



**2024 Annual General Meeting**

**Cross Country Ski Nova Scotia**

**May 16<sup>th</sup> – 7 pm – 8:30 pm**

**Zoom Conference Call**

## **Agenda**

1. Welcome by CCNS Board
2. Regrets and apologies
3. Establish Quorum of 3 Directors
4. Approval of 2023 AGM Minutes (pp. 4-6) | Motion required
6. Financial Statements and Treasurer's Report | Motion required
7. Administrative Coordinator Report
8. Communications Report/Overview
9. Annual Update
10. Reports by Clubs wishing to present
11. Ski Team Report
12. Nominations to Board | 3 vacancies – 0 nominations - 0 to be elected
13. Presentation of the 2023 CCNS Awards
14. Adjournment of AGM

## **2023-2024 Board of Directors**

Chair / President: Vacant

Vice President: Vacant

Treasurer: Kris Doyan, Scotia XC Ski Club

Secretary: Vacant

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: Paula Michaelis | North Highlands Nordic

Member at Large: Eileen Woodford | Baddeck Nordic

Member at Large: Melanie McDermid | Scotia XC Ski Club

Non-Voting: Daniel Murray | Coach, Provincial Ski Team

### **Staff**

Aidan Devine, Sport Nova Scotia, Administrative Coordinator

Catherine Caouette, Cross Country Nova Scotia, Communications Officer

## **Club Contacts**

### Cape Breton Nordic

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

### Scotia XC Ski Club

Melanie MacDermid | [scotiaxc.ca](mailto:scotiaxc.ca)

### North Highlands Nordic

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

### Baddeck Nordic Club

Eileen Woodford | [info@baddecknordicclub.ca](mailto:info@baddecknordicclub.ca)

## Membership Votes

- The 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
Scotia XC	386	5
North Highlands Nordic	119	3
Baddeck Nordic Club	65	2
Cape Breton Nordic Ski Club	33	1

## Supporters

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



## AGM Minutes

### 2023 CCNS AGM Minutes

**Present:** Melanie MacDermid, Catherine Caouette, Paula Michaelis, Kris Doyon, Dorian Hudec, Daniel Murray, Eileen Woodford

**Present for Award Presentation:** Paige Neklia, Eileen Woodford, Susan Corrigan

Minutes submitted by Aidan Devine  
Meeting held via Zoom video conference

<b>Agenda</b>	<b>Discussion</b>	<b>Time</b>
Welcome by CCNS Board of Directors	Board welcomed the attendees. The agenda of CCNS awards was moved forward.	7:06 pm
Approval of AGM Package	Refer to the 2023 CCNS AGM booklet for details.	<b>Motion:</b> To approve the AGM Package as circulated. <b>Moved:</b> Melanie <b>Seconded:</b> Paula <i>Motion carried.</i>
Presentation of the 2022 CCNS Awards	Refer to the 2023 CCNS AGM booklet for description of the awards and nomination write-ups. The <b>Freda Wales Award</b> to Eileen Woodford, and the <b>CCNS Lifetime Contribution Award</b> to John Cameron. <b>Sue Hill Award</b> to Paige Neklia.	7:13 pm
Establish a Quorum of 3 directors	A quorum was achieved. All clubs were present and represented by their respective presidents: Melanie MacDermid (Scotia XC), Paula Michaelis (NHN), Dorian Hudec (CBN), and Eileen Woodford (BNSC).	
Approval of 2022 CCNS AGM Minutes	See page 5 in the AGM booklet.	<b>Motion:</b> To approve the 2022 AGM minutes as circulated. <b>Moved:</b> Melanie <b>Seconded:</b> Eileen <i>Motion carried.</i>
Financial Statements and Treasurer's Report	Kris presented his report. See the AGM booklet for the specifics. Total revenue for the year was \$61,485.36 and total spending was \$78,376.92. The deficit mainly came from the increase in club grants given out this year due to our large increase in funding that will be coming over the next 4 years. Kris also recommends Ski Team have a budget for the coming year.	<b>Motion:</b> To accept the Treasurer's Report as presented in the AGM booklet. <b>Moved:</b> Paula <b>Seconded:</b> Melanie <i>Motion carried.</i>
Administrative Coordinator's Report	Aidan summarized his report. See AGM booklet. Highlights included School Ski Rental Program – continuing the great work Lauren, Kat, and Kathrine started last year. Collaborate with Melanie on annual outcomes and other government mandatory tasks. Complete the day-to-day financials of CCNS.	7:23 pm
Communications Report	Cathy presented her report. See AGM booklet. She thanked the club presidents and others. Objectives were met: <ul style="list-style-type: none"> <li>• To engage readership year-round on CCNS social media channels.</li> <li>• To increase awareness of the CCNS website and engage readership year-round.</li> </ul>	7:25 pm

	<ul style="list-style-type: none"> <li>To maintain and develop partnerships across clubs, recreation departments, cross-country ski retailers, and news publications.</li> </ul>	
CCNS Projects Report	Melanie presented Report. See AGM Booklet for details. Highlights include New Canadians on skis reports. Which contained having some members participate directly in Scotia XC programming and some in a series of try-it events. Grant was obtained for Nordiq Canada for \$5010. Collaboration with ISANS really made it possible for special thanks to them. Coaching Camp was also a major success special thanks to Steven from Nordiq Canada for coming down to run it.	7:30 pm
CCNS Club Reports	See the AGM booklet for reports as presented by Eileen (Baddeck Nordic Club), Melanie (Scotia XC Ski), Dorian Hudec (Cape Breton Nordic), and Paula (North Highlands Nordic).	8:10 pm
Ski Team Report	Daniel presented his report. See AGM booklet. Incredible year, the results from Canada Games and all the other events were amazing. It was a strong team on paper and the results backed that up.	8:15 pm
Nominations to the Board	There are 4 vacancies and 1 nomination of a member at large to Eileen Woodford. Those interested may join over the year and be elected at the next AGM.	<b>Motion:</b> To accept the Nomination of Eileen Woodford <b>Moved:</b> Melanie <b>Seconded:</b> Kris <i>Motion carried.</i>
Adjournment	AGM adjourned	8:25 pm

## Financial Report

Cross Country Ski Nova Scotia 2023-2024 Treasurer report  
May 16 2024

### Revenue:

The winter of 2023-24 saw the board of Cross Country Ski Nova Scotia, successfully deliver a number of exciting new initiatives. From a financial perspective, annual performance, net revenue variance was +1.3%.

In absolute revenue terms, the largest variance occurred in the funding a grant revenue +7%, driven by PSO and NSO grants that were not budgeted.

Program revenue - +78% due to un-budgeted revenue from coach education and higher than expected member due 47% and rental revenue 42%.

Expenses:

Program and General expenses 15% over budget, driven primarily by Skill Development Program materials, Provincial Championships expenses (awards), Nordique Canada AGM expenses.

Administrative expenses were 20% over budget, largely due to additional staff/contract employee costs of 35%. I believe this is the result of the GL code including the ski ambassadors at contract employees though those expenses would have been budgeted in the the program expenses.

Provincial Team:

The provincial team did not provide a budget. Revenue of \$34826.43 and expenses of \$36375.63 Running a slight deficit of -\$2111.20. Note that the Provincial team bank account balance stands at \$6145.54.

This year also saw the departure of Hilda Lapierre from Sport NS, Hilda was provided our bookkeeping and prepared all our monthly financial reporting. As we head into the summer months when financial activity is traditionally less, we have the opportunity to define expectations so that up to date and useful reporting is available when critical decisions are made in the fall/winter.

Overall, we had a successful year and are well positioned to sustain this level of activity throughout our current funding cycle. Some opportunities for improvement would be to better define project budgets to align with GL codes. This would enable clearer reporting. I also recommend that the Provincial ski team submit annual budget.

## **Administrative Coordinator's Report**

It's been a busy winter for CCNS. In this role, I am responsible for CCNS along with Boxing NS and the Karate Nova Scotia other Sport NS files. During my 11 months in this position, I have completed administrative duties, managed financials, assisted with reports and applications and assisted in the co-managing of the CCNS school ski rental program with Kat Kitching as well as the newly created ski ambassador position with Melanie MacDermid

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 2023-2024:

- CCNS Financials – as a result of much effort put in by myself, 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.
- Annual Outcomes – Annual outcomes are a joint initiative with Sport NS, the Department of Communities, Culture, Tourism and Heritage, and the Canadian Sport Center Atlantic.

The purpose is to track some of CCNS's overall goals for the year to see where funding is being put to use. In March of this year, the board and I got together to create these and they were submitted and approved by the organizations listed above. Throughout this year we will have check-ins on these goals to see where we are at as they look to structure what hopes to be another great year ahead!

I would like to thank the CCNS Board of Directors for another great year. I have enjoyed working with the board and appreciate their trust, guidance and enthusiasm as I have to learn my way around this role.

Respectfully submitted by, Aidan Devine

## Communications Report

### Communications

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	
	TARGET	ACTUAL	TARGET	ACTUAL	TARGET	ACTUAL
FACEBOOK	2,000	2,300	10,000	7,500	60,000	138,500
INSTAGRAM	200	249	1,500	6,536	60,000	31,254
TWITTER	200	99	1,000	1,794	20,000	19,110



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

MEASURABLE	TARGET	ACTUAL
Trails and Conditions - web page	8,000 views	4,806 views
News Articles - web pages	5,000 views	14,921 views
Visitors	10,000	17,202
Views	25,000	27,827

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

MEASURABLE	TARGET	ACTUAL
CCNS Info Postcard	300	400
	Stores - 3 Clubs - 3 Municipalities - Review	- Hub, Trail Shop, MEC - SXC, NHN, CBN - Ski Ambassadors
CCNS website page “cross-country ski clubs”	1,000 views	859 views
News articles	1 story per club, 2 athlete features, notable team results as applicable.	TV - 2 Articles - 3 Radio - 2

**Website Annual Comparisons**

	2023-24	2022-23	2021-22	2020-21
<b>VIEWS</b>	27,827	24,289	32,448	26,921

<b>VISITORS</b>	17,202	11,981	14,071	12,228
<b>SNOW REPORT</b>	4,806	4,791	11,324	11,144
<b>CLUBS</b>	859	872	1,315	1,506
<b>NEW TO SKI</b>	526	548	892	-
<b>ARTICLES</b>				
- PUBLISHED	40	38	44	55
- VIEWS	14,921	8,463	7,326	4,305
<b>REFERRERS</b>				
- SEARCH ENGINES (ALL)	14,434	9,899	10,619	8,242
- GOOGLE	14,044	9,312	9,760	7,765
- FACEBOOK	2,300	2,914	3,135	4,395
- TWITTER	99	227	300	466
- INSTAGRAM	57	249	261	-
- LINKTREE	204	--	-	-
<b>LINKS (CLICKS TO EXTERNAL SITES)</b>	6,153	5,586	9,816	-
<b>COUNTRIES</b>	90	86	67	46

### Digital Platforms Overview

	<b>REACH</b>	<b>ENGAGEMENT</b>	<b>HOURS VIEWED</b>
FACEBOOK	138,000	7,500	-
FACEBOOK VIDEOS VIEWED	-	-	2,673
INSTAGRAM	17,400	-	-
TWITTER	19,110	-	-
WEBSITE	17,202	27,827	-

## CCNS Annual Update

### CCNS Annual Update- 2023/2024

The 2023/2024 Ski season was an exciting and busy one for CCNS as we pursued several new projects.

#### Masters Camp/ Adult Instructor Program

Working together with Stephen Novosad from Nordiq Canada, our Coach Development Lead, Dave Hubley, had the vision to combine a camp for providing ski instruction to Masters aged skiers, alongside the delivery of the new Adult Instructors Coach Development Program.

Nordiq Canada has developed a program similar to their Community Coaching stream for Youth Programming to make Adult Instructor education more accessible across the country. CCNS was instrumental in the trialing of the program at last year's Coaching Camp that was held at NHN. We were also offered one of the first 3 deliveries of the program, held at Charlo, NB in early January 2024. CCNS was generously granted funding from the Department of Communities, Culture and Heritage, Support for Sport Nova Scotia and Nordiq Canada to be able to send 4 coaches to the Charlo camp to obtain Instructor and/or Learning Facilitator status and an additional coach to the program held in Val Morin, Que. This leaves CCNS in an excellent position to be able to deliver the program within the province to Adult Instructors in the upcoming years.



This instructional program was tied into an extremely successful sold-out Masters Camp where skiers from Nova Scotia and New Brunswick joined together for ski improvement skills and drills in both the classic and skate techniques. Reports back from participants were that this was an excellent experience, with enthusiastic instruction that they hope will be an annual event.

CCNS was also able to deliver another Community Coaching Course to 3 coaches and Instructor John who braved a blizzard to do so.



### **School Ski/Ski Ambassador Programs**

One of the primary objectives of CCNS is to introduce Nova Scotians to Cross Country Skiing across the province. This year, in addition to our School Ski Program, we were able to bring on board 3 Ski Ambassadors to spread the word about our sport.

Kat Kitching returned as the coordinator for the School Ski program and took on an organizational role in coordinating with our 2 mainland Ski Ambassadors, Claire Miner and Stacy Payne. We were also delighted to have Michelle Richards represent CCNS in the Cape Breton Region. The vision of the School Ski/Ski Ambassadors was to connect with all ages of skiers from school-aged children through Masters, all levels of skiers from new-to-snow to intermediate skiers and to reduce the barriers that some groups have in accessing the sport.

With the fleet of skis that CCNS has and maintains for the School Ski program the Ski Ambassadors we were able to take those skis to schools, parks, recreation centers and to groomed ski club locations to offer programming that included social skis, family skis, basic instruction and skill improvement clinics.

As with all things cross country skiing in Nova Scotia, flexibility was required in working with the weather and unfortunately not all of the events that were planned were able to take place. However, those contacts were made and hopefully those groups will find themselves on skis next year.

On the mainland we were able to reach approximately ~750 participants, with another ~500 who had expressed interest in programs that were canceled due to the lack of snow.

Event	Snow?	#	Target Group	Region
<b>Mainland Events</b>				
GO BYO gear classic pop-up	Yes	4	CCNS Club Members	Valley
Thursday Masters Social Ski	Yes	7	Masters	Valley
Stacy's school group - Cavalier Drive school	Yes	200	Ski School	Central
Wild Outside	Yes	9	Community Group	Central
Springfield Lake Rec midwinter carnival try it event	Yes	20	Rec Department	Central
Kentville Rec "Fire & Ice" event	Yes	15	Rec Department	Valley

## Cross Country Ski Nova Scotia

Keppoch Family Winter Fun day -	Yes	75	Non-club community members + Para Engagement	Highland
Tips/Social ski w Kat at Brunello	Yes	11	CCNS Club Members	Central
Crichton Park School event	Yes	200	Ski School	Central
Sackville snow days	Yes	78	Rec Department	Central
Evening Family ski @ Brunello 20 ppl, (about half kids)	Yes	20	Non- Club Members- Adults and youth	Central
Haliburton House Masters / Adult social ski	Yes	2	Masters	Valley
ScotiaXC Coaches ski @ Brunello	Yes	2	Coaches	Central
Small evening try-it w Claire @ Brunello	Yes	6	Non-club members	Central
Family weekend try it at Brunello with Kat	Yes	25	Non- club Members	Central
Small evening try-it with Kat at Brunello	Yes	4	New Canadians	Central
Prospect Rd elementary school -	Yes	85	Ski School	Central
Total		763		
The Keppoch Family friendly casual loppet	No	30	Non-club Members	Highland
ISANS Dartmouth Family Ski	No	50	New Canadians	Central
ISANS big Brunello event	No	50	New Canadians	Central
Wolfville Rec Beginner Try It Event March Break	No	15	Rec Department	Valley
Park West school	No	180	Ski School	Central
BOOKER SCHOOL EVENT	No	13	Ski School	Central
Adult Masters Pop-up	No	3	Masters	Central
Bring your Own Gear Pop-up ski and Tips w/ Claire	No	3	Masters	Central
Girl Guides "2nd Timberlea Embers"	No	22	Community Group	Central
Family fun morning at Brunello - Scotia XC	No	70	CCNS Club Member Families	Central

## Cross Country Ski Nova Scotia

Small evening try-its - Tues w Stacy & Kat, Thurs with Claire @ Brunello	No	34	Non-club members	Central
ISANS own-transport event Brunello	No	50	New Canadians	Central
Ski at Victoria Park	No		Non-club members	Fundy
Valley pop-up Masters ski	No		Masters	Valley
Total		520		

In Cape Breton we were able to reach approximately ~250 participants, with another ~450 who had expressed interest in programs that were canceled due to the lack of snow.

<b>Cape Breton Events</b>				
Colliery Lands Park- Try it and Beginner Lessons	Yes	18	CBRM Municipality Rec	CB
Baddeck Try It and Beginner Lessons	Yes	14	CCNS Club Members- Adults and Masters	CB
Baddeck - Social Ski and Family Fun Day	Yes	14	CCNS Club Members	CB
Middle River School	Yes	12	School- Rural with few resources	CB
Rankin School	Yes	145	School- High Indigenous Population	CB
NHN- Loppet	Yes	30	Club and non club members	CB
NHN- Family Ski Basics	Yes	6	Non-Club members	CB
NHN- Classic Ski Clinic	Yes	7	Club and non club members	CB
NHN- Skate Ski Clinic	Yes	1	Club member	CB
Ingonish Development Society	yes	0	Non club members	CB
NHN Cookie Race	yes	10	Club Members	CB
Total		257		
Wagmatcook Recreation	no	20	Indigenous persons	CB

Wagmatcookewey School	no	147	Indigenous persons	CB
Waycobah Recreation	no	30	Indigenous persons	CB
Waycobah School	no	150	Indigenous persons	CB
Inverness Recreation / Margaree community	no	20	Municipality Rec	CB
Richmond Recreation	no	20	Municipality Rec	CB
Cape Breton University International Students	no	75	New Canadians	CB
		462		

Much of the work of the Ski Ambassadors was generously funded through Nordiq Canada's Equity Initiative Grant as we were working hard to reach groups that have historically faced barriers to participation. Claire Miner took on a mandate to increase our outreach to the Para Nordic ski community. Stacey Payne and Kat Kitching's mandate included working with ISANS to connect with New Canadians. Michelle Richards worked with engaging members of Indigenous communities and under-resourced schools in rural Cape Breton.

As with any new program this was a year of establishing procedures and protocols. However, despite the time required to get things up and running, the outreach to the community far exceeded our initial expectations. A special mention of appreciation goes out to Cathy Caouette, our communications expert, who provided the timely and informative communications support to engage with the public. Member clubs reported high level of satisfaction from their engagement with the Ski Ambassador and the board supports continuing to deliver and grow this program next season.

Melanie MacDermid

Acting Director

## **Baddeck Nordic Report**

Baddeck Nordic had a successful second season. Although the time snow was enable was only 5 weeks, considerable progress was made. I want to publicly thank my Board colleague, all club members and our sponsors and partners for their ideas, support and hard work this past season. We are making amazing progress

Some highlights:

### **1. Trail improvement and maintenance**

a. Some 5 km of trail excavated, widened and drainage improved; skiable trails now close to 10 KM

- b. Club purchase of ATV, utility snowmobile, sled and borrowed a groomer renovator and refurbished a roller
  - c. An experienced snowmobile trail groomer volunteered to help us regularly, supported by two club members. Trails were groomed 15 times. Thank you Roger Wilcott.
  - d. A new trail was cut across the top of a ridge to connect the north and south parts of the system. It is a trail that can be done by snowshoers and skiers of all abilities and it has the most amazing views in all directions
  - e. Cutting trees, moving debris etc achieved through volunteers in several work parties; some 380 hours of volunteer time
  - f. Grooming reports reported live and accessible through club website
  - g. Baddeck Nordic is very grateful for the people who helped inform decisions about grooming equipment including Sheldon Garland, Wilf Kaiser, Ernie MacIntosh. all from Crowdis Mountain Snowmobile Club; Greg Stewart, The Keppoch; Lorenzo Caterini from Scotia XC and Daniel Murray and Tyler Germani from Baddeck Nordic
2. Trail head, signage and parking
- a. A club member built a trailhead kiosk that is used for an information board
  - b. The parking area was excavated, levelled and surfaced with rock
- C..Durable signs were purchased for trailhead and trail system. These include directional, safety, levels of ability, trail descriptions, trail names, and trail system maps placed at intersections denoting "you are here". In addition, a large Baddeck Nordic Club with logo and graphics, and civic address was erected at the main entrance
3. Programs
- a. Club focus for the past year was on developing quality trail infrastructure and grooming. We were blessed to have Cross Country Ski Ambassador Michelle Richards in our area. She provided a number of clinics around the island, including several at schools in our County and 3 at Baddeck Nordic Trails. .this is a great program and one that our club strongly endorses. Michelle's expertise and commitment is a real asset
  - b. The Baddeck Library Winter Equipment Loan program expanded the range and number of skis this year, thanks to Victoria County Recreation Dept. There is now a good range of sizes for kids, as well as adults and this addition will go a long way to promote skiing and snowshoeing for all ages. the Librbay staff do an amazing job of storing equipment and managing loan processes.
4. Membership increased from 35 in 2023 to 65 this year Day Pass users in 2023 numbered ten and increased to 85+ in 2024. We are getting great feedback from members and daily users
5. Fundraising and grants



The Club had two successful fundraisers through ticket sales. We were fortunate to be awarded a total of six different grants which made equipment purchases, trail improvements, signage and excavation possible. Several grants provided funds and allowed us to use those funds to "lever" other funding opportunities. Baddeck Nordic wants to thank CCNS for their contribution to our excavation project this past season. The impact is tremendous

#### 6. Communication and Website

-Monthly newsletters were shared with members and partners from November through April

-Facebook proved to be a great way to market our trails.

; Baddeck Cross Country Skiers Followers increased from 35 to nearly 400 in a month

-Cathy Caouette, CCNS worked with our Club secretary Nicoline Kerkhoven DeWitt to develop a website based on linktr-ee that is perfect for our needs. Hits during Feb and March were well over 1000. People can find trail information, buy a membership or day pass, see current grooming reports and pictures, etc

- Support from CCNS to market Baddeck Nordic was very helpful. Links on CCCNS website, Facebook etc were very useful to increase awareness of our club. CCNS support on a wide range of topics is very much appreciated

Respectfully submitted

Eileen Woodford

President, Baddeck Nordic Club 2023-24

## Cape Breton Nordic Report



## Cape Breton Nordic, 2024 AGM Report

Cape Breton Nordic had a year with another late start to the season. Despite that, there were a few very positive developments. This year have continued to improve our grooming capacity. We were able to remain financially stable due to memberships, generous donations and by a large group rental. This year our membership rebounded after a late season start with the final count of 33 members. The heavy February snow weekend was more of a challenge that expected. Thanks to club volunteers we were able to dig the trailer and equipment out and have many good days of skiing and snowshoeing through February prior to the heavy rains that ended the season. We continue to be thankful for our grooming team and some community volunteers that helped set up and take down the equipment for this season. As usual our community partner, Seaview Golf and Country club was a gracious host.

The Board of Directors remained positive following this season. We learned a great deal this season and have some very active and enthusiastic new members. Plans for next year include recruitment of new board members, community volunteers and members. We will be fine tuning our grooming equipment and expanding our grooming team so that we can groom quickly when conditions allow. We will work more diligently to provide opportunities for outdoor activities across the seasons. We look forward to providing try-it days and informal instruction in the 2024-25 season.



The three highlights of this season include:

- The hiring of a student club room supervisor in partnership with Cape Breton University's, Jennifer Keeping Centre for Accessible Learning.
- A partnership with Cadets Canada to provide a two-day camp opportunity getting close to 50 cadets on skis on the Cape Breton Nordic trails.
- Development of grooming expertise and capacity to make the best use of available snow.

Our goals remain to expand lessons and to develop several special events in conjunction with community partners locally, regionally, and provincially. In 2024-25 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, May 2024**

North Highlands Nordic Report



North Highland’s Nordic 2024 Year End Report

**President:** Paula Michaelis

**Past President:** Linda Murray

**Treasurer:** Lynda Grace Burton

**Secretary:** Susan Hatcher

131 members NHN

(Including 63 season passes, 21 youth programs registrants & 8 family season passes)

Trail Users Per Month:

	Dec.	Jan.	Feb.	Mar	Marc h	Apri l	May	Total
			b.					
					Break			
2024	12	973	82 6	938	435	12		3189

2023		65	63 0	112 5	435	73		1893
2022								
2021		1	58 7	838	671			1426
2020	15+	845	92 8	595	COVID	COVID		2368
2019	20+	915	47 2	807	346	20+		2580
2018	50+	626	68 9	104 6	470	75+		2956
2017	30+	825	10 78	824	460	50+		2807
2016	35	102 5	60 6	407	275	6+		2079
2015		612	63 6	619	225	100+	20+	1987
2014	138	825	84 3	944	388	200+	3	2954

Visitors: Dingwall, South Harbour, Aspy Bay, Cape North, Bay St. Lawrence, Ingonish, Neil's Harbour, Australia, Japan, Toronto, Sydney, Quebec, Timberlea, Waverley, Halifax, Cheticamp, Montreal

- March Break events Mar 8 - 17, International women's day community celebration, world famous cookie race for preschool age, Annual Ski loppet, costume day with pizza lunch, BBQ hot dog day, Snowshoe Loppet and the CB XC Ski
- Ambassador Michelle Richard's with CCNS had 4 scheduled free lessons for all ages and abilities

Recognizing the individuals who make NHN possible:

- NHN Fundraising Committee raised \$6,200 to acquire a new grooming attachment for the quad.
- NHN Nordic Cafe volunteers: Paula Michaelis, Lisa Dixon, Christy Buck, Theresa Buck, Linda Burton, Margaret Courtney and Susan Hatcher.
- Katie Fougere Manager and Celine Talian part time attendant for making the Nordic Center welcoming experience for visitors and members.
- Jamie Dixon and Maurice Curtis for their outstanding technical skills maintaining the trails to the highest standards.
- Cheryl Dixon, Rosemary Algar, Precious Mackinnon, Shania MacKinnon, Abbey-Leigh Heilig, Lois Mcneil and Josh MacDonald the volunteer instructors for the youth programs
- To everyone who traveled to enjoy our trails and play in our snow and support the local economy
- Highlands Hostel, Sidanna Retreat, Little Brook Cottages for partnering with us for the Ski & Stay Package

Thank You

To The following supporters of NHN:

- Victoria County Recreation & Active Living
- Active Community Fund
- Cross Country Ski Nova Scotia
- Destination Cape Breton
- Tourism Nova Scotia
- NS Communities Sport and Recreation
- NS Trails Federation
- Cabot Building Supply
- Victory Coop Fisheries
- Numerous local businesses for time, building expertise and equipment
- Businesses and members who donated items for NHN's ongoing fundraising efforts
- Jacon MacDonald for making the medals for the preschool cookie race
- Scotiabank
- To the faithful season pass holders

President of North Highlands Nordic

Paula Michaelis

## Scotia XC Ski Club Report

### SCOTIA XC SKI CLUB 2023-2024 REPORT



#### External Funding

With the completion of our capital expansion projects last year, SCOTIA XC did not pursue any external funding. The focus of the club shifted back towards grooming and program delivery. We are in an excellent position with brand new equipment at most locations and will start budgeting some of our annual revenue to be prepared for any inevitable maintenance and repairs that would be required as the equipment ages.

#### Membership

Our membership remains stable around ~400 member mark. This is a drop from the COVID years, presumably also reduced due to the shortened snow seasons we have been having.

Total Membership: 379 people (200 Female:176 Male)

Family Memberships : 47

Adult Memberships: 168

Youth Memberships: 26

Brunello Pass: 70 Adults and 18 Families took advantage of having access to our human-made snow bowl area.

Day Pass use seems to be increasing annually. 59 passes were purchased to support the club's grooming efforts. Another 20 people chose to make a donation to our Fundraising campaign.

Member retention will be a goal for the 2024-2025 year.

#### Grooming Locations

Brunello XC- Our partnership with Brunello remains a key one. We are in year 2 of the move of the snowmaking area to the Driving Range (complete with the lights). We were once again impeded in our snow making efforts due to inspection related delays for the pump house which was moved closer to the range. Once up and running a 3-day snow making session was

completed and we were met with the unfortunate reality that the artificial snow does not seem to be surviving the exposed windy, sunny area of the range. Meetings with Brunello were held to talk about ways to improve the artificial snow making and increasing snow depth, expanding the wooded trail area and using the sheltered area more effectively are all options that are being considered. Fortunately, we were gifted a significant snowfall after the snowmaking attempt that kept the range open for skiers.

Conditions on the cart paths were the best they have been in years for the month of February making it a well skied destination for club members and members of the public alike.



Brunello also remains a key partner in offering on-site ski rentals which allows our membership to encourage others to try out our sport. Our grooming team of Curtis, Dave and Bill worked extremely hard taming the unusual snow depth to bring us a great skiable surface.

Oakfield XC- Oakfield XC had an extremely successful year. Excellent snow conditions and the combo of our groomers Roland and Ron meant Oakfield was also a well skied destination. The snow depth also allowed for classic track setting which is always a treat.



McDonald Sports Park- The decision was made to pause grooming at McDonald's Sports Park this year after a significant amount of trail damage due to the flooding this summer while continuing to observe the foot traffic. McDonalds Sport Park was a favorite ski destination for many within the club however, it has become clear that it is no longer feasible to continue to groom the location. Due to the nature of the trails, it requires significant snowfall for the coverage required to groom (rocky trail surface and significant canopy coverage) and unfortunately the grooming is walked on almost immediately afterwards as it is a very popular walking/dog walking destination. With limited volunteer groomers available, it is no longer an efficient use of resources to continue to groom going forward.

This is not a decision undertaken lightly as we recognize the historical importance of the Bryan Scallion Memorial Trail system.

Graves Oakley- Our small but mighty location in HRM has the ability to provide great skiing and acts as a back-up location for programming. Groomer Jim provides excellent skiing on very limited amounts of snow. We were also able to use the lights for night skiing early in the season.

Dollar Lake- We were caught off guard on this location this year. It had not been communicated to us that further construction projects would be happening in the park and this was not discovered until after we had completed our 1st groom. Unfortunately, when discovered, we learned that there would be ongoing projects and plowing of the main road into the park into the new year. We plan to be in communication with the Parks Department in the fall in order to communicate to the membership what the winter of the 2025 season will look like.

Our Valley locations did not receive the large snowfalls that we were blessed with in the HRM locations but were still able to have many skiable days as we were fortunate to not have too much rain or warm melt days.

Haliburton House/Dill Farm- We switched back to the Haliburton House location this year and Groomer Pam provided many great skiable days there.



Kentville XC- This location is made available through a generous private landowner partnership with Aberdeen Paving Ltd. This location remains a favorite with locals in the area. The terrain at this location is excellent for beginners. The skiing was reported to be excellent at this location when it was available. Lorenzo takes the lead with grooming at this location.

Greenwood XC- Groomers Jason and Damien were able to provide 4-8kms of skiable trails. When snow depth permits classic tracks are also set at this location.



## Equipment

The only significant equipment required this year was a new storage can for the Greenwood XC grooming equipment. This was necessary as rodents were chewing into the electrical wires of the ATV.

Regular maintenance was performed as required.

## Ski Season

We were fortunate to have an early season snowfall but then needed to wait impatiently until the end of January before we were able to begin our season in earnest. With little rain and minimal melt once the snow arrived it was consistent skiing for the month of February.

## HRM Locations

Dec- 4,5,6,7,8

Jan- 30,31

Feb-1,5,6,7,8,9,10,11,14,15,16,17,18,19,20,21,22,23,26,27

March-

**27 days**

## Valley

Dec- 5,6,7,8

Jan- 30,31

Feb-1,6,7,8,9,10,11,15,16,17,18,19,20,21,22,23,26,27

March-

## **24 days**

The snow left as quickly as it arrived, resulting in an early end to the season.

## **Events**

*Summer 2023-* Ongoing Adult Roller Ski group with Coach Kat

*September 2023-* Start of GOAL Program with Coach Dave

*Oct 13th-* Ski Strength and Mobility workshop with Robert Brownell- *Postponed due to illness*

*Oct 29th-* Program Registration Opens

November 8th- Masters RollerSki Program starts

*November- December-* Youth Seasonal Rental Program Pick Up Dates (48 families participate)-  
*Geoff the Rental Guy!*

*December 4th-* First skiable day- Brunello XC, GO, Greenwood XC and Kentville XC.

*January 20th-* Youth Programming starts with Dryland Session

*January 27th/28th-* SCOTIA XC 2nd places second at Maritime Cup which required a location change due to low snow conditions in NB. 10 SCOTIA XC podium finishes.

*February-* Adult programming starts

*Jan-Feb-* Masters Ski group- Organized and coordinated out of province snow seeking adventures.

*Feb- March-* Collaboration with CCNS Ski Ambassadors to provide ski opportunities (i.e., social skis, introductory lessons) to club members and non-members alike.

## **February 10th/11th- SCOTIA XC hosts NS XC Ski Provincial Championships at Oakfield XC.**

Incredible grooming efforts went into preparing excellent ski conditions for the start of the annual event that has not been hosted at a mainland location since pre-COVID. Although temperatures rose on the second day and it became a race to finish the race before the snow disappeared, a great time was had by participants. Ski team families helped with course marking and registration. Oakfield XC was extremely gracious in hosting us at the clubhouse where participants were able to congregate for refreshments afterwards.





## Communications

Our website remains updated regularly to provide members with the information that they need on Trails, Programming and our Sponsors.

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

In February 2024 alone the website received over 15,046 views from 3001 visitors.

The daily trails & conditions page continues to be a great source for the overview of trails with 6000 views during our skiable time. This information is a concise report, with photos and specifics remaining available on the social sites.

Conditions for: Tuesday, January 31st				
Location	Trail Condition	Opening Time	Classic Tracks?	Notes:
Brunello XC	N/A			
Brunello Range	Rolled	6 pm		Low snow conditions
Oakfield XC	N/A			
Greenwood XC	CLOSED			
Kentville XC	CLOSED			AVOID. Hoping to open tomorrow.
Dollar Lake	N/A			
Graves-Oakley	Rolled	4:30 pm		Low snow conditions
Dill Farm	N/A			
McDonalds Sports Park	N/A			

Search engines and FB are the 2 largest sources of referrals.

Our Instagram page grew to 428 followers.

Our X account remains stable at 650 followers, however, the communications work to maintain the website and all 3 platforms is significant and X is being used less frequently.



Our FB page remains an active site with over 2,900 followers and is a frequent place for discussion. Members have been doing an excellent job of reporting trail conditions on our FB group at both our sites and beyond on the group page we manage, NS Skiers searching for Skiable Snow.

Acknowledging that the newsletter was a good tool before the growth of the social media platforms we have been unsuccessful in finding a volunteer to take that on. Should we be able to find a volunteer to maintain that we would happily revive the newsletter.

## Programming

It was another challenging year for programming but coaches were able to remain available and flexible to deliver programming when we had the right conditions.

### Youth Programming

Youth programming participation unfortunately continues to dwindle as it has been very difficult to provide reliable weekly lessons. We have an amazing group of youth coaches who continue to provide fun outdoor adventures on and off snow. A huge thank you to their dedication.

Bunny Rabbits- 5 participants

JackRabbits- 17 participants

Track Attack- 19 participants

Wednesday JackRabbits- 4 participants

Monday Track Attack- 4 participants

NS Ski Team Training- 8 participants

Total Youth- 57



### Adult Programming

Beginner Skate Skiing- 7 participants

Intermediate Skate Skiing- 8 participants

Beginner Classic Skiing- 8 Participants

We had 5 returning adult coaches who have been providing instruction for many years. Our ability to offer these adult programs is limited by the numbers of coaches we have and we are always looking for new coaches to join this awesome group.

### Board of Directors

**President and Communications-** Melanie MacDermid

**Grooming Leads-** Lorenzo Caterini, Roland Daigle

**Treasurer-** Andrew Hill

**Recording Secretary-** Brian Norman

**Members-at-Large-** Dave Hubley, Dave Keefe

## **Nova Scotia Cross Country Ski Team Report: 2023-2024**

### **2023-2024 Provincial Team**

#### A Team

- Emma Archibald (Para)
- Milo Sircom-Brown
- Lynden Doyon
- Cohen Norman

#### B Team

- Paige Neklia
- Ewan Miner
- Suzanne Jackson
- Aaron Lane

#### Development Team

- Adrien Doyon
- Jonah McIntyre
- Romey Gallagher

#### Leadership

- Daniel Murray (Head Coach)
- Tara McIntyre (Manager)
- Kris Doyon (Regional Coach)
- Eric McIntyre (Regional Coach)

#### Selection Committee

- Jennie Mae Roy (Chair)
- Chris Algar
- Tyler Germani

### **Training Camps**

- |                                 |          |
|---------------------------------|----------|
| • Season Starter Camp           | May      |
| • PEI Biathlon/XC Training Camp | October  |
| • Valley Camp                   | November |
| • Baddeck Training Camp         | November |
| • Keppoch Session               | January  |
| • Heritage Weekend              | February |

### Regional Sanctioned Competitions

Maritimes	Outside of Maritimes
<ul style="list-style-type: none"> <li>Maritime Cup (Fredericton)</li> <li>NB Cup (Tracadie)</li> </ul>	<ul style="list-style-type: none"> <li>Coupe Skinouk (Morin Heights)</li> </ul>

### Major Competitions & Highlights

Event & Participants	Top Results
<b>Candy Cane Cup (Gatineau, QC)</b> Emma Archibald, Milo Sircom Brown, Lynden Doyon, Cohen Norman, Paige Neklia, Ewan Miner	<ul style="list-style-type: none"> <li>Emma: 1<sup>st</sup> place, all standing female events</li> <li>Cohen: 20<sup>th</sup>, U18 Male 2.3km skate</li> </ul>
<b>World Junior Trials (Mont Ste. Anne, QC)</b> Lynden Doyon, Cohen Norman, Adrien Doyon, Jonah McIntyre	<ul style="list-style-type: none"> <li>Cohen: 19<sup>th</sup>, U18 Male 7.5km classic</li> </ul>
<b>Para Nordic World Cups (Italy)</b> Emma Archibald	<ul style="list-style-type: none"> <li>Emma: 5<sup>th</sup>, Standing female, classic sprint</li> </ul>
<b>Eastern Canadian Championships (Sherbrooke, QC)</b> Suzanne Jackson, Paige Neklia, Cohen Norman, Lynden Doyon, Milo Sircom Brown	<ul style="list-style-type: none"> <li>Milo: 7<sup>th</sup>, U20 Male skate sprint</li> <li>Cohen: 18<sup>th</sup>, U18 Male 6km skate sprint</li> <li>Suzanne: 41<sup>st</sup>, Female 8km skate</li> </ul>
<b>Midget NORAM Championships</b> Romey Gallagher	<ul style="list-style-type: none"> <li>Romey: 31<sup>st</sup>, U14 (2010) Female 5km classic</li> </ul>

<b>National Championships (Nakkertok, QC)</b> Milo Sircom Brown, Lynden Doyon, Cohen Norman, Ewan Miner, Suzanne Jackson, Adrien Doyon, Jonah McIntyre	<ul style="list-style-type: none"> <li>• Milo: 17<sup>th</sup>, U20 Male skate sprint</li> <li>• Cohen: 19<sup>th</sup>, U18 Male 7km skate</li> <li>• Suzanne: 62<sup>nd</sup>, U16 Female 7km skate</li> </ul>
<b>Para World Cup Finale (Prince George, BC)</b> Emma Archibald	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Overall, Female Standing</li> </ul>

### Season Highlights

- Awards
  - Emma Archibald (Senior Female Athlete)
    - Member of 2023-24 Nordiq Canada National Para Nordic Development Team
    - Competed in 3 Para World Cup Weekends
    - Nominated to 2024-25 Nordiq Canada National World Cup Team
  - Milo Sircom-Brown (Junior Male Athlete)
    - Highest CPL for NS Junior
  - Suzanne Jackson (Junior Female Athlete)
    - High CPL for NS Junior
  - Sue Hill Award (greatest improved team member)
    - Suzanne Jackson
- University Racing: 2 members of the NS team are also members of competitive university teams:
  - University of Ottawa: Emma Archibald, Milo Sircom Brown



Season Starter Camp in Fall River





PEI Training Camp- training alongside skiers/biathletes from Atlantic Canada, getting instruction from the best para Nordic skier in the world, Mark Arendz



Training atop Blomidon Ridge



Rollerskiing in New Minas



Exploring the hills behind Baddeck





Cohen before his sprint heats in the Candy Cane Cup



Emma in her classic race at the Candy Cane Cup





Maritime ski community building.....an improvised soccer game at the Maritime Cup



Suzanne heading up the big climb on a very icy track at Easterns



February Heritage Weekend training



Exploring on the South Ridge Wilderness Trails.....the most memorable weekend of the past season





Adrien & Jonah, about to start their very first national champs



Suzanne's cheering squad on the last day of nationals

## **Awards**

### Support4Sport Awards

2024 Support4Sport Volunteer of the Year Award – Jamie Dixon

2024 Support4Sport Coach of the Year Award – Eric McIntyre

2024 Support4Sport Corporate Sponsor of the Year – Links at Brunello

2024 Support4Sport Junior Male Athlete of the Year Award – Milo Sircom Brown

2024 Support4Sport Junior Female Athlete of the Year Award – Suzanne Jackson

2024 Support4Sport Senior Female Athlete of the Year Award - Emma Archibald

### CCNS Awards

2024 Freda Wales Award – Melanie MacDermid

2024 Lifetime Achievement/Contribution Award – Dennis Doyan

Sue Hill Award - Suzanne Jackson

Bryan Scallion Award – Suzanne Jackson and Daniel Murray

## **Cross Country Nova Scotia 2024 Board Nominations**

Cross Country Nova Scotia 2024 Board Nominations:

Open but with Renewal Offers from Existing Board Members

Member at Large: Melanie MacDermid

Member at Large: Lois MacNeil

Member at Large: Dave Hubley

Member at Large: Lorenzo Caterini??

Open for New Board Members:

President (1 position)

Vice-President (1 position)

Secretary (1 position)

Member at Large (1 position)??

Nominations Received:

N/A

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