date.
4. Assisted with an application to the Nordic Canada Equity Initiative on behalf of CCNS.

**School Ski Rental Program** – Working closely with Kat Kitching and Catherine Caouette, we built the foundation of what I believe will be a very successful ski rental program for schools and youth groups. By the end of the short ski season, 250+ students tried cross country skiing through this program. Moving forward, we still have some bumps to work through including policies on liability.

I would like to thank the CCNS Board of Directors, and in particular, John, for a warm welcome to the XC community. I have enjoyed working with John and appreciate his trust, guidance and enthusiasm as I have learned my way around this role. You will be missed, John!

Respectfully submitted by, Lauren Muzak Ruff

## Communications Report

We focus on communicating strategically so that Nova Scotians across all demographics will know, use, and share cross-country ski content published by Cross Country Nova Scotia. We communicate with the intent to inspire and empower Nova Scotians to cross-country ski.

Over the past year, we published meaningful content that was timely, useful, people-centric, and accurate; across appropriate channels. We worked to capture attention so readers noticed and engaged with our information and shared it. We featured people across all demographics.



Daily communications functions included developing depth of content on the website, updating social media outlets, updating and creating digital and print collateral, increasing awareness for cross-country ski clubs, and communicating skiing initiatives by municipal and recreation departments.

## Objectives and Measurables

1. To engage readership year-round on CCNS social media channels.

MEASURABLE	REFERRERS (to website)		ENGAGEMENT		REACH		POSTS	
	TARGET	ACTUAL	TARGET	ACTUAL	TARGET	ACTUAL	TARGET	ACTUAL
FACEBOOK	2,000	3,135	10,000	16,470	60,000	79,895	300	595
INSTAGRAM	200	261	1,500	1,297	70,000	63,903	200	301
TWITTER	200	300	1,000	1,865	50,000	69,888	200	334

2. To increase awareness of CCNS website and engage readership year-round.

MEASURABLE	TARGET	ACTUAL
Trails and Conditions - web page	8,000 views	11,324 views
News Articles - web pages	5,000 views	7,326 views
Visitors	10,000	14,071
Views	25,000	32,448

3. To maintain and develop partnerships across clubs, recreation departments, cross-country ski retailers, and news publications.

MEASURABLE	TARGET	ACTUAL
CCNS Info Postcard	800 cards distributed by partners	600
CCNS website referrals to club content	2,500 clicks	3,007 clicks
CCNS referrals to clubs (bitly links)	500	615
CCNS website page "cross-country ski clubs"	1,000 views	1,315 views
News articles	1 story per club, 2 athlete features, notable team results as applicable.	Complete

## Website Annual Comparisons

	2021-22	2020-21	2019-20
VIEWS	32,448	26,921	7,682
VISITORS	14,071	12,228	3,186
TRAILS + CONDITIONS	11,324	11,144	3,309
CLUBS	1,315	1,506	649
NEW TO SKI	892	-	-
ARTICLES			
- PUBLISHED	44	55	26
- VIEWS	7,326	4,305	683
REFERRERS			
- SEARCH ENGINES (ALL)	10,619	8,242	2,875
- GOOGLE	9,760	7,765	2,147
- FACEBOOK	3,135	4,395	858
- TWITTER	300	466	12
- INSTAGRAM	261	-	-
LINKS (CLICKS TO ADDITIONAL INFO)	9,816	-	-
COUNTRIES	67	46	31

## Digital Platforms Overview

	POSTS	REACH	ENGAGEMENT
FACEBOOK	595	79,895	16,470
INSTAGRAM	301	63,903	1,297
INSTAGRAM STORIES	682	56,281	56,281
INSTAGRAM REELS	15	21,313	
TWITTER	334	69,888	1,865
WEBSITE	-	14,071	32,448
<b>TOTAL</b>	<b>1,932</b>	<b>311,174</b>	<b>109,641</b>

## Arctic Fox Ski Club Report



Arctic Fox has had a very quiet season. The annual Honey-pot Loppet was cancelled again this year due to COVID.

We look forward to being more active next year!

## Cape Breton Nordic Report



Cape Breton Nordic had a year with limited snow but despite that there were a few very positive developments. This year we received new grooming equipment and some used skate skis. We forged a partnership with skiers from Baddeck to provide lessons and memberships for their region. Our membership grew despite less-than-ideal snowfall and the remains of Covid.

Our new grooming equipment arrived and made a significant improvement in our ability to groom. Even when there was less snow than optimal the new Ginzu groomer gathered that snow and allowed a well-groomed trail. With a good snow year, we expect to have better capacity for grooming. The year allowed for a good test of the new equipment but overall, the snow conditions were poor.



Part through the year Cape Breton Nordic and a group of skiers from Baddeck had discussions about the possibility of joining forces. The Cape Breton Nordic welcomed participation of members from Baddeck in the Club. The offer was made for members from the Baddeck area to join the Board as full board members. For the time being the Baddeck group choose to participate on the Cape Breton Nordic Board as rotating guests. The Baddeck group put on a set of beginner and intermediate lessons with great success. We were able to provide equipment for these successful events. There is more stable snow in the Baddeck region. Combining forces with Cape Breton Nordic would provide an alternative for skiers in our region. At this year's AGM we will have a discussion of alternative arrangements to focus on development of skiing and snowshoeing in the region but also specifically in Baddeck. A partnership of some form will be the goal.

# Nicholson Trail



## Trail Partners

- Nicholson Family
- Biosphere Northeast Trails Association
- CB Nordic Ski Club
- Municipality County of Victoria

## Directions to Trailhead

- From the TCH Hwy 105 take Exit 9 going towards Big Baddeck. Look for a very quick right onto Big Baddeck Road.
- Drive 6 km on Big Baddeck Road to a single lane, green, iron bridge.
- Cross the bridge and find the Trail sign 200 meters on the left. Turn in to find parking lot. Plowed parking made possible through funds from Municipality County of Victoria
-

Ski at your own risk





This year we again hired two Cape Breton University (CBU) students using a Work Study Grant. The part time employees were studying at CBU's Public Health and Sport and Physical Activity Leadership. The hiring of part time staff was meant to improve our consistency and club management. Poor conditions meant that we had to cut back on staff and we ended up using just half the grant.

During the 2022 season we were further recognized as a place to ski and snowshoe in local media and again in the Cape Breton Island Winter Adventure Guide. Again, this year Seaview Golf and Country Club in North Sydney has been a great host and supporter. It was a challenging year for grooming in the CBRM this season, but Baddeck had a longer snow season. In the coming season we plan to expand our discussions with Baddeck skiers. We would like to maintain a partnership and aid in securing a more established trail and even provision of equipment in that part of Cape Breton. Other goals remain to expand lessons and to develop several special events in conjunction with community partners locally, regionally



and provincially. We will work to capitalize on the great popularity of snowshoeing in the region and create an environment in CBRM for skiers, snowshoers and outdoor enthusiasts. We hope to provide these opportunities specifically to older adults and to youth. In 2022-23 we will expand focus on fringe season activities and events as well as on pop-up events and both weekday and weekend programming.



Respectfully submitted, John Hudec, President, Cape Breton Nordic, June 2022



## Friends of Ellenwood Park Report



**Activities** - As the incidents of COVID-19 and its variants persisted throughout the winter months, the Friends of Ellenwood once again chose to keep the ski cabin closed for the season. This decision was based on the restrictive size of the cabin as well as the personal comfort level of our small staff of volunteers. Optimistically, all ski and snowshoe equipment was brought to the cabin with the hope that there might be an end to the pandemic before the end of the ski season, but such was not the case. Our course of action was made more difficult because it turned out to be a rare year for snow and colder temperatures kept it on the ground for longer than usual. In short, the conditions for skiing were great, a perfect winter for loaning equipment with at least 33 days of skiable snow here in the South West of the province.



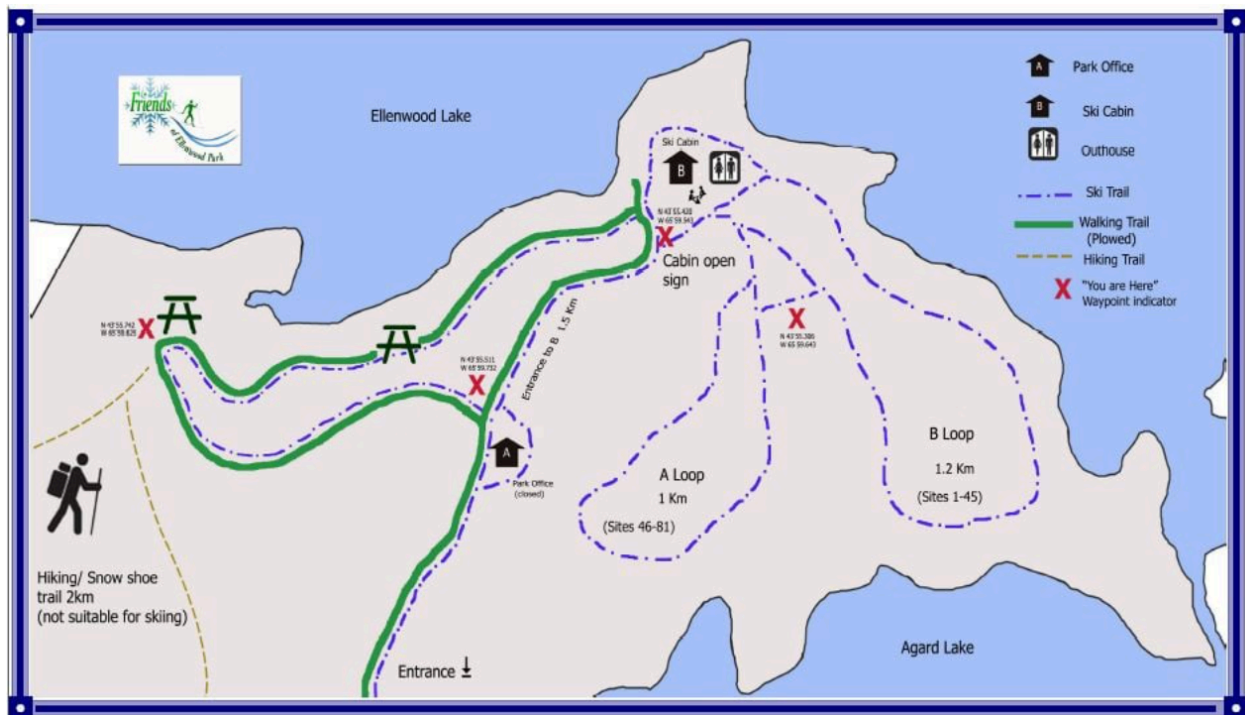


That being said, Stephen and Larry groomed and track set around the park all season long and many folks used their own equipment to take advantage of their efforts. Chris regularly posted snow updates on social media and 190 skiers logged in at the park gate over the course of the winter. Many messages of thanks and appreciation were received on Facebook along with regrets that equipment loans were suspended for another year due to covid. \*\*Years of observation have told us that the number of people who sign the log book as they enter Ellenwood represent about half of park visitors (or less), so actual numbers of skiers and trail users is assumed to be much higher.





**Publicity** - Chris maintained an active presence on Facebook and kept the Friends of Ellenwood website updated again this season. Although there is no record of numbers of people who visit the website, numbers of people reached and engagements on the FOEP Facebook page were vigorous. Our posts reporting snow conditions generated an average of 1,662 people reached and 82 engagements each time. Our Scavenger Hunt 'poster' reached 1,730 people with 88 engagements. Ellenwood Park continued to have a presence on CCNS media and some xc ski enthusiasts travelled from as far away as Digby to enjoy our groomed trails. Despite covid, our mandate to connect people to Nature was successfully met again this winter.



**Looking ahead** - At the beginning of the season, our snow mobile was discovered to have a shattered bearing and required some mechanical sleight of hand to keep it operational. In order to groom Ellenwood's trails next winter significant repairs to its transmission will be needed at an estimated cost of well over \$2,000. If repairs are not possible, a rebuilt transmission will be required at even greater expense. In the past months, the Friends of Ellenwood have been actively looking for funding in order to proceed with these repairs.

The Friends of Ellenwood are, once again, looking forward to returning to normal operations next ski season. We remain hopeful that all the necessary repairs to the snow mobile can be completed within budget before the start of the 2022-23 ski season and that covid will be a thing of the past.



Respectfully submitted by, Christine Bolger, FOEP chair



## North Highlands Nordic 2022 Year End Report



President: Paula Michaelis  
Past President: Linda Murray  
Treasurer: Lynda Burton  
Secretary: Susan Hatcher  
CCNS Rep: Lois MacNeil

Members: 118 Cross Country Nova Scotia, Nordiq Canada

### Trail Usage

Visitors came from: Nova Scotia (10 counties), Saskatchewan, Ontario, New Brunswick, Newfoundland/Labrador, Kansas, Boston, England and Latvia. Storms caused NHN to close for a total of 12 days during the season.

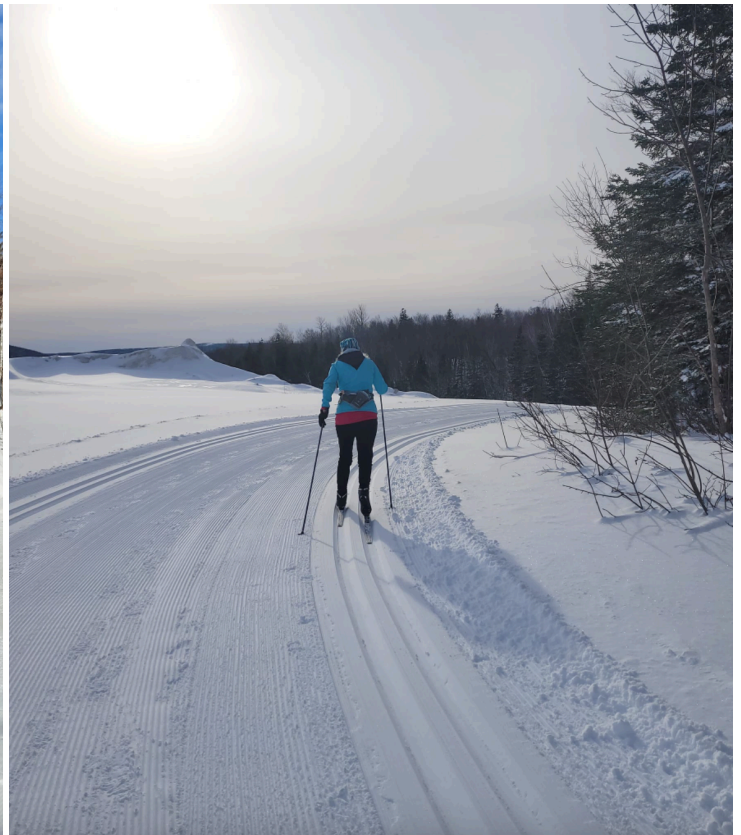


### Trail Usage (cont'd)

	DEC	JAN	FEB	MAR	MAR Break	APR	MAY	Total
<b>2022</b>		539	823	728	401			2090
<b>2021</b>		1	587	838	671			1426
<b>2020</b>	15+	845	928	595	COVID	COVID		2368
<b>2019</b>	20+	915	472	807	346	20+		2580
<b>2018</b>	50+	626	689	1046	470	75+		2956
<b>2017</b>	30+	825	1078	824	460	50+		2807
<b>2016</b>	35	1025	606	407	275	6+		2079
<b>2015</b>		612	636	619	225	100+	20+	1987
<b>2014</b>	138	825	843	944	388	200+	3	2954

### Awards

Sandra Curtis is the recipient of the Freda Wales Award by Cross Country Nova Scotia. This award recognizes a female in this province who has contributed significantly to the sport over the years.





## Competition

Daniel Murray completed his 14<sup>th</sup> year as head coach of the NS Cross Country Ski Team.

## Highlights 2021-2022

PROGRAMS	COMMENTS
Youth Programming (Saturdays)	16 participants: 3 Bunnies, 13 Jackrabbits
Ski/Snowshoe & Tea (Tuesdays)	Exercise and then socialize
Helping Hats (Weekends)	On demand guides and instructors for new visitors to NHN. Sponsored by CCNS.

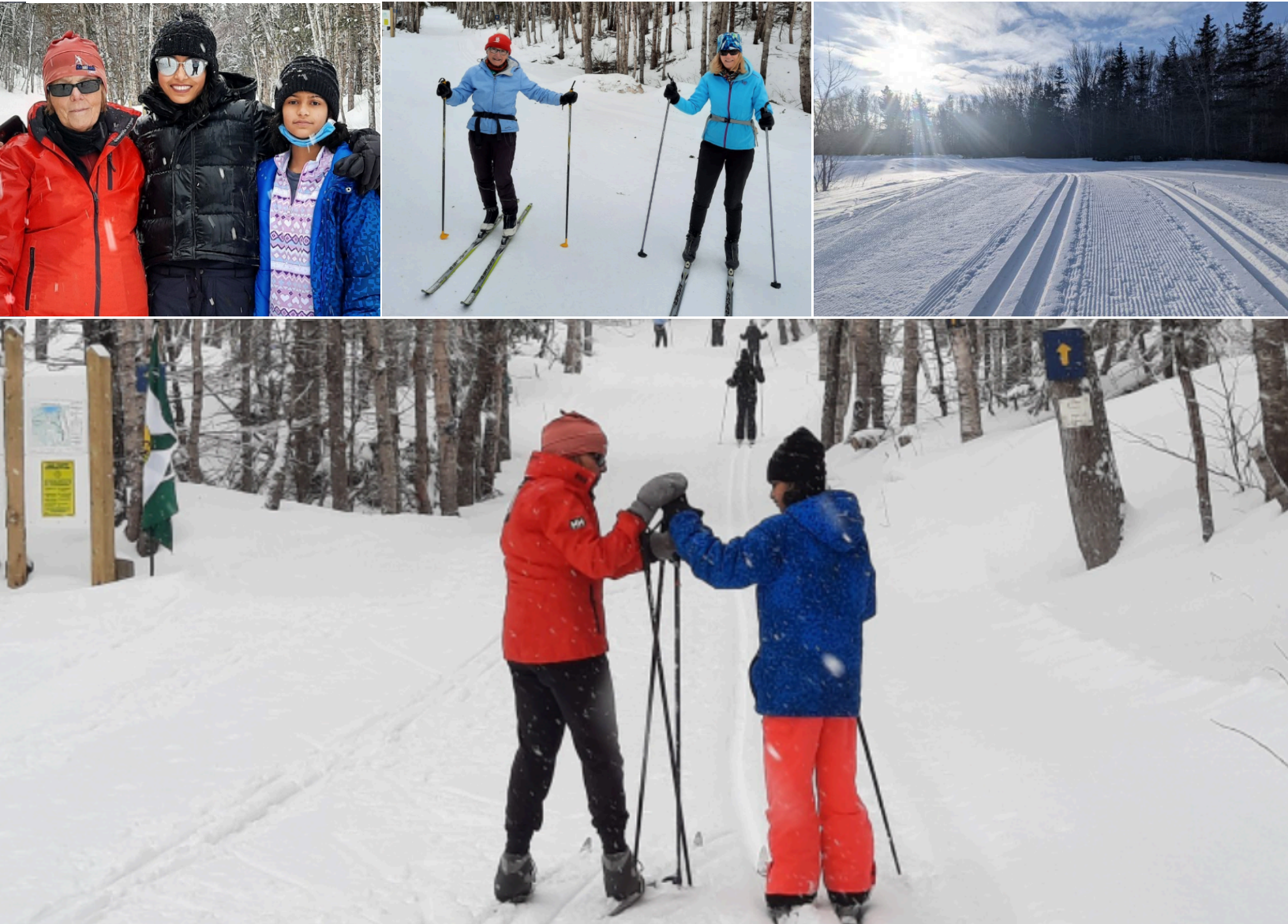
ACTIVITIES	DATE	COMMENTS
Volunteers begin work on addition to new building	October 12	
NHN officially opens for the season	January 9	
First Youth Programs Session	January 22	
Lasagna Dinner	February 19	
Provincial Team Training Camp	February 19-21	
Tea & Ski Catered Event	February 22	Volunteer appreciation meal, catered by Danena's Bistro
Newly constructed addition open to the public	March 5	
Community Coaching Course Coaching Course	March 5, 6	Conducted by John Cameron 5 participants
Grooming machine broke down for the season	March 12	
Snowmobile donation to support grooming	March 13	Donated by Larry Dauphinee
Moonlight Ski	March 18	
NHN Loppet	March 19	25 attendees
Snowshoe Loppet	March 19	
Bunny and Jack Rabbit Easter Hunt	April 16	Successful fun morning. Eggs, certificates and walk.



## A BIG Thank You to Our People

- Fundraising Committee: Linda Burton, Marion Burton, Lois MacNeil, Susan Hatcher, Katie Fougere, Christy Buchanan and Paula Michaelis.
- Facility Construction Volunteers: Maurice Curtis, Richard Curtis, Kevin Chaisson, Gilles Poirier, Michael Burton, Brad Sullivan and Dylan Curtis.
- The MacLeod Family for sharing their land for the construction of our new facility.
- Ryan Costelo for his electrical expertise.
- Katie Fougere for managing the ski room five days a week and Marion Boddy for working the other two days. The ladies took great pride in keeping the ski room in impeccable order and making NHN a welcoming experience for visitors and members.
- Gloria MacDonald for helping with communications.
- Michael S. Fitzgerald for volunteering to groom daily.
- Joanne Fitzgerald is retiring from looking after the Jackrabbit program for 20 years. Thank you, Joanne.
- Youth Programming Instructors: Rosemary Algar, Lois MacNeil, Precious MacKinnon, Shania MacKinnon, Wild MacKinnon and Katie Fougere
- Joanne Fitzgerald for making some of our new signage.
- The Murrays for loaning NHN their chimenea.
- Helping Hats: Rosemary Algar, Sandra Curtis, Linda Murray and Lois MacNeil
- Volunteers who contributed to fundraising initiatives
- Our season pass holders
- The multitude of visitors who came to enjoy the NHN experience





### **A BIG Thank You to Our Supporting Businesses & Organizations**

- Cross Country Nova Scotia
- Victoria County Recreation & Active Living
- Victoria County Community Health Board
- NS Trails Federation
- Destination Cape Breton
- Hike Nova Scotia
- Rona Ingonish
- NS Communities Sport and Recreation
- NS Trails Federation
- Freshmart, Ingonish
- Scotiabank
- Hub Cycle

## Scotia XC Ski Club Report



### External Funding

SCOTIA XC was successful in obtaining significant funding from external grants for the 21/22 year. We would like to thank all of the governing bodies for their support of the ski club.

CCNS awarded us grants on 4 separate occasions.

- \$6500- Towards our expansion project to the valley region including Haliburton House/ Dill Farm, Kentville XC and Greenwood XC.
- \$1500- Towards our late season expansion to Greenwood XC, for equipment storage.
- \$500- Pop-Up funds to support our grooming efforts for a valley-based Pop-Up lesson, CCNS run CC course and Pop-Up Moonlit Ski.
- \$500- Pop Up funds to support our grooming efforts for 2 HRM based Pop-Up lessons

The Government of Nova Scotia awarded us grants through the Department of Community, Culture and Heritage on 3 separate occasions.

- \$8333.33 from CCH for our Oakfield XC Project
- \$7333 from CCH for our Greenwood XC Project
- \$2000 from CCH for our Windsor-based projects

### Membership

SCOTIA XC held steady with its significant membership numbers. Although we saw an overall decrease in membership, we were pleased to retain a significant number of the new members we attracted during the 1st COVID winter. We also saw nearly 100 new members from the Valley Region with our expansion projects. Our biggest area of loss was individual adult males, which may be partially attributed to the seasonal closure of our Dollar Lake Location this year.

Total Membership: 749 people (415 Female:334 Male)

Family Memberships: 106

Adult Memberships: 375

Youth Memberships: 36

Brunello Pass: 93 Adults and 29 Families took advantage of having access to our human-made snowbowl area.

Member retention will be a goal for the 2022-2023 year.

### Expansion of Grooming Locations

We started the season with disappointing news that 3 of our venues were being affected by construction projects that were ongoing or behind schedule.

**Dollar Lake** - After determining there was no safe way to combine the heavy construction traffic and skiing it was determined that the park would remain ungroomed this year. The park is constructing a new Comfort Station in the campground that we are hopeful we may have some access to in upcoming winters.

**Paragon XC** - Due to an unfortunate delay in the golf club's redoing of their irrigation system, it became clear that it would be unsafe for skiing on the property with unmarked, open trenches.

**Graves-Oakley** - Due to the ongoing construction of the new Rugby Field House at the Graves-Oakley site it became clear we would only be able to use the upper loop of the fields from grooming. Fortunately, that is the larger of the areas and resulted in a very serviceable loop being available.

Our remaining locations were business as usual.

**Brunello XC** - Our partnership with Brunello remains a key one. Brunello is the site where we are able to make snow in our Snow Bowl. We were once again impeded by the weather this winter which delayed the making of human-made snow. 2 factors worked against us this winter; the lack of the 72-hour cold spells that are required for the process and several extremely heavy rainfalls in the peak of our winter season. We were able to have the bowl functional for a short time and our groomers took extra care with it during that time.







The Snow Bowl area is now a construction site at Brunello and our snow-making operation will be moved to the Driving Range for next season. We are hopeful that the move will provide more consistent artificial snow, as it is a low-snow location.

Brunello also remains a key partner in offering on-site ski rentals which allows our membership to encourage others to try out our sport.

**Oakfield XC** - Normally within a snowbelt, Oakfield had a disappointing year this year with all of the heavy rainstorms. When there was snow the skiing was fantastic and the onsite grooming team learned quickly how to make the most of the conditions.



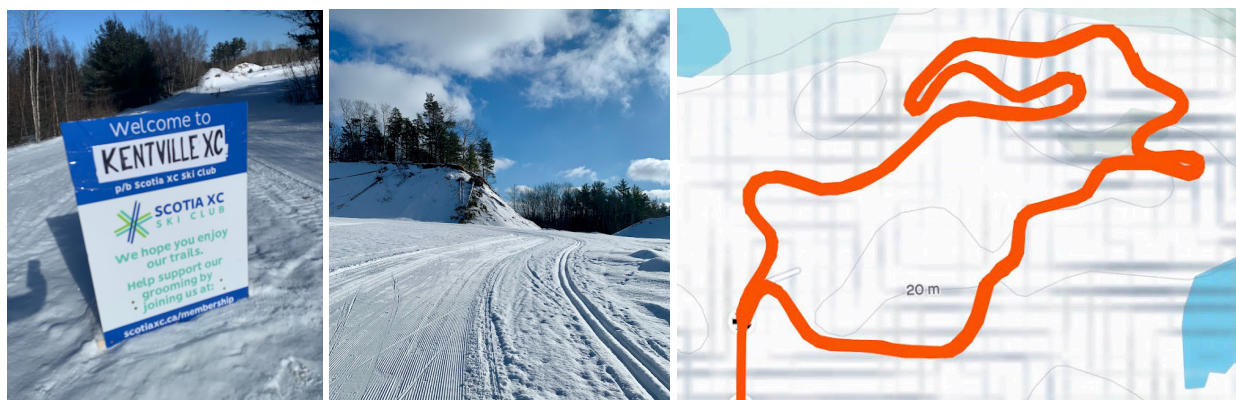
**McDonald Sports Park** - On several occasions we were able to groom McDonald Sports Park. Due to the nature of the trail this is a location that requires a high snow fall for it to be groomable. As this is also a shared trail with walkers, we always encourage anyone who wishes to ski there to do so ASAP after grooming.

Our greatest success this year was the expansion of 3 new sites: Dill Farm in Windsor, Kentville XC and Greenwood XC.

**Dill Farm** - This location was made available through a generous private landowner partnership with Howard Dill Farms. Dill Farm turned out to be a great new location particularly given the proximity to HRM. 45 minutes from the city and you arrived at a 3k loop of rolling terrain that was wide enough to have a separate classic lane for significant parts of it. Being within a municipality was also fantastic for getting new skiers out to enjoy the winter.



**Kentville XC** - This location was made available through a generous private landowner partnership with Aberdeen Paving Ltd. This location turned out to be another source of significant growth for the club. Located within the Municipality of Kentville we were able to attract significant club growth from the area. The snowfall was much more consistent in this region and the skiing was excellent on the 2k loop at Kentville XC. The terrain at this location was also excellent for beginners.





**Greenwood XC** - Our final expansion of the season was to Greenwood XC. This location, through a partnership with CFB Greenwood truly provided a destination ski location. Those in the area and those who made the drive from HRM were not disappointed when they arrived to the beautiful grooming of 8-12k of trails. This area received the highest amount of snow and almost none of the rain and that resulted in the best ski conditions of all of our locations.



### **Grooming Equipment**

The boost in membership over the last 2 years has put us ahead of schedule by several years in terms of the capital investments in Grooming Equipment. We took advantage of extremely high resale value on used snowmobiles to sell off 3 of our snowmobiles and with the increased revenue and grants have acquired a total of 6 tracked ATVs, 2 snowmobiles, the required rollers/groomers/track setters and storage containers for all our equipment.

### **Ski Season**

Our ski season opened on Dec 9th with a couple of skiable days before the holidays. At our HRM locations we provided groom skiing for 21 days. At our new Valley locations, we provided groomed skiing for 35 days. The season concluded on March 7th.

The grooming hours required for the season, including the preparatory and closing work approached 400 volunteer hours this season.

Our volunteer grooming leads; Lorenzo Caterini, Tom Beazley and Roland Daigle both groom and coordinate the remaining grooming efforts of our dozen groomers across our sites. Their exceptional grooming is the backbone of our club.



## Events

Despite a second winter of COVID restrictions we were able to hold some club events. Unfortunately, just as the restrictions were lifted that would have enabled us to host a loppet, the snow was gone. Nevertheless, it was still an active club year and increasing shared experiences will be a focus for next season.

November- 4-week GOAL (Get Outside and Active Lifestyle) Program starts  
November 20th- Ski Swap at The Trail Shop  
December- Draw Prizes- Hubcycle and The Trail Shop  
November- December- Youth Seasonal Rental Program Pick Up Dates (60 families participate)  
December 6th- Brunello Staff Training session with SCOTIA XC Coach Kat  
December 9th- 1st Skiable day- GO and Brunello  
January 8th- Opening of Dill Farm location  
Jan 11th- Snow Guns fired up  
January 11th- Opening of Kentville XC location  
Jan 18th- Adult Programming Started  
January 21st- Youth Programming starts with Dryland Training  
January 21st- Opening of Greenwood XC  
Feb 6th- Club Ski Day at Dill Farms  
Feb 12th- Moonlight Ski and Snowshoe at Greenwood XC  
Feb 16th- Free Pop-Up Mini Lesson with Coach Kat  
Feb 16th- Moonlight Ski at Dill Farm with Member Steve  
Feb 15th- Kings County School visit to Kentville XC  
March 5th- Free Pop-Up Lessons with Coach Jack  
March 7th- Last Skiable Day  
April 25th- Start of Youth Roller Ski Program (6 weeks.)

## Communications

With the new name change, a new website was created to provide members with the information that they need on Trails, Programming and our Sponsors.

[www.scotiaxc.ca](http://www.scotiaxc.ca)

The website received 23,168 views from 5,777 visitors last season. Next season, the plan will be to update the website with daily trail conditions, in addition to the social media posts, as this was highly requested by members. We will also put a request out for another communications volunteer to help improve our SEO.

We also created an Instagram Page, which has 245 followers. Our Twitter account grew to 663 followers. Our FB page remains an active site with 2,689 followers and is a frequent place for discussion. We have also been encouraging members to self-report trail conditions at both our sites and beyond on the group page we manage, NS Skiers searching for Skiable Snow.

We cross post all information across the platforms.

With the work required to maintain the socials, the newsletter has not been used as often. Should we be able to find a volunteer to maintain that we would happily create more content.

### **Programming**

It was a mixed year for programming based on which day of the week the program fell.

### **Youth Programming**

Our Saturday morning programming was the program that was the least successful this year. Out of 8 lessons, we were only able to hold 2 on snow with an additional 2 dryland sessions.

Fortunately due to the enthusiasm of our coaches and the very low programming costs, participants' families were very understanding.

We have identified a clear deficiency in coaching at the Track Attack and above level and are hoping to actively recruit for those ages, particularly targeting former NS Ski Team members. We will also be decreasing the number of lessons we provide in a season as it is clear 8 is not a realistic number given our climate.

Bunny Rabbits- 11 participants

JackRabbits- 20 participants

Track Attack- 16 participants

On a positive note, the last session of the season was an exceptional day.



Our Monday afternoon (7 participants) and evening (8 participants) youth programs were very successful holding all 6 scheduled lessons and with Coach Grace being voted Coach of the Year.

We can also count all 8 members of the NS Ski Team as current members of the club and coaches Kris and Eric utilized several of our sites from the Bowl, to Dill Farm, to Greenwood XC to provide training opportunities for those athletes.

Our volunteer youth coaches are the backbone of our programming and we are extremely appreciative of their efforts.



### Adult Programming

Our adult coaches took incredible ownership of their groups and showed exceptional flexibility in terms of changing time, date and location to provide the best on snow experiences they could for their learners. The learners were often up for any and all suggestions.

Sundays- Classic Skiing Open- 10 participants

Mondays- New-to-Skiing Classic- 16 participants

Tuesdays- Intermediate Skate Skiing- 18 participants

Wednesdays- Beginner Skate Skiing- 21 participants

We held some planning sessions, to be revisited in the fall, in terms of revamping the lessons experience. Again, we will be looking at decreasing the number of weeks we hope to deliver, possibly moving to more of a Pop-Up model or some combination of options. It is clear again this year that the demand for lessons, particularly for beginners, is larger than our volunteer coaching capacity. We will continue to look for coaches in our areas of expansion as well.





**Board of Directors**

President and Communications: Melanie MacDermid

Grooming Leads: Lorenzo Caterini, Tom Beazley, Roland Daigle

Treasurer: Dave Keefe

Recording Secretary: Brian Norman

Members-at-Large- Dave Hubley, Andrew Hill

## **Nova Scotia Cross Country Ski Team Report: 2021-2022**

### **2021-2022 Provincial Team**

#### **A Team**

- Ogen Newcomb
- Fiona McClure
- Grace McIntyre
- Milo Sircom-Brown

#### **B Team**

- Cohen Norman

#### **Development Team**

- Emma Archibald
- Lynden Doyon
- Suzanne Jackson
- Aaron Lane
- Jack MacMillan
- Ewan Miner
- Paige Neklia

#### **Leadership**

- Daniel Murray, Head Coach
- Lilla Roy, Coach, Para Nordic
- Tara McIntyre, Manager

#### **Selection Committee**

- Jennie Mae Roy, Chair
- Chris Algar
- Tyler Germani

#### **Training Camps**

- HRM Camp #1, September
- Keppoch Session, November
- HRM Camp #2, November
- Baddeck Training Camp, November
- Charlo, on snow, December
- Heritage Weekend, on snow, February



## Regional Sanctioned Events

### Upper Canada

- Ontario Cup, Kawartha
- Ontario University Championships, Sudbury
- Coupe de Quebec Finale, Morin Heights

### Maritimes

- NB Cup, Fredericton
- NB Cup, Tracadie
- NB Cup - Miramichi
- NB Championships - Charlo

## Major Events & Highlights

Event	Participants	Top Results
Candy Cane Cup Gatineau, QC	Fiona McClure Ogen Newcomb Emma Archibald	<b>Ogen Newcomb</b> - 18 <sup>th</sup> , U20 Men, 15km skate
Eastern Canadian Championships Gatineau, QC	Fiona McClure Ogen Newcomb Emma Archibald	<b>Emma Archibald</b> 2x Gold, Para Nordic Standing Female - 5km classic - 5km skate  <b>Ogen Newcomb</b> - 13 <sup>th</sup> , U20 Male, 15km skate  <b>Fiona McClure</b> - 15 <sup>th</sup> , U20 Female, 15km skate
National Championships Whistler, BC	Emma Archibald Milo Sircom Brown	<b>Emma Archibald</b> 3x gold medals, Para Nordic Female Standing - 5km classic - 5km skate - 1km sprint  <b>Milo Sircom-Brown</b> 28 <sup>th</sup> , U18 Boys - 10km classic - 15 km skate





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## Season Highlights

### Emma Archibald

- Invitation to National Development Training camp for Para Nordic
- Nomination to Nordiq Canada's National Para Nordic Prospects Team

### Partnership with Chelsea Nordiq at National Championships

- increased networking with high performance teams in Canada, which better aligns with the NS Team High Performance Plan.

### University Racing

- 3 members of the NS team are also members of competitive university teams
- Carleton University: Fiona McClure, Ogen Newcomb
- University of Ottawa: Emma Archibald





Baddeck



Keppoch





NB Cup- Miramichi



Ski Nationals (Milo)





Ski Nationals (Emma)



## 2022-2023 Provincial Team

### A Team

- Ogen Newcomb
- Fiona McClure
- Grace McIntyre
- Milo Sircom-Brown
- Lynden Doyon

### B Team

- Cohen Norman
- Ewan Miner
- Paige Neklia
- Emma Archibald (Para Nordic)

### Development Team

- Suzanne Jackson
- Aaron Lane
- Romey Gallagher
- Jonah McIntyre
- Adrien Doyon

### Leadership

- Daniel Murray, Head Coach
- Lilla Roy, Coach, Para Nordic
- Tara McIntyre, Manager

### Selection Committee

- Jennie Mae Roy
- Chris Algar, Chair
- Tyler Germani



## Awards

### Support4Sport Awards

2022 Support4Sport Volunteer of the Year Award  
John Hudec

2022 Support4Sport Coach of the Year Award  
Grace McIntyre

2022 Support4Sport Junior Male Athlete of the Year Award  
Ogen Newcomb

2022 Support4Sport Junior Female Athlete of the Year Award  
Fiona McClure

### CCNS Awards

2022 Bryan Scallion Award  
The fastest male and female skiers in Nova Scotia Provincial Championships. Not awarded in 2022 because we were unable to hold Provincial Championships, due to provincial government COVID-19 regulations.

2022 Freda Wales Award  
Sandra Curtis, North Highlands Nordic  
Awarded to a woman who has made an outstanding contribution to cross-country skiing in Nova Scotia.

2022 Lifetime Achievement/Contribution Award  
Pierre Roy  
This award is issued to a member of the Nova Scotia Nordic ski community in recognition of their long term commitment to growing, enriching, and promoting cross country skiing in the province. This person demonstrates a love and enthusiasm for skiing and shares it. They may be a coach of athletes or recreational skiers, adults or children. They may be an organizer of ski events such as races, loppets or community events; or a person who can always be counted on to help with these events. They may be a groomer, fundraiser, board member of a club or CCNS, trail maintainer, official, athlete, or administrator. They love to ski and see others on skis.

## Cross Country Nova Scotia 2022 Board Nominations

### Open, but with Renewal Offers from Existing Board Members

Member at Large: Melanie MacDermid

Member at Large: Lorenzo Caterini

Member at Large: Dave Hubley

Member at Large: Lois MacNeil

Member at Large: Friends of Ellenwood Park (shared among 3 board members: Chris Bolger, Wendy Majestic, Stephen Sallows)

### Open for New Board Members

Members at Large (2 positions)

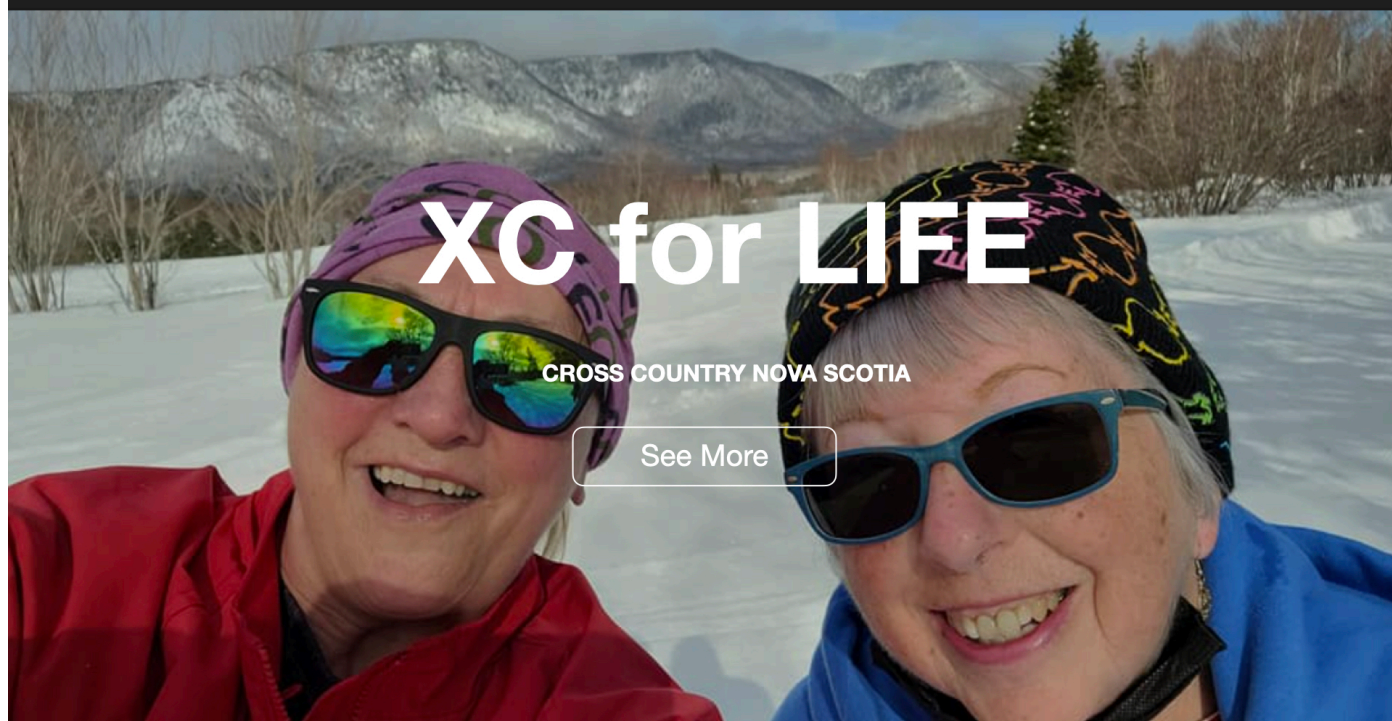
President (1 position)

### Nominations Received

No nominations received







## Cross Country Nova Scotia

5515 Spring Garden Road, 4th Floor | Halifax, NS | B3J 1G6

T: 902.425.5540 Ext. 370 | F: 902.425.5606 | E: ccns@sportnovascotia.ca | www.crosscountryns.ca