AMG REPORTS

> 2023
> 2022
> 2021
> 2020
> 2019
> 2018
> 2017

AMG MINUTES

> 2023
> 2022 (not included - sourcing)
> 2021 (not included - sourcing)
> 2020
> 2019
> 2018
> 2017

cross country
NOVA SCOTIA







2023 AGM
Report

Table of Contents

Agenda	3
Board of Directors 2022-23	4
Club Contacts 2022-23	4
Membership Vote	4
Supporters 2022-23	4
CCNS 2022 AGM Minutes	5
Financial Report	6
Administrative Coordinator Report	6
Communications Report	6
Projects Report	8
Baddeck Nordic Report	10
Cape Breton Nordic Report	11
North Highlands Nordic Report	12
Scotia XC Ski Club Report	14
NS Cross Country Ski Team Report	20
CCNS Awards	24
Nominations to Board	24
Contact	25



Agenda

1. Welcome by CCNS Board

2. Presentation of the 2023 CCNS Awards

3. Regrets and apologies

4. Establish Quorum of 3 Directors

5. Approval of 2022 AGM Minutes (p. 5) | Motion required

6. Financial Statements and Treasurer's Report | Motion required

7. Administrative Coordinator Report

8. Communications Report

9. Projects Report

10. Reports by Clubs wishing to present

11. Ski Team Report

12. Nominations to Board | 5 vacancies – 0 nominations - 1 to be elected

13. Adjournment of AGM

2022-2023 Board of Directors

Chair / President	Vacant
Vice President	Vacant
Treasurer	Kris Doyon, 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	Melanie McDermid, SCOTIA XC Ski Club
Member at Large	Vacant
Non-Voting	Daniel Murray, Coach, Provincial Ski Team

Staff

Administrative Coordinator, Sport Nova Scotia, Aidan Devine
Communications Officer, CCNS, Catherine Caouette

Club Contacts

Arctic Fox Cross Country Ski Club
Jennie Mae Roy | facebook.com/arcticfoxskiclub

Cape Breton Nordic
John Hudec | facebook.com/capebretonnordic

SCOTIA XC Ski Club
Melanie MacDermid | scotiaxc.ca

North Highlands Nordic
Paula Michaelis | nhn.xcski.ca

Baddeck Nordic Club
Eileen Woodford | ewoodford@baddecknordicclub.ca

Membership Votes

CLUB	MEMBERS	VOTES
Arctic Fox	0	0
Baddeck Nordic Club	36	1
Cape Breton Nordic Ski Club	16	1
North Highlands Nordic	84	2
SCOTIA XC Ski Club	475	3

Number of votes per member club as per CCNS bylaws: 1-15 members, one vote; one additional vote for each additional 50 members; no club may control more than 49% of votes.

Thank-you to our supporters: Nordiq Canada; Nova Scotia Department of Communities, Culture; Tourism and Heritage; Sport Nova Scotia

2023 AGM Minutes

Agenda	Discussion	Time
Welcome by CCNS President John Cameron	John C welcomed the attendees. The agenda of CCNS awards was moved forward.	
Presentation of the 2022 CCNS Awards	Refer to the 2022 CCNS AGM booklet for description of the awards and nomination write ups. John C presented the Freda Wales award to Sandra Curtis, and the newly created CCNS Lifetime Contribution award to Pierre Roy.	
Establish Quorum of 3 directors	Quorum was achieved. All clubs were present and represented by their respective presidents: Melanie MacDermid (Scotia XC), Paula Michaelis (NHN), John Hudec (CBN), Chris Bolger (Friends of Ellenwood Park, Jennie Mae Roy (Arctic Fox). Arctic Fox rep did not vote as the club was inactive this year.	
Approval of 2021 CCNS AGM Minutes	See pages 5 and 6 in the AGM booklet.	Motion: To approve the 2021 AGM minutes as circulated. Moved: Melanie Seconded: John H Motion carried.
President's Report	John C presented the President's Report. Refer to the AGM booklet. He thanked staff, Board members and volunteers. John is finishing his term with the CCNS Board. He expressed his plans to continue in an informal way to help with the School Ski program, Coach development and Board as requested.	Motion: To accept the President's report as presented in the AGM booklet. Moved: Chris Seconded: John H Motion carried.
Financial Statements and Treasurer's Report	Kris presented his report. See AGM booklet for the specifics. He noted that a new simplified member fee structure was adopted this year. The Board dispersed $17500 in grants to clubs and Try It events. There was a decrease of $10000 in retained earnings but this balanced out with last year when less money was spent related to Covid.	Motion: To accept the Treasurer's Report as presented in the AGM booklet. Moved: John H Seconded: Melanie M Motion carried.
Administrative Coordinator's Report	Lauren summarized her report. See AGM booklet. Highlights included completing the Sport Development Tool that secured funding for 4 years, and the Recreation funding tool. She was pleased with the progress made with the School Ski program with Kit and Cathy.	
Communications Report	Cathy presented her report. See AGM booklet. She thanked the Club presidents and others. Objectives were met: Engaging readership year round on social media, Increasing awareness of the Website, Maintaining and developing partnerships.	
Ski Team Report	Daniel presented his report. See AGM booklet. Daniel thanked his coach helpers (Lilla, Kris, Eric) and ski team manager, Tara and John C for his excellent work as president of CCNS. The team had 2 athletes who attended Nationals: Milo Sircom-Brown and Emma Archibald who is now on the Nordic Canadian National Prospects Team. The team is preparing for Canada Games next year.	
CCNS Club Reports	See AGM booklet for reports as presented by Chris (Friends of Ellenwood Park), Melanie (Scotia XC Ski), Jennie Mae (Arctic Fox), John H (Cape Breton Nordic), and Paula (North Highlands Nordic).	
Nominations to the Board	There are 3 vacancies and no nominations (though some expression of interest). No election was held. Those interested may join over the year and be elected at the next AGM.	
Adjournment	AGM adjourned and a short meeting of the new Board followed.	

Financial Report

To be presented by Kris Doyon, treasurer. View 2023 financial statement draft.

Administrative Coordinator Report

I joined Sport NS on June 13th, 2022 In this role, I am responsible for CCNS along with Boxing NS and the Maritime Taekwondo Union and 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 development and co-managing of the CCNS school ski rental program with Kat Kitching

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:

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 a warm welcome to the cross-country ski community. I have enjoyed working with the board and appreciate their trust, guidance and enthusiasm as I have learned my way around this role.

Respectfully submitted by, Aidan Devine



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	REFERERS		ENGAGEMENT		REACH		POSTS	
	TARGET	ACTUAL	TARGET	ACTUAL	TARGET	ACTUAL	TARGET	ACTUAL
Facebook	2,000	2,194	10,000	17,622	60,000	68,271	300	681
Instagram	200	249	1,500	6,536	60,000	31,245	200	226
Twitter	200	227	1,000	1,794	50,000	54,508	200	276

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

MEASURABLE	TARGET	ACTUAL
Trails and conditions (webpage)	8,000 views	4,791 views
News articles (webpage)	5,000 views	8,463 views
Visitors	10,000	11,981
Views	25,000	24,289

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

MEASURABLE	TARGET	ACTUAL
CCNS info postcard	300	300
Website referrals to club content	2,500	2,527
Webpage “cross-country ski clubs”	1,000	827
Website news articles	1 story per club, 2 athlete features, notable team results as applicable	TV - 4 Articles - 11 Radio - 2

Digital Platforms Overview

PLATFORM	POSTS	REACH	ENGAGEMENT
Facebook	681	68,271	17,622
Facebook stories	400	-	-
Instagram	276	31,254	6,536
Instagram stories	543	57,165	57,165
Instagram reels	37	37,055	12,895
Twitter	276	54,508	1,794
Website	-	11,981	24,289
TOTAL	**2,213**	**260,234**	**120,301**

Website Annual Comparison

ITEM	2022-23	2021-22	2020-21	2019-20
Views	24,289	32,448	26,921	7,682
Visitors	11,981	14,071	12,228	3,186
Trails + conditions	4,791	11,324	11,144	3,309
Clubs	872	1,315	1,506	649
New to ski	548	892	-	-
Articles				
- Published	38	44	55	26
- Views	8,463	7,326	4,305	683
Refererrs				
- Search engines (all)	9,899	10,619	8,242	2,875
- Google	9,312	9,760	7,765	2,147
- Facebook	2,914	3,135	4,395	858
- Twitter	227	300	466	12
- Instagram	249	261	-	-
Links (clicks external sites)	5,586	9,816	-	-
Countries	86	67	46	31

CCNS Projects Report

New Canadians on Skis

Funding: Nordiq Canada Equity Initiative from Sport Canada 'Community Sport for All' fund
Project partner: Immigrant Settlement Association of Nova Scotia (ISANS)
Budget: $5,010
Planning committee: John Cameron and Derek Estabrook
Project coordinator: Kat Kitching
Media coverage: CBC News - Feb 27, 2023

Try-it events (5): 102 participants, 20 volunteers
- Feb 26: 50 participants, 9 volunteers
- March 4: 20 participants, 6 volunteers
- March 5: 18 participants, 4 volunteers
- March 11: 10 participants, 1 volunteer
- March 12: Free ski pass (no instruction): 4 participants, 0 volunteers

Youth in Scotia XC regular youth programs
- 11 registered, 4 participated
- Reasons given for non-participation: busy schedules, prioritized hockey because it is regular / not weather dependent, not yet comfortable in cold winter weather

Adults in 'new to snow' program
- 12 adults
- Program included semi-supervised ski and snow play for children

Lessons learned (debriefing still underway)
- The families who participated were very enthusiastic and appreciative
- Volunteers expressed huge enthusiasm
- Coordination of the program (using the model for 2023-24) was more work than we anticipated (coordinating transportation, recovering ski gear). Kat did an excellent job.
- Paying for try-it events at Brunello is expensive ($10 per skier + rental of Pavilion for large events) but moving skis is a lot of work. Brunello waved trail fees for 1 event.
- Transportation is a barrier for some but not all families. Taxi chits were more cost-effective and flexible than bus rental. Transport cost less than budgeted. Funds moved to pay additional hours for project coordinator.

Next steps:
- How to offer a similar program in winter 2024?
- Debriefing meetings with ISANS, Nordiq Canada in April
- Funding? Possibly from Nordiq Canada? Sport NS? CCNS?
- What elements of the program can we cover?
- Confirm coordinator role? CCNS funding?

Budget: $5,010
Actual expenses still being calculated

Atlantic Canada Coach Development Camp, March 10-12, Cape North

Funding:
- Sport Nova Scotia PSO project for coach development (Requested: $3,019. Funded: $2,000)
- Participant registration fees: $937.50
- CCNS (Budgeted: $500, Actual: $682.50)
- Nordiq Canada: covered all of Stephen Novosad's travel costs

Objectives: Strengthen coaching capacity (especially at intermediate level) + strengthen coaching community in NS and Atlantic Canada

Agenda: 3 day workshop at NHN with Stephen Novosad, NC Director of Coach Development
- Focus on technique development + how to design drills and activities to enable skiers to 'feel' good technique
- Coach participation: 15 coaches (NS: 13, NB: 2)

Next steps – with Stephen Novosad (NC will cover Stephen's costs, we need to cover the rest)
- Two follow up Zoom meetings with Stephen Novosad (April 5 and May 3)
- Dry-land coach development camp with other maritime provinces (August 2023)
- Pre-season dry-land workshop with Stephen as facilitator (Fall 2023)
- On-snow coach development workshop with Stephen as facilitator (Winter 2024)

Budget Summary
Revenue
- Sport NS PSO project grant: $2,000.00
- Participant registration and fees: $937.50
- CCNS contribution: $500.00
- Total Revenue: $3,437.50

Expenses
- Accommodation at Highlands Hostel (2 nights – March 10, 11): $2,495.00
- Friday + Saturday dinners provided by NHN (29 dinners x $25) $725.00
- Trail passes at NHN (20 x $20) $400.00
- Total revenue: $3,620.00

Revenue - Expenses: -$182.50
Total cost for CCNS to cover: $682.50



School and Community Ski Project

Objective:
- Purchase ski equipment to fill in missing sizes in CCNS fleet for New Canadians project

Funding:
- Sport NS PSO project grant (Requested: $2,225. Received: $1,875)
- CCNS: $272.77 (15% of requested amount)
- Total revenue: $ 2,147.77
- Total expenses: $2,145

Equipment purchased:
- Skis: 10 pairs
- Poles: 12 pairs
- Boots: 6 pairs
- Bindings: 2 pairs
- Glide wax
- Plus 9.5 hours of paid equipment maintenance ($237.50)

School and community group programs in Winter 2023
- New Canadians: 5 events with 102 participants
- Cavalier Drive Elementary School: March 7-9, 240 students
- Citadel High Outdoors Club: March 1, 65 students

Baddeck Nordic Club Report

Baddeck Nordic Club, (BNC) was officially incorporated on December 22 2022 to respond to the resurgence in interest in cross country skiing and snowshoeing in the Baddeck area. The club hopes to build on the legacy in skiing developed by the first club some 20 years ago, the Baddeck and Area Ski Club.

Our Board of seven identified key priorities for the first season:

a. Identify an area exclusively for skiing and snowshoeing.

b. Clear and prepare trails as much as possible for the coming season.

c. Partner with Crowdis Mountain Snowmobile Club to support us with grooming.

d. Recruit and engage members.

We are pleased to say that it was a successful first season despite very little snow. At least seven work parties were held from end of December through March to clear and prepare approximately 5 km of trails. A land use agreement was signed with a Big Baddeck landowner in February to use the north and west parts of her property for club trails. The site is amazing with varying terrain, old existing trails, and panoramic views in all directions from the plateau. One can see the highlands, farmland, and the Bras d'Or lakes. Generally, this location gets more snow than closer to town. We are so grateful and a bit overwhelmed with having access to this wonderful location.

We finished the season with 38 members, a very good response for our first year and with poor snow coverage. We were able to achieve this by word of mouth, posters and using social media to spread the word and share the benefits of joining. An online day pass system was implemented in March with ten purchased the first weekend. Part of our membership fees were used to pay for a membership for each BNC member in Crowdis Mountain Snowmobile Club who have agreed to groom trails. Trails were groomed only 4 times, though this was because of poor snow cover. BNC members also have access to a few hundred kilometers of snowmobile trails in our area. We hosted a pop event on March 17th for members at the trailhead that was well attended.

Our annual meeting is May 11, 2023. Our board has drafted priorities for the 2023-34 season and will get input and feedback from our members on these to set the direction for next season.

We had some growing pains, got to know our new trail location very well and had wonderful conversations and fun 'dreaming big" for Baddeck Nordic. The support from our board, members, community volunteers and other clubs has been key to having a very successful first season.

Respectfully submitted,

Eileen Woodford, President

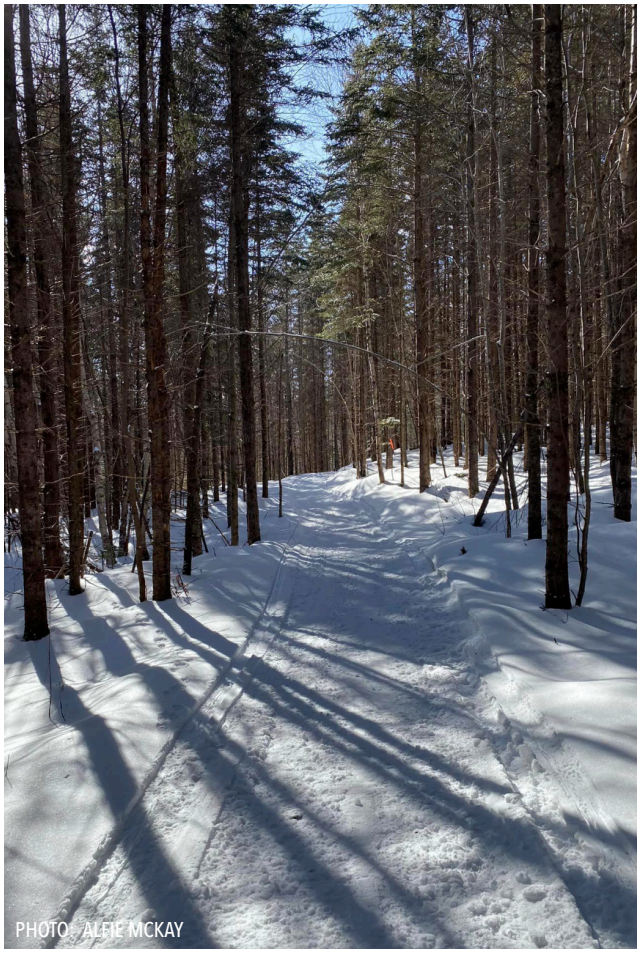


PHOTO: ALFIE MCKAY

Cape Breton Nordic Ski Club Report

Cape Breton Nordic had a year with limited snow and an extremely late start to the season. Despite that, there were a few very positive developments. This year we trained a new group or groomers, and we had new members join our Board of Directors. We were able to remain financially stable due to memberships and generous donations on the few days we were open. Our membership fell from 47 to 16 members due the extremely late snowfall and the limited snow. We groomed only a few days this season, but we are thankful for our new 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. 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 are considering becoming a year long club with the expansion of activities in the summer and fall season. Our discussions this year included plans to provide ski and snowshoe opportunities to youth groups in our community. The poor snow conditions did not allow for this opportunity. We were pleased to have one of our members take training to instruct intermediate skiers. We look forward to providing try-it days and informal instruction in the 2023-24 season.

Our 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 2023-24 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 2023

CAPE BRETON NORDIC
SKI AND SNOWSHOE



North Highlands Nordic Report

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

NORTH HIGHLANDS NORDIC

Trail Usage
Members (season pass holders of CCNS, Nordiq Canada): 84

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

	DEC	JAN	FEB	MAR Incl MB	MB	APR	MAY	TOTAL
2023		65	630	1125	435	73		1893
2022		539	823	728	401			2090
2021		1	587	838	671			1426
2020	15	845	928	595	COVID	COVID		2368
2019	20	915	472	807	346	20		2580
2018	50	626	689	1046	470	75		2956
2017	30	825	1078	824	460	50		2807
2016	35	1025	606	407	275	6		2079
2015		612	636	619	225	100	20	1987
2014	138	825	843	944	388	200	3	2954

Awards
Paula Michaelis is the recipient of the Volunteer of the Year Award by Cross Country Nova Scotia.

Competition
Daniel Murray completed his 14th year as head coach of the NS Cross Country Ski Team and third time coaching at Canada Winter Games held in PEI.

Highlights 2022-23

PROGRAMS	COMMENTS
Youth Programming (Saturdays)	18 Participants: 7 Bunnies, 11 Jackrabbits
Ski/Snowshoe & Tea (Tuesdays)	Exercise and then socialize



Highlights 2022-23

DATE	EVENT	DETAILS
Jan 9	NHN officially opens for the season	No snow
Jan 22	First Youth Programs	Great turnout
Feb 19	Lasagna Dinner	Excellent turn out 70
Feb 18-19	NS Provincial Championships	33
Feb 22	Tea & Ski Catered Event	Volunteer appreciation meal, catered by Danena's Bistro
Mar 5	Newly constructed addition open to the public	
Mar 11,12	Coaching Course	19 attended
Mar 12	NHN Annual Loppet	36 participants
Mar 18	Moonlight Snowshoe Loppet	15
April 2	Bunny and Jack Rabbit Easter Hunt	Successful fun morning. Eggs, certificates & walk.

Big Thank-you to our People

- Fundraising Committee: Linda Burton, Marion Burton, Lois MacNeil, Susan Hatcher, Katie Fougere, Christy Buchanan and Paula Michaelis.
- The MacLeod Family for sharing their land
- Katie Fougere for managing the ski room five days a week and Gloria MacDonald 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.
- Jamie Dixon for volunteering to groom throughout the season and keeping the fire going for all our visitors.
- Youth Programming Instructors: Rosemary Algar, Cheryl Dixon, Lois MacNeil, Precious MacKinnon, Shania MacKinnon, Wild MacKinnon and Katie Fougere
- Volunteers who contributed to fundraising initiatives
- Our season pass holders
- The multitude of visitors who came to enjoy the NHN experience
- Big thank you to the Highlands Hostel for always supporting us.
- We want to thank all the parents who help out in our Jack Rabbits and Bunnies.
- Thank you to the North Highlands Elementary School and the Cabot Education Center for the three days of wonderful skiing and the help from our volunteers and teachers.
- Maurice Curtice, Gille Poirier and Michael Burton for their endless construction Volunteering.
- Daniel Murray for always helping us out when needed.

Big Thank-you to our Supporting Businesses and Organizations

- ACOA
- NS Communities, Culture, Tourism & Heritage
- Municipality County of Victoria
- Cross Country Ski Nova Scotia
- Victoria County Recreation & Active Living
- Destination Cape Breton
- Freshmart, Ingonish
- Hub Cycle
- Victoria Co-op Fisheries



SCOTIA XC Ski Club Report

External Funding

SCOTIA XC was successful in obtaining significant funding from external grants for the 22/23 year. We would like to thank all of the governing bodies for their support of the ski club.

CCNS awarded us grants on 2 separate occasions.

- $5000 towards making Kentville XC a permanent location and serving our Valley membership.
- $750 towards the capital purchase of classic roller skis.

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

- $7000 to finalize Valley expansion projects.
- $7800 to complete the capital expansion project serving HRM members.

Halifax Regional Municipality awarded us a grant to complete the equipment purchases at Dollar Lake Provincial Park.

- $6000 from HRM for Dollar Lake Project.

The Town of Windsor awarded us two separate grants for operating expenses at our Dill Farm location.

- $1000 for operating costs.
- $1500 for operating costs.

Membership

SCOTIA XC had a very challenging year due to limited snowfall, especially in the first two months of the anticipated season. Fortunately with an early membership drive before the new year, our members generously contributed in advance which allowed us to make the final equipment purchases of our expansion project ahead of the season. This completes the capital grooming equipment vision, several years ahead of schedule and leaves the club in a fantastic position to be ready to groom whenever and wherever we have snow for years to come.

Total membership of 483 people (254 female, 228 male).

MEMBERSHIP TYPE	AMOUNT
Family	68
Adult	189
Youth	26
TOTAL	483

Brunello Pass

77 Adults and 23 Families took advantage of having access to our human-made snowbowl area.

With the late snowfall we really encouraged those who would not be purchasing a membership to consider supporting the club with a day pass for ski days. 40 people chose to support us in that way. Another several people chose to make a donation to our fundraising campaign.

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

Grooming Locations

We started the season with the news that our venues that had been affected by construction the previous season would be back in action.

Brunello XC

Our partnership with Brunello remains a key one. In another stroke of good luck, the move of the snowmaking area to the Driving Range (complete with the lights) also happened several years ahead of the original plan. We were once again impeded by the weather this winter which delayed the making of human-made snow. With record breaking temperatures in January and February, not only was there no natural snow but there was no window of opportunity to make snow either. Brunello XC did a late season snowmaking session and was able to extend the skiable days by an extra week or more on the

range into March break.

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 again this year with limited snowfall. We are reassessing the feasibility of this location without the involvement of club grooming volunteers.

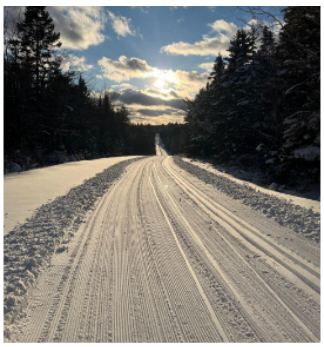
McDonald Sports Park
On several occasions we were able to groom McDonald Sports Park. Due to the nature of the trail this is a location that requires a high snow fall for it to be groomable. As this is also a shared trail with walkers we always encourage anyone who wishes to ski there to do so ASAP after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

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. Although we did not get the chance to utilize the club house this year we are pleased to have made connections with the Rugby club for future endeavors.

Dollar Lake
The grooming of Dollar Lake is a huge undertaking. We are now well supported with double the grooming equipment at this location to help keep the 10 km of trails in great shape. Our ability to set classic tracks at this location is always much appreciated when the snow coverage allows. The grooming at Dollar Lake usually means our volunteers are rising and setting with the sun.

Our Valley locations were not immune to the disappointing weather…in fact our HRM locations provided more skiable days earlier in the season which is quite unusual.

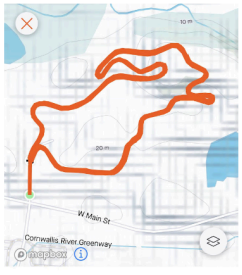
Dill Farm
Unfortunately this location was not utilized this year due to the limited snow cover in the area and the winds causing drifting when we did have snow.





Kentville XC
This location is made available through a generous private landowner partnership with Aberdeen Paving Ltd. This location remains a favourite with locals in the area. Due to the terrain it is not a low snow location so we were forced to delay opening significantly. The terrain at this location is excellent for beginners. The skiing was reported to be excellent at this location when it was available.







Greenwood XC
After a tremendously successful first year at Greenwood XC we decided to make this our permanent golf course expansion in the area. We have a very dedicated groomer at this location, who provided excellent ski conditions, late winter when the snow arrived. This location serves our Valley members and is also well worth the drive from HRM.





Equipment

The highlight of the year was the completion of the capital equipment expansion project. The board would like to thank our membership. Your support over the last 4 years, in addition to over $120,000 in grants we secured, has allowed us to complete our capital grooming equipment vision, several years ahead of schedule. In addition to covering the grooming expenses during that time, we have reinvested every single dollar back into the equipment that will be bringing us groomed skiing for years into the future. All of our locations now have the required ATV or sled, rollers, groomers and track setters and the required secure storage. All of our members have played a role in putting us in this great position.

Ski Season

Incredibly, the first day of skiable snow did not arrive until Jan 21st at both our HRM and Valley locations.

Our low-snow locations were our salvation as our groomers were able to work miracles on the grassy surfaces. Fortunately a nice dump of snow allowed Dollar Lake to open for late season skiing. Kentville XC and Greenwood XC also had great success once the snow arrived.

Skiable Days in HRM- 22
Jan - 21, 22, 31
Feb - 1, 2, 3, 5, 14, 15, 19, 25, 26
March - 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Skiable Days at Valley Locations- 20
Jan - 21, 22, 24, 25
Feb - 1, 2, 3, 25, 26, 27
March - 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

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

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

Tom Beazley is stepping down at the end of this season as grooming lead for HRM and we would like to acknowledge his tremendous time and effort towards the success of the SCOTIA XC over the past several years. Tom was extremely dedicated to the grooming efforts in HRM. He was always very invested in making sure that grooming was timed to precede club programming, even when our programming was moving days and locations. He worked extremely well with the Brunello staff and we wish him more time on his skis in the future.

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.

In 2023 the website received over 16,000 views from 4,500 visitors.

The new daily trails conditions page was a huge success with 4,500 visits. This information was a concise report, with photos and specifics remaining available on the social sites.

Search engines and FB are the two largest sources of referrals. We did not receive a volunteer to help improve our SEO.

Our Instagram page grew to 336 followers.

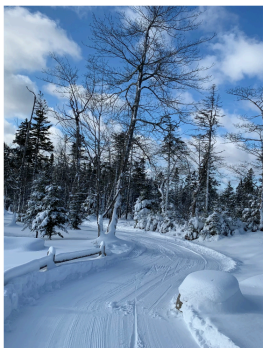
Our Twitter account grew to 667 followers.

Our FB page remains an active site with over 2,800 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.

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.





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			

Events

DATE	EVENT
Sept 13	Track attack roller-ski program, 6 weeks, coach Dave
Oct 12	Masters roller-ski program, 6 weeks, coach Dave
Oct 27	Program registration opens
Nov	Drop-in adult roller-ski sessions, coach Kat
Nov	Early membership drive starts
Nov 25-27	Virtual province-wide ski swap
Nov 30	SCOTIA XC member's night, The Tail Shop, waxing demo by IK3
	Draw prize for 400th member!
	Masters ski group meet-up at Brunello XC
Nov - Dec	Youth seasonal rental program pick-up dates, 57 families participate, Geoff the rental guy!
Jan 21	First skiable day: Brunello XC, GO, Greenwood XC & Kentville XC
	Youth programming starts (Sat), including integration of 'youth new Canadian skiers'
	Adult programming starts
	Maritime Cup: SCOTIA XC places second, eight SCOTIA XC youth skiers earn 13 podium finishes
Jan 31	Monday night track attack programming starts, dryland session
Feb 3	Adult intermediate skate ski programming starts
Jan - Feb	Masters ski group, organized and coordinated out-of-province snow seeking adventures
Feb 14	Valentine's Day gift of classic tracks set at Dollar Lake

DATE	EVENT
Feb 26	NC/CCNS/ISANS try-it event, 50 participants
Mar 3-12	10 consecutive skiable days at both HRM & Valley locations
Mar 4	NC/CCNS/ISANS try-it event, 20 participants
Mar 5	NC/CCNS/ISANS try-it event, 18 participants
Mar 11	NC/CCNS/ISANS try-it event, 10 participants
Mar 12	Last skiable day

Programming

It was another challenging year for programming based on which day of the week the program fell.

Youth Programming

It was determined that we would reduce the targeted number of lessons from eight to six. Feedback from families has been that they prefer a dryland adventure to cancelling lessons. We wanted to take this chance to thank our families and our volunteer coaches for the tremendous amount of planning and flexibility that goes into being a XC skier in Nova Scotia. This was a particularly bad winter so as we reflected back on our lessons we were surprised by the amount of fun and learning that was had. In reviewing our calendar we were able to hold four weekend on-snow sessions, plus two dry-land fun days and a bonus family fun ski on one of the March break weekends. Of course some of that didn't come easy as both changes of day and location were required to make it happen.

PROGRAM	PARTICIPANTS
Bunny rabbits	7
Jackrabbits	21
Track attack	15
Jackrabbits - Wednesday	8
Track attack - Monday	10
NS ski team training	10
TOTAL	**71**







Adult Programming

This is the second season in a row of marginal snow conditions and there was a decrease in the number of adults looking to take lessons.

PROGRAM	PARTICIPANTS
Beginner skate skiing	17
Intermediate skate skiing	11
Classic skiing - partnership Kat Kitching	16
TOTAL	44

New Canadians on Skis Project

One true highlight of the programming this year was a project to support getting new Canadians on skis. This was made possible through a generous grant from Nordiq Canada, a partnership with the Immigrant Settlement Association of Nova Scotia and CCNS; and the time and effort of John Cameron, Derek Estabrook and Kat Kitching. SCOTIA XC was able to grant membership to participating families and incorporate some youth into our existing programs. A separate Adult "new-to-snow" program was also created. In addition, five very successful try it events were held at Brunello. The programs reached nearly 120 participants and we look forward to continuing on this success next year.

Board of Directors

President & Communications
Melanie MacDermid

Grooming Leads
Lorenzo Caterini, Tom Beazley & Roland Daigle

Treasurer
Andrew Hill

Recording Secretary
Brian Norman

Members-at-Large
Dave Hubley & Dave Keefe

We welcome Andrew to the new role of treasurer this year. We want to acknowledge and thank Dave for his years of fulfilling this role….long after his children were out of ski lessons. And we are very happy that he will be staying on the board to help shape and guide the club.

nordiq CANADA

isans Immigrant Services Association of Nova Scotia



Cross Country Ski Team Report

2022-23 Provincial Team

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

B Team
Cohen Norman
Emma Archibald
Paige Neklia
Jack MacMillan
Ewan Miner

Development Team
Suzanne Jackson
Aaron Lane
Adrien Doyon
Jonah McIntyre
Romey Gallagher

Leadership
Daniel Murray, Head Coach
Lilla Roy, Para-Nordic Coach
Tara McIntyre, Manager
Kris Doyon, Regional Coach
Eric McIntyre, Regional Coach

Selection Committee
Jennie Mae Roy, Chair
Chris Algar
Tyler Germani

Training Camps

DATE	CAMPS
May	Season starter camp
Jul & Aug	2 summer training weekends
July	Whistler para-nordic trading camp, Emma Archibald
Aug	Gatineau super camp, Milo Sircom-Brown
Sept	PEI biathlon / XC training camp
Oct	HRM training camp
Nov	Canmore para-nordic training camp, Emma Archibald
Nov	Baddeck training camp
Dec	Charlo, on-snow
Feb	Keppoch day session, on-snow

Regional Sanctioned Events

MARITIMES	OUTSIDE OF MARITIMES
NB Cup, Charlo	Ontario Cup, Kawartha
Maritime Cup, Fredericton	Ontario University Championships, Huntsville
NB Cup, Tracadie	Coupe de Québec, Morin Heights



Major Events and Highlights

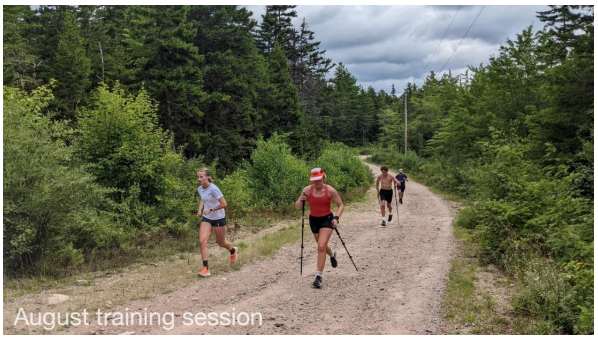
EVENT	PARTICIPANTS	TOP RESULTS
Candy Cane Cup	Fiona McClure	
	Ogen Newcomb	
	Emma Archibald	2 x gold medals, para-nordic standing
	Milo Sircom-Brown	5th, U18 male 7km skate; 3rd, U18 male classic sprint qualifier (7th in final results)
	Lynden Doyon	16th, U16 male classic sprint qualifier (26th in final results)
	Cohen Norman	
	Paige Neklia	
US Para Nationals Soldier Hollow	Emma Archibald	2 x silver, para-nordic standing
Eastern Canadian Championships Gatineau, QC	Fiona McClure	15th, U20 female 15 km skate
	Ogen Newcomb	13th, U20 male 15 km skate
	Emma Archibald	2 x gold, para-nordic standing
	Grace McIntyre	
Canada Winter Games Brookvale, PEI	Emma Archibald	2 x gold, 1 x silver, para-nordic standing
	Grace McIntyre	
	Fiona McClure	
	Paige Neklia	
	Milo Sircom-Brown	18th, male classic sprint
	Cohen Norman	
	Lynden Doyon	
	Jack MacMillan	
National Championships Whistler, BC	Emma Archibald	3 x gold, para-nordic standing
	Milo Sircom-Brown	6th, challenge team sprint qualifier; 9th, individual sprint
	Lynden Doyon	
	Cohen Norman	
	Ogen Newcomb	

Season Highlights

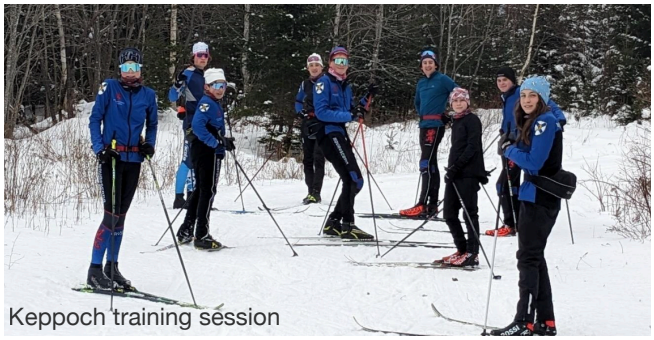
HIGHLIGHT	ATHLETE	NOTES
Jr. Female Athlete of the Year	Emma Archibald	2022-23 Nordiq Canada Para-Nordic Prospects Team, member
		Nominated to 2023-24 National Para-Nordic Development Team
		Achieved international classification at US Nationals
Jr. Male Athlete of the Year	Milo Sircom-Brown	4 x top 10 finishes this year
Gatineau Super Camp	Milo Sircom-Brown	100+ athletes from QC, ON, Yukon and NS in attendance, including athletes from NTDC Thunder Bay. 5 days of high volume & high intensity.
University Racing	Fiona McClure	Carleton University
	Ogen Newcomb	Carleton University
	Emma Archibald	University of Ottawa
	Grace McIntyre	University of Ottawa



Canada Winter Games



August training session



Keppoch training session



Canada Winter Games



Nationals

Awards

2023 Support4Sport Volunteer of the Year Award
Paula Michaelis

2023 Support4Sport Coach of the Year Award
Dave Hubley

2023 Support4Sport Junior Male Athlete of the Year Award
Milo Sircom-Brown

2023 Support4Sport Junior Female Athlete of the Year Award
Emma Archibald

2023 Freda Wales Award
Eileen Woodford, Baddeck Nordic Club

Awarded to a woman who has made an outstanding contribution to cross-country skiing in Nova Scotia. Awarded by Cross Country Nova Scotia.

2023 Lifetime Achievement/Contribution Award
John Cameron

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. Awarded by Cross Country Nova Scotia.

Cross Country Nova Scotia 2023 Nominations to the Board

Open but with renewal offers from existing board members
Member at Large - Paula Michaelis
Treasurer - Kris Doyon

Open for new board members
Members at Large - 2 positions
President - 1 position
Vice–President - 1 position
Secretary - 1 position

Nominations received
Eileen Woodford – Member at Large

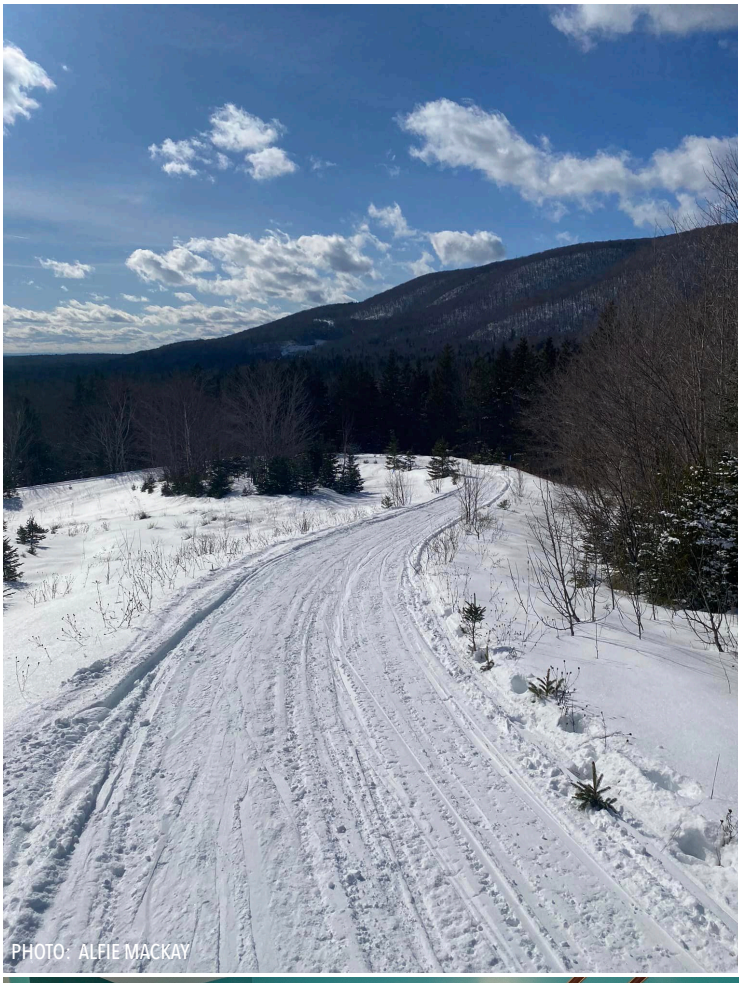


PHOTO: ALFIE MACKAY









Cross Country Nova Scotia

5516 Spring Garden Road, 4th Floor | Halifax, NS | B3J 1G6
T: 902.425.5540 Ext. 371 | ccns@sportnovascotia.ca | www.crosscountryns.ca

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

Agenda	Discussion	Time
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.	**Motion:** To approve the AGM Package as circulated. **Moved:** Melanie **Seconded:** Paula *Motion carried.*
Presentation of the 2022 CCNS Awards	Refer to the 2023 CCNS AGM booklet for description of the awards and nomination write-ups. The **Freda Wales Award** to Eileen Woodford, and the **CCNS Lifetime Contribution Award** to John Cameron**. Sue Hill Award** 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.	**Motion:** To approve the 2022 AGM minutes as circulated. **Moved:** Melanie **Seconded:** Eileen *Motion carried.*
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.	**Motion:** To accept the Treasurer's Report as presented in the AGM booklet. **Moved**: Paula **Seconded:** Melanie *Motion carried.*

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: • To engage readership year-round on CCNS social media channels. • To increase awareness of the CCNS website and engage readership year-round. • To maintain and develop partnerships across clubs, recreation departments, cross-country ski retailers, and news publications.	7:25 pm
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.	**Motion:** To accept the Nomination of Eileen Woodford **Moved**: Melanie **Seconded:** Kris *Motion carried.*
Adjournment	AGM adjourned	8:25 pm

2022 Annual General Meeting

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

cross country
NOVA SCOTIA

Table of Contents

Agenda ……..……..……..

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

Cape Breton Nordic
John Hudec | facebook.com/capebretonnordic

Friends of Ellenwood Park
Christine Bolger | www.friendsofellenwoodpark.ca

Scotia XC Ski Club
Melanie MacDermid | scotiaxc.ca

North Highlands Nordic
Paula Michaelis | 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
Total	**899**	**7**

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.	**Motion:** To approve the agenda as circulated. Moved: John H Seconded: Melanie Motion carried.
Approval of 2020 AGM Minutes	See AGM booklet for AGM minutes.	**Motion:** To approve the minutes from the 2020 AGM as circulated. **Moved:** Melanie Seconded: John H Motion carried.
President's Report	John C presented his report. See AGM booklet.	**Motion:** To accept the President's report as presented in the AGM booklet. **Moved:** Chris Seconded: John H Motion carried.
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.	**Motion:** To approve the 2020 Financial Statements as presented by Kris. **Moved:** John H **Seconded:** Melanie Motion carried.
Appointment of Sport NS to prepare the 2021-22 Financial Statements		**Motion:** To appoint Sport Nova Scotia Administrative Centre to prepare the 2021 -22 Financial Statements. Moved: Lois Seconded: Chris Motion carried.
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.	**Motion:** To adjourn the CCNS 2021 AGM **Moved:** Chris **Seconded:** Melanie Motion carried.

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
TOTAL	**1,932**	**311,174**	**109,641**

Arctic Fox Ski Club Report

Arctic Fox has had a very quiet season. The annual Honeypot 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.





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

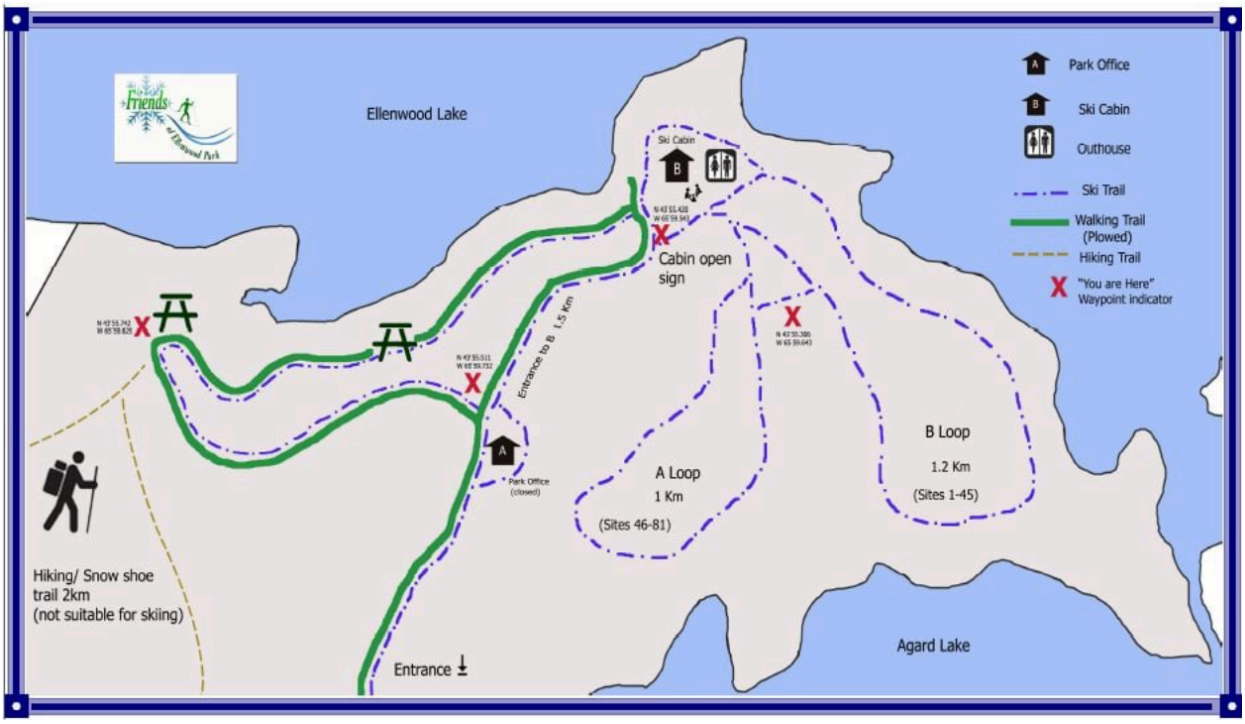
Activities - As the incidents of COVID-19 and its variants persisted throughout the winter months, the Friends of Ellenwood once again chose to keep the ski cabin closed for the season. This decision was based on the restrictive size of the cabin as well as the personal comfort level of our small staff 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.



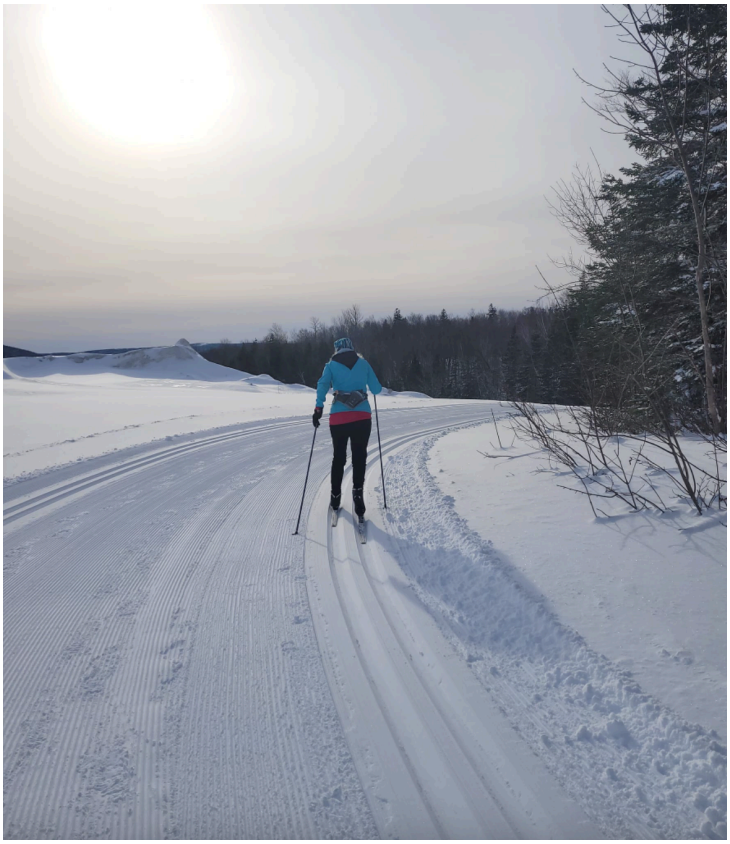
Trail Usage (cont'd)

	DEC	JAN	FEB	MAR	MAR Break	APR	MAY	Total
2022		539	823	728	401			2090
2021		1	587	838	671			1426
2020	15+	845	928	595	COVID	COVID		2368
2019	20+	915	472	807	346	20+		2580
2018	50+	626	689	1046	470	75+		2956
2017	30+	825	1078	824	460	50+		2807
2016	35	1025	606	407	275	6+		2079
2015		612	636	619	225	100+	20+	1987
2014	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 14th 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.

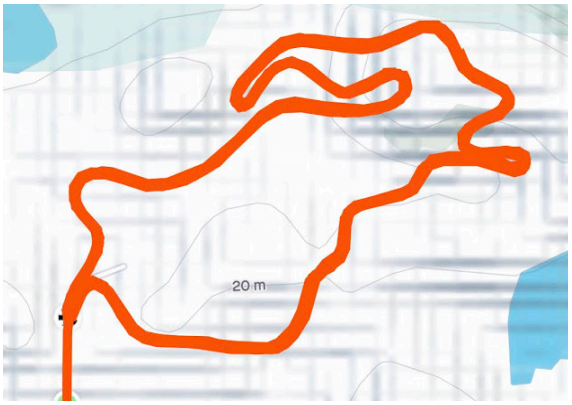
Dill Farm - This location was made available through a generous private landowner partnership with Howard Dill Farms. Dill Farm turned out to be a great new location particularly given the proximity to HRM. 45 minutes from the city and you arrived at a 3k loop of rolling terrain that was wide enough 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

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	**Ogen Newcomb** - 18th, U20 Men, 15km skate
Eastern Canadian Championships Gatineau, QC	Fiona McClure Ogen Newcomb Emma Archibald	**Emma Archibald** 2x Gold, Para Nordic Standing Female - 5km classic - 5km skate **Ogen Newcomb** - 13th, U20 Male, 15km skate **Fiona McClure** - 15th, U20 Female, 15km skate
National Championships Whistler, BC	Emma Archibald Milo Sircom Brown	**Emma Archibald** 3x gold medals, Para Nordic Female Standing - 5km classic - 5km skate - 1km sprint **Milo Sircom-Brown** 28th, U18 Boys - 10km classic - 15 km skate



Beinn Bhreagh

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

2021 Annual General Meeting

June 8, 2021 | 7:00p.m. - 8:30p.m.
Zoom Conference

cross country
NOVA SCOTIA

Table of Contents

Agenda AGM ……..……..……..…3

Agenda First 2021-2022 Board of Directors Meeting……..……..…3

2021-2022 Board of Directors……..……..……..…4

2020-2021 Club Contacts……..……..…4

Membership Vote……..……..…5

2020-2021 Supporters……..……..……..……5

2020 CCNS Agenda Minutes……..……..……..…5

President's Report……..……..……8

Participation in CCNS Clubs - Winter 2020……..……10

Communications Report……..……..…11

Cape Breton Nordic Report……..……..…13

Friends of Ellenwood Park Report……..……..…17

Halifax Nordic Ski Club Report……..……19

North Highlands Nordic Report……..……..…25

Nova Scotia Cross-Country Ski Team Report……..29

2021 CCNS Awards……..……..…33

2020-2023 CCNS Board of Directors Nominations……..…34

Contact……..……37

Meeting Access

Please contact Mallory Taylor for meeting coordinates to access Zoom via video or conference call, mtaylor@sportnovascotia.ca.

Agenda

1. Welcome by CCNS President
2. Regrets and apologies
3. Establish Quorum of 5 Directors
4. Approval of 2020 AGM Minutes (pp. 5-6) | Motion required
5. President's Report | Motion required
6. Financial Statements and Treasurer's Report | Motion required
7. Communications Report
8. Reports by Clubs wishing to present
9. Nominations to Board | 3 vacancies – 5 nominations (bios on pp. 29-30)
    a. To be elected following appointment to Board on September 15, 2020
        · Kris Doyon
    b. New Nominees
        · Julie Archibald
        · Jen Bonin
        · Paula Michaelis
        · André Roy Girard
10. Adjournment
11. First 2022-2023 Board of Directors Meeting.
    a. Meeting to be held following adjournment
    b. Agenda (Appendix "A")

2020 - 2021 Board of Directors

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

Note
Kris Doyon, appointed to board 2020-2021. To be elected at 2021 AGM.

Staff
Mallory Taylor, Sport Nova Scotia, Administrative Coordinator
Catherine Caouette, CCNS, Communications Officer

Club Contacts

Arctic Fox
Jennie Mae Roy | facebook.com/arcticfoxskiclub

Cape Breton Nordic
John Hudec | facebook.com/capebretonnordic

Friends of Ellenwood Park
Christine Bolger | www.friendsofellenwoodpark.ca

Halifax Nordic Ski Club
Lorenzo Caterini | halifaxnordic.ca/

North Highlands Nordic
Linda Murray | nhn.xcski.ca/

Membership Votes

Number of votes per member club as per CCNS bylaws:

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

CLUB	MEMBERS	VOTES
Arctic Fox	0	0
Cape Breton Nordic	43	2
Halifax Nordic Ski Club	806	5
North Highlands Nordic	132	3
Total	**989**	**11**

Supporters

Nordiq Canada
Nova Scotia Department of Communities and Heritage
Sport Nova Scotia

2020 AGM Minutes

2020 CCNS Annual General Meeting May 26, 2020 | Zoom Videoconference		
Agenda	**Time**	**Notes**
Welcome by CCNS President	7:00	
Regrets and apologies + Confirm representatives of Clubs · Linda Murray – NHN · John Hudec – CBN · Lorenzo Caterini – HN · Jennie Mae Roy – Artic Fox · Stephen Sollows – Friends of Ellenwood Park	7:03	
Establish a Quorum of 3 Directors	7:09	

Motion to Approve Agenda	7:10	**Motion:** To approve the 2020 AGM as circulated. **Moved:** Camille **Seconded:** Stephen *carried*
Approval of 2019 AGM Minutes (Motion required): · Motion to approve the minutes from the 2019 AGM	7:12	**Motion:** To approve the 2019 AGM Minutes as circulated. **Moved:** John hudec **Seconded:** Linda Murray *Motion carried.*
President's Report (Motion required) ·Motion to accept the President's report as presented in the AGM booklet.	7:20	**Motion:** To approve accept President's report as presented. **Moved:** John Cameron **Seconded:** Will Roy *Motion carried.*
Financial Statements and Treasurer's Report (Motion required) · Motion to accept the financial statements and treasurer's reports as presented.	7:25	**Motion:** To approve the accept financial statement as circulated. **Moved:** John Cameron **Seconded:** John Hudec *Motion carried.*
Appointment of Sport Nova Scotia to prepare the 2020 Financial Statements (Motion required) ·Motion to appoint the Sport Nova Scotia Administration Centre to prepare the 2020 Financial Statements.	7:45	**Motion:** To approve appoint Sport NS Admin Center to prepare 2020 financial statements. **Moved:** John Cameron **Seconded:** Will Roy *Motion carried.*
Approval of minor changes to CCNS Bylaws (in response to feedback from Joint Stocks) · Motion to approve the proposed changes to CCNS Bylaws.	7:50	**Motion:** To approve the changes made to CCNS Bylaws. **Moved:** John Cameron **Seconded:** Camille Cameron *Motion carried.*
Reports by Clubs wishing to present	8:00	
Nominations to the Board (4 vacancies – 3 nominations) · Melanie Norman · Lois McNeil · William Roy	8:15	5 votes for all nominees

Announcement of 2019-20 CCNS Awards and Support4Sport Awards · Volunteer of the Year: Lorenzo Caterini, HNSC · Coach of the Year: Jack Soloman, HNSC · Official of the Year: Rejean Chamberland, NHN · Sponsor of the Year: Hub Cycle · Junior Female Athlete of the Year: Fiona McClure, HNSC · Junior Male Athlete of the Year: Ogen Newcomb, HNSC · Bryan Scallion Award Male: Daniel Murray, NHN · Bryan Scallion Award Female: Fiona McClure, HNSC · Sue Hill Award: Milo Sircom Brown, HNSC · Freda Wales Award: Deirdre Evans, HNSC	8:25	
Adjourn Meeting	8:30	

President's Report

The year of COVID-19 generated both opportunities and challenges for cross country skiing in Nova Scotia. The lack of other opportunities for recreation due to COVID-19 restrictions led thousands of Nova Scotians to discover cross country skiing. Some clubs – especially Halifax Nordic Ski Club – were able to take advantage of this growth in interest to more than double membership, in part thanks to the expansion of grooming in the Annapolis Valley. For other clubs, COVID-19 restrictions gathering made it much more difficult to manage ski rentals and offer programing. Health regulations also made it difficult to hold most of the events and races that bring skiers together. Hopefully, we will collectively overcome COVID-19 in 2021-22 and can all ski together again in Winter 2022.

At the end of Winter 2021 CCNS membership was 989, almost a 100% increase from 2020. One of the biggest opportunities and challenges for CCNS, ski clubs and everyone in NS who loves to ski will be to re-engage all the people who cross country skied for the first time in 2020. One of the top priorities for CCNS in the coming year is to continue to engage all the new skier and club members – working with our member clubs and other partners to make cross country skiing a supportive and welcoming activity for everyone in Nova Scotia.

Highlights for CCNS in 2020-21 included:

1. Providing over $20,000 of grant funds to member ski clubs through two rounds of funding (Fall 2020 and Spring 2021). These grants support clubs to purchase grooming equipment, construct a new building, and create new signage.

2. Training two new 'Learning Facilitators' to deliver the Nordiq Canada-designed workshop to train Community Coaches and training close to 20 new community coaches in HRM and Antigonish.

3. Big expansion of the CCNS ski fleet for try-it events and our ski at school program (now 65 pairs of skis), which were used by over 300 children, despite COVID restrictions.

4. Ongoing meetings with Municipal Recreation Departments in the Annapolis Valley to expand ski rental and learn-to-ski options in 2021-22, building on the work of Halifax Nordic to groom new trails at Haliburton House in Windsor and Paragon Golf Course in Kingston.

Looking forward to 2021-22, CCNS priorities include:

1. Further collaboration with Municipal Rec Departments and the Halifax Nordic Ski Club to deliver learn to ski programming in the Annapolis Valley.

2. Ongoing training of coaches to be able to deliver Jack Rabbit and Adult ski programs.

3. Training officials / event volunteers (planning for support to the Canada Winter Games in 2023 in PEI)

4. Expansion of opportunities for Para-Nordic skiing, at the recreational and High Performance levels.

5. Creation of a cross-country ski 'Ambassador' program to welcome and support new skiers.

Of course, we couldn't do any of this without highly committee staff and volunteers who do a lot of behind-the-scenes work to make skiing possible. A very big thank-you to Mallory Taylor (the CCNS Administrative Coordinator, for all of her work to apply for grant funding and to keep us organized) and to Cathy Caouette (CCNS Communications Officer – for all of her work to promote skiing through the CCNS website and social media. Also very big thanks to Daniel Murray, who just completed his 13th year as Provincial Coach, and to Tara McIntyre for her careful management of the Provincial Ski Team. Finally, a huge thank-you to all of the volunteers within CCNS's member clubs: the groomers, coaches, event organizers, board members, registrar's and event volunteers who do all the work to make cross country skiing possible.

One of the perks of my role as President of CCNS is to be able to engage regularly with Nordiq Canada, the National Sports Organization responsible for promoting cross country skiing. In 2019, Nordiq Canada adopted a new mission: "All Canadians on Skis, More Canadians on Podiums." This year, CCNS member clubs were able to benefit from Nordiq Canada's increased efforts to promote recreational skiing – through a new grant fund to support clubs and the creation of a charitable fundraising option for clubs.

Finally, 2021-22 will be bittersweet as it will be my sixth and final year serving on the CCNS board. With the goal of ensuring new ideas and energy on the CCNS Board, our By-Laws state that members can serve on the Board for a maximum of 6 years. My time is up! When I first joined the board in 2016, I had no idea what I was getting into. Since then, I've learned a lot about skiing and sports and

recreation management. But most importantly (for me) has been the opportunity to get to know and work with hundreds of people across Nova Scotia and Canada who come together around a shared love of skiing. As I enter my final year on the CCNS Board, I look forward to working with all of clubs and partners to continue to make cross country skiing the best way to spend time outside in the winter.

John Cameron

Club Membership

CLUB	2020-2021	2019-2020	2018-2019
Arctic Fox	0	2	9
Cape Breton Nordic	43	36	43
Halifax Nordic Ski Club	806	391	339
North Highlands Nordic	132	131	121
Total	**989**	**569**	**568**

Communications Report

Increased attention across CCNS digital platforms reflected the uptake in skiing during the COVID-19 pandemic. A simple strategy of producing as much quality skiing content as possible led to a record number of social media posts published, along with the highest number of resource downloads from our website, and increased Google search ranking.

Content

Showcased Nova Scotia skiers front and centre including current and historic - across all demographics. People and their stories are an effective differentiator for promoting skiing in Nova Scotia.

Digital Platforms

Emphasis on producing quality content in context. Amount of content produced increased across all social media channels and website, as compared to previous year.

SOURCE	POSTS				
	NUMBER	REACH	ENGAGEMENT	FOLLOWERS	NOTES
FACEBOOK	723	150,470	16,002	1,189	# posts last year 465
INSTAGRAM	345	72, 003	—-	859	# posts last year 229
INSTAGRAM STORIES	601	53,354	—-		
TWITTER	424	150,976	—-		# posts last year 241
WEBSITE		12,228	26,921		

Resources – Download/Group

Many viewers used trail map resources on Google and Trailforks to view club and community groomed trails.

	PLATFORM	2020-21	ALL TIME	NOTE
Directory: Trails, Equipment & Weather	Website	1,015	364	Downloads PDF
Google Map - Clubs & Community Trails	Website	1,390		Clicks
Trailforks	Website	1,549	1,801	Clicks
Nordic Buy, Sell, Give-Away	Facebook Group	1,033		Members

Website

Continue developing depth of content. Work to increase referrals to website.

	APR 1 2020 - MAR 30 2021	OCT 1 2019 - MAR 30 2020	INCREASE	NOTE
VIEWS	26,921	7,682	350%	
VISITORS	12,228	3,186	383%	
ARTICLES (Published)	55	26	211%	Important to keep website current
TRAILS + CONDITIONS (page views)	11,144	3,309	336%	1st - top visited page
ARTICLES (views)	4,305	683	630%	2nd - most popular content
CLUBS (page views)	1,506	649	232%	
REFERRERS				
- SEARCH ENGINES (ALL)	8,242	2,875	286%	
- GOOGLE (94% search referrals)	7,765	2,147	361%	
- FACEBOOK	4,395	858	512%	
- TWITTER	466	12	3883%	
COUNTRIES	46	31	148%	

Google Search Terms

Google released 33 phases. 3,323 terms not released. People are being directed to CCNS website for a wide variety of reasons.

Sampling of terms people search and get directed to CCNS website:

Nova Scotia cross-country ski championship
Nordic skiing Nova Scotia
Smileys ski conditions
Nova Scotia ski championships 2016
What cross-country ski events occur in Canada
Cross-country ski Nova Scotia
Amazon
Cross-country skiing Nova Scotia
Cross-country skiing Pictou County
Brunello cross-country ski
Where to rent x country skis Halifax
Cross-country skiing Cape Breton
Nordic Ski Halifax
Officials in cross-country
Canadian association of nordic ski instructors
Edmonton skiers norse legend infant prince 1206
Road cross-country from Kentville to Chester NS
BC loppets 2021
Cross country running?
Cross country in Halifax Nova Scotia
Cross-country ski rental Halifax
Cross-country ski trails Victoria Park
The first roller-skiing world championships
Wentworth cross country

Cape Breton Nordic Report

Cape Breton Nordic had a good season despite both Covid-19 and a slow start to the season. We were well prepared to continue our grooming, rentals and programing following appropriate public health guidelines. Our membership was growing well through December in anticipation of the opportunity to participate in safe outdoor activity through the winter. A drought of snow early in 2021 here in Cape Breton slowed down club growth moving into the new year. As a result, we experienced slower growth than anticipated, with some growth resulting in a membership of 42 individuals. It was not till late January that we had the trails groomed and ready to go. Rain closed down our trails in mid-March resulting in a short season. The development of our grooming capacity over previous years continued to pay off in 2021.

Because of public health restrictions it was more difficult to judge 2020-21 rates of participation. Our estimates suggest similar ski and snowshoe rates to the previous season, having close to 200 skiers and snowshoes on the Cape Breton Nordic Trails at Seaview Golf Course weekly, February through March. Because of public health restrictions and the lack of access to indoor space for registration, it was more difficult to monitor rates of participation this year. The Cape Breton Nordic Trails were further established as the place to ski or snowshoe in the Cape Breton Regional Municipality (CBRM) this season. We had three notable achievements in this season and have established some goals for the coming season.

This season we focused on grooming, rentals and recreational trail use. In addition, this year we used Cross Country Nova Scotia (CCNS) funding to lower the cost of a series of lessons and a field trip to North Highland Nordic. The goal here was to attract active Cape Bretoners such as runners, cyclists and triathletes to try cross country skiing. With the help of Daniel Murray who now resides in CBRM we had great success. As the picture below (next page) demonstrates we made good use of these funds to attract a potential group of active people into our winter activity. These new skiers will be potential members going forward.

This year we hired two Cape Breton University (CBU) students using a Work Study Grant. The part time employees were studying in CBU's Sport and Physical Activity Leadership Program. They gained great work experience in the facilitation of safe sport and recreation in a difficult time. We extended our weekend and weekday hours. We modernized our payment and accounting systems with the assistance of our new treasurer and these part time employees. The hiring of part time staff improved our consistency and club management.



Lessons to attract active Cape Bretoners such as runners, cyclists and triathletes to try cross-country skiing.

Leading into this year we utilized funding from CNSS to further develop our club graphic and to produce promotional material and signage to both attract and direct skiers and snowshoers. The new image is representative of our club's mandate to provide opportunity for healthy outdoor activity for skiers, snowshoers and other outdoor enthusiasts. As you can see in the picture of our red trailer in the photo below (next page), this significantly expanded our visibility in the community. The resulting signage greatly increased our visibility, sponsorships and donations. We will continue to expand signage.

During the 2021 season we were further recognised 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. They have given us full access to the indoor and outdoor facilities. Seaview has joined our Board of directors and is supportive of establishing Seaview as a winter recreation attraction. In addition to cross country skiing, we hope to promote the location for Nordic walking, snowshoeing, sledding and other winter fun. This year we had limited indoor activity and our rental income was down from the previous season.



New signage significantly expanded visibility in the community.

It was a challenging year for grooming in the CBRM this season. Our groomers did their best with our home-made grooming equipment. Following the 2020-2021 season we came to a consensus that our continued growth as a club is somewhat dependent on improving our grooming capacity. This year we had snow that required conditioning to improve the trails for track setting and for skate skiing. With this in mind our board has researched the appropriate equipment and we have put together a grant request to Nova Scotia, Communities, Culture and Heritage (CCH) for a Community Recreation Capital Grant to secure funding for purchase of a professional groomer. The pandemic has limited both our membership potential and rental income this season. This provides us with the opportunity for an extended level of funding from government. A two thirds level of funding is available due to the pandemic effects. This opportunity for funding is somewhat dependent in support from CCNS. We appreciate the opportunities CCNS provides and hope to expand our role with the provincial organization.

In the coming season we plan to grow our membership and the establishment of groomed trails here in Cape Breton. Other goals are 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 other outdoor enthusiasts. We hope to provide these opportunities specifically to older adults and to youth. In 2021-22 we will expand our 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 2021

CAPE BRETON NORDIC

SKI AND SNOWSHOE





Friends of Ellenwood Park Report

Publicity

The Friends of Ellenwood Park continue to publicize their events on our own website as well as on our Facebook page. Along with advertisements posted on Yarmouth Events and Promotions (Facebook), these social social media sites are the most effective way by which we connect with the vast majority of those who attend our events in spring and fall as well as those who make use of our xc ski and snowshoe loans during the winter. Our activities are also listed in the 'What's Happening?' section the Tri-County Vanguard and are supported by our partners, the Yarmouth Recreation Department/ South Shore Connect and the Department of Lands and Forestry/ Nova Scotia Provincial Parks Guide.
Word of mouth is particularly valuable as evidenced by the many comments and Facebook messages that we received throughout the season. When inquiries were made about equipment availability this season, we were able to refer people to our partners at the Yarmouth Recreation Department. When asked about ski/snowshoeing conditions we provided a link to NS XC Skiers Searching for Skiable Snow on Facebook.

Activities

The ongoing COVID pandemic had a massive impact on our normal operations at Ellenwood Park this season. Social distancing protocols required by Nova Scotia's Department of Health and Wellness and other public safety guidelines as established by Sport Nova Scotia for this ski season made it impractical/ unadvisable to open our small ski cabin. For the same reason, equipment loans were impossible since the overwhelming majority of people who borrow skis and boots are new to the sport and/or have no idea of their size. Most need to be 'fitted' individually, often with much trial and error, and directly assisted in and out of bindings.

As a result, we were limited to plowing the walking path, grooming whenever sufficient snow accumulated, and setting tracks when conditions made it possible to do so. In this way, walkers, snowshoers, and xc skiers (with their own equipment) could continue to access the trails.
Other events and activities that would have normally been held, such as the hosting of school groups and the annual Growing Grove celebration, did not take place due to COVID.

In partnership with the Yarmouth Recreation Department, FOEP held two public events. From November 16-22 we held the 'Fit Week Photo Contest' where people were encouraged to take a walk at Ellenwood and send 'selfies' to The Rec. Dept. for a chance to win one of four gift certificates to local shops

downtown. The response was disappointing, mostly due to weather conditions. From March 15-19 we held a March Break scavenger hunt on Ellenwood's Leon Williams Memorial trail and again offered gift certificates for those who took part. This time the response was excellent, and the weather was in our favour. A total of 43 submissions were made representing (an estimated) 130 to 150 participants, mostly families.

These sorts of events, although not related to skiing, fulfil the FOEP mandate of keeping people active in the outdoors. It also improves public awareness of Ellenwood Park, as well as the Friends, and what we do. This directly effects word of mouth promotion and encourages people to become familiar with and return to the park. Ultimately, it also increases the number people who come back to Ellenwood to try xc skiing when snow conditions permit.

Snow conditions
The 2020-21 season saw little in the way of skiable snow in the South West and conditions were generally poor. Larry groomed whenever possible and maintained ski tracks to the best of his ability. Conditions were reported as 'good' on only a handful of dates.

Forward planning
The Friends of Ellenwood Park are hopeful that we may be able to return to normal operations next winter. We plan to try and recruit new members to our FOEP Board before the beginning of the 2021-22 season.

Respectfully submitted by Christine Bolger, FOEP Chair

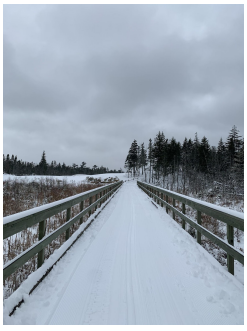
Halifax Nordic Ski Club Report

Expansion of Grooming Locations

HNSC continues to expand and form partnerships with a variety of groups to bring groomed ski trails to skiers across the province.

Our home base remains at Brunello Golf and Country Club, where we have access to a clubhouse, the human-made snowbowl area for consistent snow for lessons and we are able to refer people for daily rentals when required.







The Links at Brunello trails.

Other golf course partnerships include Oakfield Golf and Country Club and new this year in Kingston, Paragon XC. At all of our grooming locations we are working hard to provide options that will allow skiers to have great skiable trails while still respecting the walkers/snowshoers who have been using the area for years. In some locations that involves separate trails for skiers and walkers, in some areas we are trying to educate about multi-use trail etiquette.







Oakfield Golf and Country club (top 2 photos). Paragon XC (bottom 2 photos).

Also new this year, we have moved our grooming team from Smileys Provincial Park to Haliburton House grounds in Windsor. This move puts XC skiing right at the doorstep of a larger township where we hope to see our club numbers growing, as well as providing access to more amenities for skiers for Après Ski gatherings.



Haliburton House.

We continue our partnerships with municipal and provincial parks to groom Graves-Oakley and Macdonald's Sports Parks in HRM and Dollar Lake Provincial Park.



Dollar Lake (top left), Graves-Oakley (top right), and Smileys Provincial Park.

The volunteer grooming team does an amazing job of providing excellent skiable surfaces with our complicated weather patterns and of sharing this knowledge with our partners.



Grooming in progress.

Equipment
This year in addition to the usual maintenance and operating costs, HNSC was able to purchase a new Ginzu with a double track setter for Paragon XC. We had a significant investment in the new set up for bringing our grooming equipment to Haliburton House.

Ski Season
Our ski season opened on December 18th with a couple of days of skiing before the holidays. We are used to limited snow early in the season but this year proved particularly tricky as warm temperatures also prevented snowmaking in the bowl. This resulted in some delayed starts to programming dates/dryland sessions early on. We resumed regular skiing on Jan 3rd and had approximately 35 days of skiing that ended mid-March.

Membership
HNSC experienced tremendous growth, as was the trend across the province and country during this COVID winter. Total membership was nearly doubled from the previous year.

Total Membership: 814 people (419 Female: 395 Male)
Family Memberships: 76
Adult Memberships: 457
Youth Memberships: 38

Brunello Pass: 158 Adults and 32 Families took advantage of having access to our man-made snowbowl area.

Member retention will be a goal for the 2021-2020 year.

Loppets
As has become the specialty of HNSC, we hosted 2 pop-up loppets. Fortunately, at these times COVID restrictions permitted gatherings of these numbers.

On Feb 14th, a loppet was held at Oakfield Golf Course that attracted 32 participants (14 Female: 17 Male.) Of note ski team/families were away that weekend reducing the numbers significantly, so this was an excellent turnout.

On Feb 20th, a loppet was held at Paragon XC that attracted 36 participants (13 female: 23 Male.) This was a great turnout to showcase the new venue to those travelling from the HRM.

Communications
We have a strong presence on Facebook and Twitter (for conditions reports.) We have worked to encourage membership to self-report trail conditions on the NS Skiers Searching Page to provide the most-up-to date conditions. We have also continued with our email newsletter.

Lessons

We had a very successful year of programming. 150 participants (78 youth: 73 adults) signed up for lessons through the club. We offered programming 6 days of the week at various times of the day (i.e., evenings, weekend mornings, weekday afterschool.) We were not able to accommodate all of the interest and referred many more to an independent private instructor.




Lessons at MacDonald Sports Park.



Lessons at The Links at Brunello.

We offered Bunny Rabbit, Jack Rabbit, Track Attack and a Ski Team training group to youth. We expanded our adult Skate Ski program to include Beginner, Intermediate and Advanced programming. We also added Classic Lessons for beginners, where there was a huge amount of interest. We had some challenging snow conditions again this year, but our instructors remained flexible and were able to shift to dryland training days and change locations when needed. We will continue to offer as much programming as we can support with our volunteer coaches.

North Highlands Nordic 2021 Year End Report

President:	Paula Michaelis
Past President:	Linda Murray
Treasurer:	Lynda Burton
Secretary:	Rosemary Algar

132 members Cross Country Ski Nova Scotia, Cross Country Canada
(Including 57 adult, 9 student and 12 family season passes)

Trail Users Per Month*:

	Dec.	Jan.	Feb.	Mar.	March Break	April	May	Total
2021		1	587	838	671		-	1426
2020	15	845	928	595	COVID	COVID	-	2368
2019	20	915	472	807	346	20	-	2580
2018	50	626	689	1046	470	75	-	2956
2017	30	825	1078	824	460	50	-	2807
2016	35	1025	606	407	275	6	-	2079
2015		612	636	619	225	100	20	1987
2014	138	825	843	944	388	200	3	2954

The guestbook was signed by our local skiers, as well as at least eight counties in Nova Scotia.

*These numbers only reflect those who were signed into the guest book.

2020-2021 Milestones

- NHN has a new Trail Maintenance Building for the groomer machine and a new access trail; all on land kindly donated to the club by Murdock and Voilet MacLeod.
- Engineered septic and electricity have been hooked up to the building.
- NHN has a new logo and new NHN road sign.

- The storage/wax area in the building doubled as an office this past winter. Most of the rentals were stored there also.

- NHN operated successfully through COVID 19 restrictions; in the “office” everything sanitized (including rentals), masks mandatory, numbers limited with social distancing.

- March 4th the groomer broke down and Halifax Nordic generously loaned us groomer equipment that helped us through March Break to the end of the season.

- NHN was featured in an episode of East Coast Kids, which currently can be viewed on Bell Media. The episode included introductory ski lessons, an overview of North Highlands Nordic, as well as scenic footage of the ski trails.

- Shortest ski season on record (50 days)

- Largest March Break numbers on record (21.5% increase over previous record)

- Most rentals used - 20% increase

Highlights 2021

Activities	Date	Comments
Trails and office open for season	February 13th	COVID 19 restrictions in place
Lasagna Dinner	February 13	Take away only
Spaghetti/meatballs	March 14th	Take away only
Virtual Loppet	March13th -14th	1st attempt with virtual format
Provincial Team	March Break	Training camp
East Coast Kids/Bell Media Filming	March 14th	
Jack Rabbits and Bunnies	7 sessions	16 in the programs. 3 Bunnies and 13 Jack Rabbits
March Break	March 12th-21st	Largest attendance recorded
Bunny and Jack Rabbit Easter Hunt	April 3rd	Rainy successful fun morning. Eggs, certificates and walk.
Office and trails closed for the season	April 3rd	
Ham & potato salad dinner	April 10	Eat in or take away

Competition News:

Daniel Murray completed his 13th year as head coach of the NS Cross Country Ski Team.

A BIG Thank You To:

- Fundraising Committee have raised in excess of $100,000.00.
- New Access Trail construction volunteer crew
- Trail Maintenance Building Volunteers- Through volunteer effort by Kevin Chaisson and crew the Trail Maintenance Building was constructed in the fall.
- Marion Boddy for managing the ski room five days a week and Katie Fougere 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 and Maurice Curtis for an amazing job grooming the trails. Through their dedicated work, we had skiable snow throughout the season.
- Rosemary Algar, Joanne Fitzgerald, Precious MacKinnon and Katie Fougere who helped out with the youth programs.
- Joanne Fitzgerald for making some of our new signage.
- Chalet Building Committee-Dennis Doyon, Frank and Sally Ciesielski and Jan Kosick have worked tirelessly through the winter and spring on a plan for the Chalet.
- To all those who travelled from elsewhere to enjoy our trails and play in our snow.

Awards

“Victoria County Naturally Connected” awarded the North Highlands Nordic VOLUNTEER TEAM to Kevin Chaisson and the building teams.

Thank You to the following supporters of NHN:

- Victoria County Recreation & Active Living
- Cross Country Ski Nova Scotia
- NS Communities Sport and Recreation
- NS Trails Federation
- All those who contributed to NHN through the Nordiq Canada's "Support a Club" initiative
- Donovan's (Rona) Ingonish
- Numerous local businesses for time, building expertise and equipment
- Businesses and members who donated items for the various "basket draws"
- Marion Boddy for her own painting that was used as a fundraiser
- Jamie Cooper
- Gwinn's Construction
- Bodie's construction crew
- Scotiabank
- Ryan Costello
- Glenn Kosick, Barrett Fraser and Andre Fricker for skidoo help
- Cape Smokey for use of their six-wheeler
- Halifax Nordic for loan of grooming equipment
- To the faithful season pass holders

Paula Michaelis, President of North Highlands Nordic



Nova Scotia Cross Country Ski Team Report: 2020-2021

2020-2021 Provincial Team

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

Development Team
- Emma Archibald
- Lynden Doyon
- Suzanne Jackson
- Aaron Lane
- Jack MacMillan

B Team
- Cohen Norman

Leadership
- Daniel Murray (Head Coach)
- Lilla Roy (Para Nordic Coach)
- Tara McIntyre (Manager)

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

Training Camps (Dryland)

• HRM Camp #1	October
• Keppoch Training Session	November
• HRM Camp #2	November

Training Camps (North Highlands Nordic)

• Heritage Day Camp	February
• March Break Session	March

Competitions

This past winter, the team was restricted to organizing their own time trials within Nova Scotia.

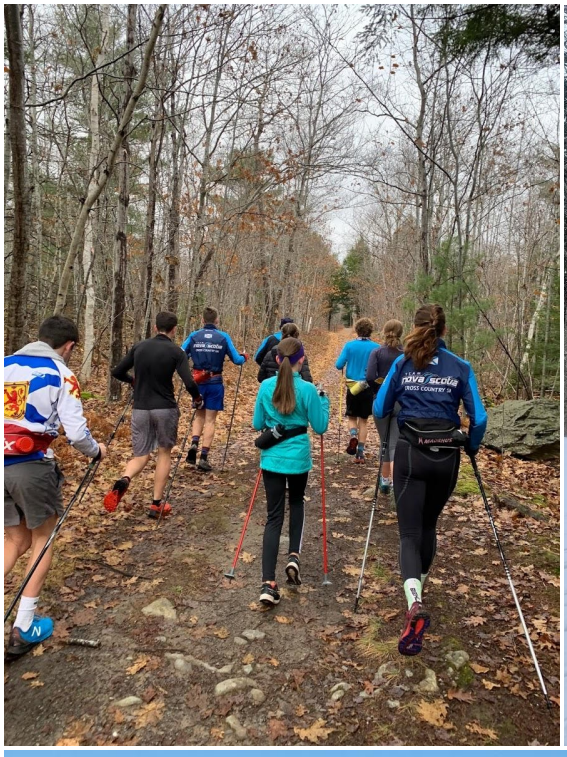
- Jan. 10th- Classic, Dollar Lake
- Jan. 16h- Skate, Dollar Lake
- Jan. 30th- Classic, Dollar Lake
- Feb. 13th- Skate, Dollar Lake
- Feb. 21st- Paragon Loppet
- Mar. 13th- Skate, NHN
- Mar. 14th- Classic, NHN (held in conjunction with NHN Virtual Loppet)

Season Highlights

- **Online Training**: Ski team met weekly for strength workouts whereby athletes took turns designing & leading the workouts. Over the course of the season, we had 48 workouts.

- **March Break Training Session**: Last major training session of the year which saw some athletes skiing over 250km.

- **Para Nordic**: Emma Archibald was our first Para Nordic athlete on the team since 2011.













2021-2022 Provincial Team*

A Team

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

Development Team

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

B Team

- Cohen Norman

Leadership

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

Selection Committee

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

* Due to the COVID situation, whereby Nordiq Canada did not host any Canada Points List races, returning athletes were re-nominated based on last year's selection, as well as coach's verification of sufficient dedication to quality training.

CCNS 2021 Awards

Support4Sport Sport Makes a Difference Award

Kevin Chaisson - A member of North Highlands Nordic and recreational skier, Kevin coordinated the building project for a new facility with no remuneration. He spent countless hours getting building permits, ordering materials, lending his carpentry skills, and operating the heavy machinery. His coordinating efforts didn't go unnoticed when he bubbled with other volunteers who worked daily from October to February. Kevin gave his all, and his commitment positively impacted everyone in the cross-country skiing community.






Bryan Scallion Award

Fastest male and female skiers in NS Provincial Championships. No award this year. The award is based on results at provincials, and there were no provincials due of COVID-19.

Sue Hill Award

Presented to the or most improved ski team member. No award this year. The award is based on results in competitive events, which were not possible this year due to COVID-19.

Freda Wales Award

Presented to a woman who has made an outstanding contribution to cross country skiing in Nova Scotia. In the context of the many disruptions caused by COVID-19 over the past year, CCNS did not award the Freda Wales Award. We do celebrate all of the amazing women in Nova Scotia who make our sport thrive and we look forward to making the Freda Wales Award in 2022.

Cross Country Nova Scotia 2021 Board Nominations

Open, but with Renewal Offers from Existing Board Members

Chair/President:	John Cameron
Secretary:	Dorian Hudec
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 between boardmembers: Chris Bolger, Wendy Majestic, Stephen Sollows)

Open for New Board Members
Members at Large (3 positions)

Nominations Received (5)

Kris Doyan
A 2nd generation cross country skier, Kris has been a member of CCNS for 39 years. At the young age of 3, Kris roller skied down his parents' hallway in his socks clipped into 3 pin bindings. As an athlete, Kris represented Nova Scotia Nationally at National Championships, Canada Cups, and regional races throughout Canada between 1993-2004. He has also competed in the Swedish Vasaloppet and holds multiple podium places at the Gatineau Loppet 50km. Outside of competition, Kris has worked as a part-time ski instructor in adult learn-to-ski programs for a number of years. Kris has also served as a past member of the board as chairing the Provincial Team selection committee between 2002-2007. A previous Manager of the Canada Winter Games team in 2007 and a current NCCP certified coach, also volunteers with the Halifax Nordic members of the provincial team with weekly coaching and instruction.
As treasurer, Kris hopes to leverage his professional business acumen to sustainably facilitate the mandate of Cross Country Nova Scotia.
**Kris was appointed to the CCNS Board in September 2020 and has served as Treasurer since then.*

Julie Archibald
Julie grew up in the Ottawa Valley where she played many sports and loved swimming, hiking, and biking and being outdoors. In 1997, she graduated from Acadia University with a Bachelor of Business Administration and worked in the

financial services industry for 7 years in the Toronto area. After her first daughter, Emma, was born in 2003, she completed her M.Ed at Canisius College and has been teaching since then. Julie and her family moved to NS in 2008 and she began working for the Halifax Regional Center for Education, teaching grade 1 at the at Waverley Memorial School. Over the years she has volunteered with various school committees, sports, and church. Her 3 teenage daughters have been involved in a variety of sports including soccer, basketball, ringette, hockey, track and field, downhill skiing and flag football. In the spring of 2019, Emma attended a Paralympic Search in Halifax and Nordic skiing was one of the sports identified for her to further explore. She was invited to a Para Nordic Ski camp in Canmore in the fall of 2019 and has been skiing ever since. Over the past year Emma has enjoyed training with the provincial team and will continue with the University of Ottawa's Nordic team next year. Although I am new to the sport, I possess a positive attitude and willingness to learn which I believe are qualities essential for being part of any board, committee or organization.

Paula Michaelis
I am Paula Michaelis, President of North Highlands Nordic. I fell in love with NHN five years ago when I moved here to Sugarloaf. Unfortunately, I am unable to ski due to knee issues but I am a avid snowshoer. I am very involved in NHN fundraising and plans for the construction of the new Chalet. I volunteer in the summer time for the Farmers Market and the John Cabot Society. I am a very proud mother and grandmother. I would be honoured to be part of CCNS.

André Roy-Girard
I'm currently the Director Retail Operations for the Trail Shop and Take it Outside since February 2020. I lived in NB for the last 22 years and worked for Cleve's for the last 20 years, where I gained my cross country experience as our store in Moncton was the busiest and had the most extensive variety of XC products. I have lots of knowledge with buying, fitting and the products itself. I have done Classic XC for about 10 years on and off. Since moving to NS, I haven't been able to put skis on as I don't know the area very well and my gear was still packed away. Now that we have settled in, it's time to share my XC knowledge and learn more about the XC trails offered here in NS. I would love to help promote the sports and get more people involved in it. With my experience connecting with people in the world of XC, I think my personal asset and experience would be an asset to CCNS to help in the backroom to promote the sports and to get to know NS XC ski activities in more detail.

Jen Bobonin: Bio not yet received. Jen is a HNSC member and parent of two children in the Jack Rabbit program at The Links at Brunello.

Appendix A

Agenda: First Board of Directors meeting 2021-2022

1. Convene first meeting of the new Board of Directors with Election of Officers

2. Election of Officers
   a. Vice-President: _____
   b. Secretary: Dorian Hudec to continue
   c. Treasurer: Kris Doyon to continue

3. Brief discussion of general business: Budget and Annual Plan for 2021-22

4. Set next Board of Directors meeting date (tentatively 1st Tuesday of each month)

5. Adjourn.



Cross Country Nova Scotia

5515 Spring Garden Road, 4th Floor | Halifax, NS | B3J 1G6
T: 902.425.5540 Ext. 316 | F: 902.425.5606 | E: ccns@sportnovascotia.ca | www.crosscountryns.ca



2020 Annual General Meeting

May 26, 2020 – 7:00pm to 8:30pm
Zoom Video Conference

https://us02web.zoom.us/j/89561048037?pwd=dFBqN01UZUQ0MnlZQ0NxVmhndDNrUT09

Table of Contents

Agenda 2

2019-2020 Board of Directors 3

2019-2020 Club Contacts 4

2019-2020 Supporters 4

Membership Vote 2019-2020* 5

2019 AGM Minutes for CCNS 6

President's Report 10

2019-2020 10

Participation in CCNS Clubs – Winter 2019 13

Cape Breton Nordic – 2020 AGM Report 14

Annual Report for CCNS 2020 AGM 18

Halifax Nordic Ski Club 2019-20 Report 20

Equipment 20

Facilities 20

Growing the Ski Community 21

Lessons 22

Competing 22

Ski Season: 22

North Highlands Nordic 2020 Year End Report 24

ARCTIC FOX SKI CLUB REPORT 27

Nova Scotia Cross Country Ski Team Report: 2019-20 28

CCNS 2020 Awards 33

Cross Country Nova Scotia 2020 Board Nominations 34

AGENDA

Tuesday, May 26, 7:00 – 8:30
Zoom Video Conference

- Welcome by CCNS President
- Regrets and apologies
- Establish a Quorum of 3 Directors
- Approval of 2019 AGM Minutes (Motion required)
- President's Report (Motion required)
- Financial Statements and Treasurer's Report (Motion required)
- Appointment of Sport Nova Scotia to prepare the 2020 Financial Statements (Motion required)
- Approval of minor changes to CCNS Bylaws (in response to feedback from Joint Stocks)
- Reports by Clubs wishing to present
- Nominations to the Board (4 vacancies – 3 nominations - see bios on page 28)
    - Melanie Norman
    - Lois McNeil
    - William Roy
- Presentation of the 2019 Freda Wales Award to Deirdre Evans

- Adjournment of the AGM

First Board of Director's meeting to immediately follow adjournment of AGM

- Convene first meeting of the new Board of Directors with Election of Officers
- Election of Officers (Treasurer: 2-year term)
- Appointment of Officers by Resolution of the Board

  (Camille Cameron to continue as Vice President; Dorian Hudec to continue as Secretary)
- Brief discussion of general business: Budget and Annual Plan for 2020-21
- Set next Board of Directors meeting date
- Adjourn.

2019-2020 Board of Directors

Chair / President	John Cameron (Halifax Nordic Ski Club)
Vice President	Camille Cameron (Halifax Nordic Ski Club)
Treasurer	Ron Mitchel (Halifax Nordic Ski Club)
Secretary	Dorian Hudec (Cape Breton Nordic Club)
Member at Large	Lorenzo Caterini (Halifax Nordic Ski Club)
Member at Large	Dave Hubley (Halifax Nordic Ski Club)
Member at Large	**Lois MacNeil (North Highlands Nordic Ski Club)
Member at Large	**William Roy (Cape Breton Nordic Club)
Member at Large	**Melanie McDermid (Halifax Nordic Ski Club)
Friends of Ellenwood Park (Board Members participate in CCNS meetings on a rotating basis).	
*Provincial Coach	Daniel Murray
*Administrative Coordinator	Mallory Taylor
*Communications Officer	Catherine Caouette

**Non-voting participants in CCNS Board meetings.*

***Appointed to board during 2019-20. To be elected by CCNS members at 2020 AGM.*

2019-2020 Club Contacts

Arctic Fox
Club Contact: Jennie Mae Roy
http://www.crosscountryns.ca/arctic-fox-ski-club

Cape Breton Nordic
Club Contact: John Hudec
https://www.facebook.com/capebretonnordic/

Friends of Ellenwood Park
Club Contact: Christine Bolger
http://www.friendsofellenwoodpark.ca/

Halifax Nordic Ski Club
Club Contact: Lorenzo Caterini
http://halifaxnordic.ca/

North Highlands Nordic
Club Contact: Linda Murray
http://www.nhn.xcski.ca/

2019-2020 Supporters

MEMBERSHIP VOTE*
2019-2020

	Members	Vote
Arctic Fox	2	1
Cape Breton Nordic	36	2
Friends of Ellenwood Park	9	1
Halifax Nordic Ski Club	391	6
North Highlands Nordic	131	3
Total	**569**	**13**

*CCNS Bylaws stipulate the number of votes per member club based on the following formula:

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

2019 AGM Minutes for CCNS

CCNS AGM
May 26, 2019
Sport Nova Scotia Building (Halifax)

MINUTES

Present: Catherine Caouette, Linda Murray, Ken Murray, David Hubley, Jennie May Roy, Camille Cameron, John Cameron, Mallory Taylor, John Hudec, Dorian Hudec
On Phone: Tom Steele, Ron Mitchell (late arrival), Chris Bolger
Minutes submitted by Dorian Hudec

Agenda	Discussion	Time
Welcome from CCNS President	John C welcomed the attendees. He also thanked Tom Steele and Kate Venas for their service to the Board who both resigned.	
Establish a Quorum of Directors	All clubs were represented. NHN: Linda Murray CBN: Tom Steele Arctic Fox: Jennie May Roy Friends of Ellenwood Park: Chris Bolger Halifax Nordic: Dave Hubley	
Approval of Agenda	In AGM booklet.	**Motion:** To approve the agenda as circulated. **Moved:** John C **Seconded:** Camille *Motion carried.*

Approval of 2018 AGM Minutes	Jennie May had submitted some corrections prior to the meeting which were included.	**Motion:** To approve the 2018 minutes as presented. **Moved:** John C **Seconded:** Linda *Motion carried*.
President's Report	John C presented his report. See AGM booklet.	**Motion:** To accept the President's report as presented. **Moved:** John C **Seconded:** Dave *Motion carried*.
Financial Statements and Treasurer's Report	Ron presented his report. See specifics in the AGM booklet. Total assets were $95,330.10. Both ski team and the Board's finances were "in the black". There has been a separation of the 2 accounts.	**Motion:** To approve the 2019 Financial Statements as presented by Ron. **Moved:** John C **Seconded:** Camille *Motion carried*.
Appointment of Sport NS to prepare the 2019 Financial Statements	The cost to have Sport NS to prepare quarterly financial statements is approximately $400.	**Motion:** To appoint Sport Nova Scotia to prepare the 2019 Financial Statements. **Moved:** John C **Seconded:** Dave *Motion carried.*
Reports by Clubs	See reports in the AGM booklet as presented by: John H (Cape Breton Nordic), Jennie May (Arctic Fox), Dave (Halifax Nordic), Linda (North Highlands Nordic), and Chris (Friends of Ellenwood Park). There was also a written report by Daniel Murray regarding the provincial ski team.	

Nominations to the Board and Elections	Camille Cameron has been serving the Board for 9 months (appointed previously). John C asked club representatives to vote for her nomination. All clubs were in favor. Other Board members that have agreed to continue on the Board include Ron Mitchell, Lorenzo Caterini, David Hubley, and Dorian Hudec. Club representatives were in favor. Election of John Cameron for president proceeded.	**Motion:** To nominate John Cameron to be president of the CCNS Board for a 2-year period. **Moved**: Linda **Seconded:** Camille *Motion carried.*
Bylaws Revisions	Camille presented a summary of suggested revisions to the CCNS Bylaws. These were discussed and circulated to the Board several times prior to this meeting, and Board members made suggestions. See AGM booklet for the most recent proposed bylaws. An indemnity clause was added to decrease the Board size from 12, to 7 to 10 members which was not included.	**Motion:** Clubs to approve the proposed Bylaws as prepared by Camille. **Moved**: Jennie May **Seconded:** Dave *Motion carried.*
Presentation of the 2019 Freda Wales Award	The Freda Wales award recipient, Rosemary Algar was recognized. The Board noted Rosemary's longterm contribution to the ski community with her volunteerism with the Bunny program, secretary for NHN, and other club events. She was also the Sport NS volunteer of the year.	
Brief discussion of general business	Many club representatives expressed interest in participating in a "Gathering of the Clubs" meeting during which clubs could share information and support each other in promoting skiing, specifically things that have been successful. The clubs would like some financial and organizational help from CCNS with this.	

Adjournment		**Motion:** To adjourn the CCNS 2019 AGM **Moved:** John C **Seconded:** Dorian *Motion carried*.

PRESIDENT'S REPORT

2019-2020

In 2019-20 CCNS further consolidated its administration and governance processes, celebrated some exciting new steps with new equipment for Para Nordic and school ski programs, and just barely finished the season before the COVID-19 social distancing measures were put in place.

I want to start by thanking our Treasurer, Ron Mitchel, for all his hard work and persistence to oversee the transformation of CCNS's financial management over the past two years. Ron worked very closely with the Sport Nova Scotia Administration Centre staff (Thank-you Hilda LaPierre!) and provincial ski team manager (Tara McIntyre) to create a modernized and efficient financial management system. We will miss Ron on the CCNS Board, but all of his hard work will make the role of Treasurer much easier for whoever follows him (*we're still looking for a new Treasurer: please let me know if you are interested*).

I'd also like to give big shout outs to Mallory Taylor (CCNS Administrative Coordinator) and Cathy Caouette (CCNS Communications Officer) for fantastic work over the past year. Mallory joined CCNS just before the 2019 AGM and in the past year has quickly and quietly learned the ropes and is helping to make CCNS administration more streamlined and to ensure that we actually follow through on all the good ideas we discuss at monthly meetings. Cathy is continuing to do a stellar job as Communications Officer, sharing stories about XC skiing in NS around the world through social media and a newly redesigned website. In just one year (From Jan 1, 2019 to Jan 1, 2020), Cathy tripled the number of CCNS social media followers and increased the total number of engagements with CCNS social media by an amazing 730%. In the month of January 2020, CCNS made more Facebook posts than the US Ski and Snowboard Teams!

Two exciting new initiatives for CCNS in 2019-2020 include the two new Para Nordic sleds and a fleet of new ski equipment for a school ski program and try-it events. The Para Nordic sleds arrived early in Winter 2020 (thanks to a grant from Nordiq Canada and the sled-building work of Jacob Watamaniuk) and I was able to test it with Sport NS Para Sport Coordinator, Paul Tingly, at the Brunello 'Snow Bowl.' We're looking forward to expanding Para Nordic coaching opportunities and try-it events in Winter 2021.

Thanks to another grant from Sport NS, CCNS was able to purchase a fleet of 40 sets of entry-level, youth ski equipment for use in our growing school ski program and try it events. Thanks to the hard work of Halifax Nordic board member, Deirdre Evans, Halifax Nordic and CCNS collaboratively hosted multiple try-it events in local schools and introduced over 60 new Nova Scotians to cross country skiing in an event organized with the Immigrant Settlement Association

of Nova Scotia (ISANS)! CCNS makes the equipment available to schools, community organizations and municipal recreation programs on a cost-recovery basis. If you are interested – let us know.



New CCNS Try-it skis.



New Nova Scotians after skiing for the first time at a CCNS / Halifax Nordic Try-it event (Feb. 2020).

With all the uncertainty created by COVID-19, it is hard to anticipate how 2020-21 will roll out. CCNS is collaborating with Sport Nova Scotia, Nordiq Canada and other provincial XC ski organizations across Canada to develop contingency plans for organizing learn to ski programs, events and races in ways that meet social distancing and other health and safety regulations. Ski programs and events will probably look and feel a bit different this coming winter, but we're hoping that with some creativity we will still be able to run programs and races. In addition to figuring out how to operate in the context of COVID-19, other priorities for CCNS in the coming year include:

- Coach development and training
- Increased collaboration with municipal recreation departments to offer cross-country ski programming and try-it events
- Expansion of the School Ski Program and Try-it events
- Creation of a new High-Performance plan for the provincial XC ski team
- Support to Nordic clubs through grants and loans

-John Cameron, President, CCNS Board of Directors

PARTICIPATION IN CCNS CLUBS – WINTER 2019

	Members	Vote
Arctic Fox	2	1
Cape Breton Nordic	36	2
Friends of Ellenwood Park	9	1
Halifax Nordic Ski Club	391	6
North Highlands Nordic	131	3
Total	**569**	**13**

CAPE BRETON NORDIC

SKI AND SNOWSHOE

CAPE BRETON NORDIC – 2020 AGM REPORT

Cape Breton Nordic had a great ski and snowshoe season. We began grooming in late December and had groomed trails every week until the Covid- 19 Health Crisis closed us down in mid-March. The development of our grooming capacity over previous years paid off in 2020. We estimated having close to 250 skiers and snowshoes on the Cape Breton Nordic Trails at Seaview Golf Course each week January thru March. The Cape Breton Nordic Trails were established as the place to ski or snowshoers in the Cape Breton Regional Municipality this season.

This season we focused on grooming, rentals and recreational trail use. We had an open club room Every Saturday during the ski season. As demand grew, we added an open club room time Wednesday afternoon and evenings. This time was made possible when Vince Forrestall came forward as a steady volunteer for Wednesdays. Those two times allowed us to have an open club room for at least eight hours weekly. When conditions were good and volunteers were available, we opened for extended hours and a few Sundays to take advantage of our snowy winter,



Again, this year prior to the arrival of snow we got people in the mood to ski with a complementary set of Nordic walking days at the Seaview Golf Course This year we were joined by CBRM Recreation in promoting these free opportunities. In the early season we set up our enclosed trailer onsite at Seaview Golf Course and outfitted our ski room with equipment. Our trailer housed the snowmobile, grooming equipment and supplies. The ski room contained more than 50 sets of ski equipment and

close to 20 sets of snowshoes. For the early season we had access to 30 sets of Nordic poles. From this setup we were able to establish a network if groomed trails early in the season. Our trails were well used at open club times and throughout the week. Rentals and donations supplemented our Membership income this year. Throughout the season we had 38 paid members in addition to the board of seven members. With a good early snow, we expect memberships to grow in 2020-21. Many repeat renters and participants mentioned the possibility of becoming members for the coming year.

This year we developed our club graphic. The plan is to use this image for promotional material and for signage to both attract and direct skiers and snowshoes. The image is representative of our club's mandate to provide opportunity for healthy outdoor activity for skiers, snowshoers and other outdoor enthusiasts. The image was developed by one of our newer board members, Will Roy. Will developed the image and revised based on significant feedback from our board. His patience and hard work was much appreciated.

We had several groups use our facilities this winter. We had a visit from an outdoor education group from St FX University. They used our groomed trails and warm up facilities and gave us a kind donation. In addition, a group of students with teacher from Etoile de L'Acadie spent a day skiing at Seaview. Tom Callery celebrated a significant Birthday on the trails with close to 5o snowshoeing and skiing family and friends. The collection of donations at smaller events also provided some income from rentals and donations for the club. We were only able to complete one of the three planned road trips for new skiers to North Highlands Nordic. Sixteen students from Cape Breton University participated in an introductory lesson on the Cape Breton Nordic Trails. A few weeks later we made the road trip for a days skiing at North Highlands. This program was very successful. We plan to complete the other two trips earlier in the 2010-21 season.



During the 2020 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 Golf and Country Club has been a great host and supporter. They have given us full access to the indoor and outdoor facilities. Seaview has joined our Board of directors and is supportive of establishing Seaview as a winter recreation attraction. In addition to cross country skiing we hope to promote the location



for Nordic walking snowshoeing, sledding and other winter fun. In addition, the clubhouse will be more active throughout the winter. With our rental income and donations, we were able to support the plowing and salting of the Seaview roadway with a $1,000 contribution.

Following the 2019-2020 season we nominated Peter Durham for Volunteer of the Year. We appreciate the contributions of all our volunteers and supporters including all those that volunteered in the club room, on the trails or who provided donations.

In addition to Seaview this year we solidified a long list of supporters including: Nova Scotia Communities, Culture and Heritage, Cape Breton Regional Municipality, Cross Country Nova Scotia, Green Link Park Society, North Side the Lakes Wellness Funds from the Nova Scotia Health Authority, Cape Breton University, and Escape Outdoors

In support of the sustainability of Cape Breton Nordic we be expanding our Board of Directors and will be sending additional representatives to the Board of Cross Country Nova Scotia to work as board or committee members. We have established a substantial mailing list, a strong social media presence and a broader community presence. We have established our system to allow registration through Zone4. This will allow us to promote club membership more effectively in 2020-21. We have now more grooming experience and are raring to go in the coming season. With it ready we can now capitalize on snow at any point in the season.

In the coming season we plan to develop our membership and the establishment of groomed trails here in Cape Breton. Other goals are 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 other outdoor enthusiasts. In 2020-21 we will expand our 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 2020

Friends of Ellenwood Park …

"connecting community to nature"

ANNUAL REPORT FOR CCNS 2020 AGM

Publicity - The Friends of Ellenwood Park continue to publicize their events on our own website as well as on our Facebook page. Along with advertisements posted on Yarmouth Events and Promotions (Facebook), these social media sites allow us to connect with the vast majority of those who attend our events in spring and fall as well as those who make use of our X-C ski and snowshoe loans during the winter. Numbers reached on Facebook typically exceed 5,000 with 600 or more engagements. Word of mouth is increasing and is of significant value. Our activities are also listed in the 'What's Happening?' section the Tri-County Vanguard and are supported by our partners, the Yarmouth Recreation Department/ South Shore Connect and the Department of Lands and Forestry/ Nova Scotia Provincial Parks Guide.

This year, we enjoyed an additional and unexpected boost from an interview with a reporter from the Municipality of Argyle which was aired on FBLive in January.

Activities - In the fall, the Friends of Ellenwood Park hosted three Family Bonfire & Marshmallow Roasts, one each in October, November, and December. We also hosted three-night hikes under the full moon in January, February, and March. These events were free to participants and have become increasingly popular, with upwards of 60 people in attendance - weather permitting.

With a special grant from the Nova Scotia Wellness Fund, the Friends of Ellenwood hosted four 'Seniors' Days at Ellenwood' this fall. With busing to the Park provided by HOPE Dial-a-Ride and catering arranged through The Shanty restaurant, seniors were transported to Ellenwood where they enjoyed the beautiful fall leaves, a few hours of social time with their peers, and a delicious boxed lunch before returning home. This was extremely popular among those who attended and very gratifying for our FOEP volunteers! Seniors who were, for the most part, financially limited and socially marginalized were our target group for this venture, a demographic that we had not seen represented among those attending other FOEP events. Their change in outlook, lifting of spirits, anticipation and pure enjoyment expressed by these seniors was exactly what we had hoped to see!

We also had a return visit from the Tri-County Home School group in February, a much larger representation than those who joined us last year. They have expressed their intention to come out again next winter and, on our behalf, will split into two groups in order to better manage their numbers. Those children who had participated in 2019 had been looking forward to another Activity Rocks! hunt and playing games of Camouflage in the woods again.

Snow conditions and equipment loans - 2019/20 offered up very little skiable snow and we were only able to loan out skis and snowshoes on one day throughout the entire season. On January 18th, we loaned out 20 sets of skis and 4 sets of snowshoes. Five skiers were men, 16 were women, and 3 were children under the age of 16. About half had skied before.

There was sufficient snow for Stephen to be able to groom a few more times during the season, but these snowfalls occurred mid-week when the cabin was closed. In addition, severe winds blew trees down throughout the Park, affecting trail use in certain places until Park staff were able to clear them. Construction in one of the camping loops created ditches and uneven surfaces, which made grooming and skiing difficult. FOEP volunteers flagged these areas for safety. All in all, a very poor ski season for a number of reasons.

Forward planning - As the effects of global warming reduce the amount of skiable snow each year, we are facing the reality of fewer ski days and a greater emphasis being placed on alternate activities. No purchases of equipment were made this season, and none are planned.

Despite the vagaries of Mother Nature, this season each of our Board members took the initiative to update their Criminal Background Checks, renew their First Aid Certification, and to complete the two on-line courses (Coach Initiation in Sport and Introduction to Community Coaching) in compliance with Nordiq Canada's liability insurance requirements. Should snowfall improve next winter, we will be ready!

The effects of COVID-19 - We managed to squeeze in all three of the moonlight hikes that we had planned this winter before Provincial Parks across Nova Scotia were closed at the end of March due to the COVID-19 pandemic and social distancing requirements. Schools across the Province are also closed for the remainder of the school year, which means that our annual spring scavenger hunt for Maple Grove's 'Growing Grove' celebrations will not take place. We can only hope that the pandemic resolves itself soon and that the public will be allowed to access the Park once again in the very near future.

Respectfully submitted, May 2020

by Christine Bolger, FOEP

HALIFAX NORDIC SKI CLUB 2019-20 REPORT

Equipment

Snow making and lights made for more consistent skiing. This year's option of having lessons on both Saturday mornings and Monday evenings worked very well as it gave people options other than weekends for the lessons. The Snow Bowl, although crowded at times, certainly saved our programs as we were once again able to offer a full winter program. We also added rental skis for people who wanted to try skiing. There were lots of improvement in skiing throughout the season as everyone became more comfortable on their skis.

- Added snow making at Brunello so season was extended
- Added lights for night skiing at Brunello
- Fleet of rental skis

Facilities

Halifax Nordic added a new trail this year to our current mix: We added Oakfield Golf Course, and this was groomed by Oakfield employees for the first time on January 21st. This new course and the Oakfield groomers is an important addition to our 6 trail network in and around HRM.

Trail	Trail Hashtag	Level	Skate	Classic	Kms
Brunello Golf Course	#BrunelloTrails	Intermediate	Skate	–	10
MacDonald Sports Park	#MSPTrails	Beginner & Intermediate	Skate	Classic (limited)	7.5
Dollar Lake Provincial Park	#DollarTrails	Intermediate	Skate	Classic	10
Graves Oakley	#GOTrails	Beginner	Skate	–	1
Smileys Provincial Park	#SmileysTrails	Beginner & Intermediate	Skate	Classic	4
Oakfield Golf & Country Club	#OakfieldTrails	Beginner & Intermediate	Skate	Classic	TBD

Growing the Ski Community

Added a fleet of rental skis to facilitate community skiing. Halifax Nordic Ski Club worked to get more Haligonians out on skis. This included:

- working with schools in HRM
- working with ISANS
- holding social nights where people can come out and try skiing

We have struggled in the past as we did not have enough equipment for those who wanted to test out the sport before buying equipment. Last year we purchased several sets of adult classic skis to go along with the skate skis at Brunello. In addition, we worked with Cross Country Nova Scotia (CCNS) and thanks to Sport Nova Scotia and a Support4Sport grant, Halifax Nordic and CCNS received a grant to purchase a fleet of 30 sets of skis for children.

- Schools (6 classes)~130 students) from HRM elementary schools were out on skis this winter
- New Canadians – Hosted a group of 60 from ISANS (New Canadians Program)
- Rental skis (Skate and Classic) available for the Tuesday Night Social Skis



Class of grade 3 students at John W MacLeod.

Sunday, February 23rd, Halifax Nordic hosted a group from ISANS in the Snow Bowl at Brunello. We expected 20-30 and ended up with almost 60 smiling new Canadians of all ages in the snow bowl.



ISANS Learn to Ski

Lessons

We had many skiers in lessons this season although we struggled to find enough instructors.

- Added Monday lessons as well as Saturday lessons
- Hosted a Tuesday night social ski drop in

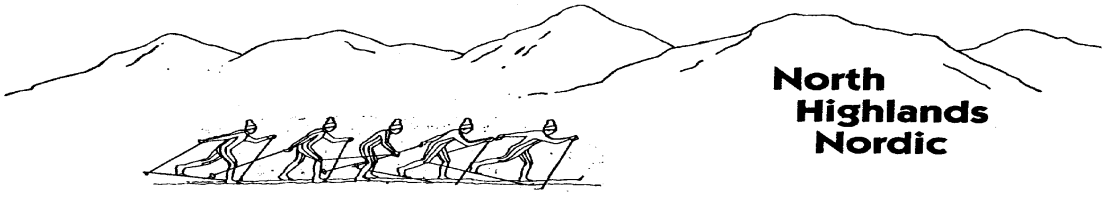
Competing

Although it required a back-up date and last-minute registration to guarantee snow, HNSC was able to host the 2020 NS XC Ski Provincials at Oakfield Golf & Country Club. The event was a huge success. Despite little snow in the HRM, our dedicated grooming team was able to create a fun 2 km lap racecourse that gave us options for skiers of all ages.
We had 40 racers aged 7-70 join in on the action. Skate races were held on Day 1 and Classic Races were held under spring-like conditions on Day 2. Oakfield Golf Course was a great host and the clubhouse was an excellent place to watch the action or socialize afterwards.
The Dollar Lake loppet on Feb 16th saw 29 racers out on the trails and some put in many kilometers around the loop..



Ski Season:

1st Grooming: Graves Oakley was groomed for cross country skiing December 19th
Last ski the brave were still skiing the lower part of the Brunello snow bowl March 14th.



NORTH HIGHLANDS NORDIC 2020 YEAR END REPORT

President: Linda Murray Treasurer: Lynda Burton
Secretary: Rosemary Algar

131 members Cross Country Ski Nova Scotia, Cross Country Canada
(including 62 adult, 2 student and 10 family season passes)

Trail Users Per Month*:

	Dec.	Jan.	Feb.	Mar.	March Break	April	May	Total
2020	15+	845	928	595	Mar 18 last day	COVID -19		2368
2019	20+	915	472	807	346	20+		2580
2018	50+	626	689	1046	470	75+		2956
2017	30+	825	1078	824	460	50+		2807
2016	35	1025	606	407	275	6+		2079
2015		612	636	619	225	100+	20+	1987
2014	138	825	843	944	388	200+	3	2954

The guestbook was signed by our local skiers, visitors from Holland, Norway, Tasmania, United States, India, France, China, Newfoundland, New Brunswick, Quebec, Ontario and at least seven counties in Nova Scotia.
*These numbers only reflect those who signed the guest book.
NHN opened on January 3rd for the season and closed on March 18th because of COVID-19.

NHN's lease Jan 1st-Dec 31, 2020 with the Northern Victoria Community Centre:
Rent Jan-April $525 per month, $300.00-month May-December
75% plowing Jan-Apr, 75% power for entire building Jan-Apr
To supply pellets for pellet stove, maintain bathrooms (except for NVCC hosted events)

Awards
The following nominations were sent in from NHN to Victoria County and Cross Country Nova Scotia:

Paula Machaelis - Volunteer of the Year
Rejean Chamberland - Official of the Year
Ingonish Home Hardware - Sponsor of the Year

Competition news:
Daniel Murray completed his 12th year as head coach of the NS Cross Country Ski Team.
Seth Hawley raced for NHN at the NS Provincial Championships in the Halifax area.

Highlights 2020

Activities	Date	Comments
NHN Club meeting	January 13	Thirty members present voted unanimously to **explore options** of building a new facility. Land acquisition and building committees were formed.
Open House	January18	Free use of trails & equipment- around 40 participants.
Hike NS Moonless Snowshoe	January 24	15participants enjoyed a star filled sky, followed by a great social
Spaghetti Supper	February 8	At CN Culture Centre- sold out-great volunteer effort
Moonlight Adventure*	February 8	22 came out and had a wonderful time
Hike NS Moonless Snowshoe	February 22	Star gazing was enjoyed by nine folks on snowshoes
Cookie Race	March 14	The preschoolers had a fun time and enjoyed the plate sized cookies made by Jason MacDonald.
St. Patrick's Day Pub	March 14	Teamed up with CN Firehall; great pub food and music
Moonlight Adventure*	March 14	14 participants
Annual Loppet*	March 15	44 participated, delicious chili, generous door prizes
Moonless Ski	March 21	Even the kids came out for this one-It was March Break.
Vote	March 23	By online voting over 75% of members voted to leave the Community Centre.
Jackrabbits	Jan. - March	Sundays 1;30-3 10 sessions
Bunnyrabbits	Jan.-March	Sundays 1-2:30 10 sessions
Ski, Snowshoe & Tea*	Jan. – March	Tuesdays: a social outing on skis/snowshoes for adults. Sponsored by Victoria County Recreation

*financial assistance from Victoria County Recreation & Active Living

A BIG Thank You To:

Murdock & Voilet MacLeod donated 4 acres of land to NHN for our new facility.

The 10+ volunteer trail workers who maintained the trails in the fall of 2019**.** These efforts continue to enhance the skiing experience and number of skiable days each year.
Marion Boddy for managing the ski room five days a week and **Gloria MacDonald** 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.
Michael S. Fitzgerald and **Maurice Curtis** for an amazing job grooming the trails. Through their dedicated work, we had skiable snow throughout the whole winter.
Rosemary Algar, Jen Moses, Michael Shaune Fitzgerald, Joanne Fitzgerald, Precious MacKinnon who help out with the youth programs.
Paula Michaelis and her "crew" for their fundraising efforts, such as the Valentine's Spaghetti Dinner, St. Patrick's Day Pub, even splits, Valentine and Easter baskets and a draw on the painting donated by Marilyn MacDougall, Ingonish. Their efforts added $2,998.00 to the building fund!
The building and land acquisition committees for working tirelessly this past winter and spring.
Income Tax deductible donations through Canada Helps raised over $11,000.00.
Did you know NHN had 1060-page followers on Facebook?

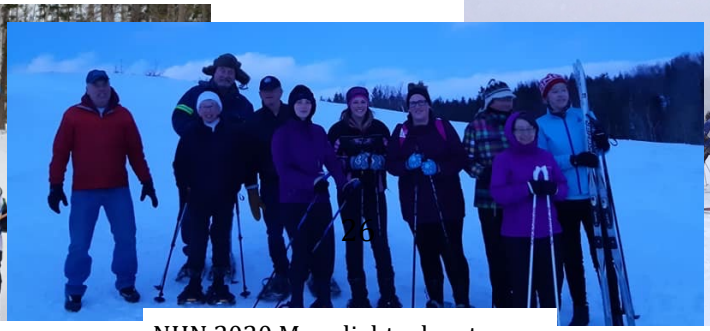
North Highlands Nordic

Thank you to the following supporters of NHN:

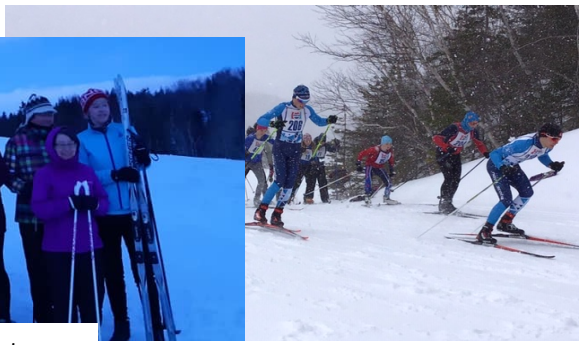
Victoria County Recreation & Active Living
Victoria County Community Health Board
Cross Country Ski Nova Scotia
NS Trails Federation
Destination Cape Breton
Hike Nova Scotia
Ingonish Home Hardware
Numerous local businesses that generously donated draw prizes
And to the faithful season pass holders



Coach Rosemary Algar with Bunnyrabbit



NHN 2020 Moonlight adventure



tart of the 2020 NHN Loppet

Arctic Fox Ski Club Report

2019-2020 Report

Arctic Fox Ski Club 2019-2020 Report

Arctic Fox Ski Club came together to once again hold their annual Honeypot Loppet on March 1, 2020 in Victoria Park, Truro. It was a beautiful day with lots of fun had by the 53 participants. It was exciting to see a wide range of ages and some new faces join us this year. Many thanks to the volunteers who made it happen!

Jennie Mae Roy
President
Arctic Fox Ski Club

Nova Scotia Cross Country Ski Team Report: 2019-20

2019-2020 Provincial Team



A Team
- Ogen Newcomb
- Fiona McClure
- Caden MacLeod
- Grace McIntyre

B Team
- Milo Sircom-Brown
- Cohen Norman
- Oscar Green

Development Team
- Lynden Doyon

Leadership
- Daniel Murray (Head Coach)
- Tara McIntyre (Manager)

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

Training Camps

• Season Starter (HRM)	April
• Summer Camp (Annapolis Valley	July
• Petite Riviere	September
• Wentworth	October
• Baddeck	November
• Charlo (On Snow)	December

Major Events
- Candy Cane Cup (Gatineau, PQ)
    - Ogen- 13th, 7.5km classic- U18 male (2002)
    - Fiona- 17th, 5km freestyle; 14th, 5km classic- U18 female (2003)
    - Grace- 19th, 5km freestyle; 23rd, 5km classic- U16 female (2004)

        - Milo- 11th, 5km freestyle; 9th, 7.5km classic- U16 male (2005)

- Maritime Cup (Fredericton, NB)
    - Athletes: Fiona McClure, Ogen Newcomb, Grace McIntyre, Milo Sircom-Brown, Cohen Norman, Lynen Doyon
    - Top Results:
        - Ogen- 2x bronze, U18 male
        - Fiona- 2x silver, U18 female
        - Grace- 2x bronze, U16 female
        - Milo- 2x bronze, U16 male
        - Cohen- 2x silver, U14 male
- Eastern Canadian Championships (Sherbrooke, PQ)
    - Athletes: Fiona McClure, Ogen Newcomb, Grace McIntyre, Milo Sircom-Brown, Cohen Norman
    - Top Results:
        - Ogen- 23rd, Overall- Multistage pursuit, U18 male
        - Fiona- 35th, Freestyle Sprint, U18 female
        - Milo- 31st, 5km Classic, U16 male
        - Cohen- 7th, Prologue; 13th, 6km Classic & overall multistage pursuit, U14 male

Season Highlights

- <u>Performance Highlights</u>:
    - Inaugural Candy Cane Cup- this pre-Christmas race doubled as a training session on snow. The athletes all fared very well in the results. This was a great litmus test, considering that the majority of the competition also did not have many kilometers on snow.
    - Maritime Cup- It was a race in a snowstorm, and team members represent Halifax Nordic very well in the overall club standings.

- <u>Male/Female Athlete of the Year</u>: These are awarded to the top male & female skiers who scored the highest on the Canada Points List.
    - Junior Female Athlete: Fiona McClure
    - Junior Male Athlete: Ogen Newcomb

- <u>Team Highlights</u>:
    - Big Roll Fundraiser where the team and supporters collectively rollerskied over 650 km (including expat team members elsewhere in Canada), and raised over $2200.
    - Lynden Doyon is a 2nd generation team member. His father, Kris was on the provincial team for much of the 90's and early 2000's.







\




swix


MARCH 27 1951 - JUNE 17 2020



CCNS 2020 AWARDS

Support4Sport Awards

- Volunteer of the Year: Lorenzo Caterini (Halifax Nordic Ski Club)
- Coach of the Year: Jack Soloman (Halifax Nordic Ski Club)
- Official of the Year: Rejean Chamberland
- Sponsor of the Year: Hub Cycle
- Junior Female Athlete of the Year: Fiona McClure
- Junior Male Athlete of the Year: Ogen Newcomb

Bryan Scallion Award for fastest male and female skiers in NS Provincial Championships**:**
Fastest male: Daniel Murray
Fastest female: Fiona McClure

Sue Hill Award for most improved ski team member: Milo Sircom Brown

Freda Wales Award for a woman who has made an outstanding contribution to cross country skiing in Nova Scotia**:** Deirdre Evans

Cross Country Nova Scotia 2020 Board Nominations

Open, but with Renewal Offers from Existing Board Members

Chair / President: John Cameron
Secretary: Dorian Hudec
Member at Large: Camille Cameron
Member at Large: Lorenzo Caterini
Member at Large: Dave Hubley
Member at Large: Friends of Ellenwood Park (shared among 3 board members: Chris Bolger, Wendy Majestic, Stephen Sollows)

Open for New Board Members

Members at Large (1-4)

Nominations Received

Melanie McDermid: Melanie has been serving as a Member at Large of CCNS since March of 2020. She has been a member of the former Martock Nordic and currently Halifax Nordic Ski Club for 7 years. Her 3 boys have all participated in club lessons during that time where she was a weekly parent helper. Her eldest son is currently a member of the NS XC Ski team and she has continued her support through various activities including chaperoning, in and out of province trips and photo/video documentation of ski racing events. She took over as Registrar of Halifax Nordic last season and also helped to organize the 2020 NS Ski Provincial Championships. Coming later in life to endurance sports, she currently enjoys cross country skiing, running and strength training. Formally trained as Family Doctor, life took a different turn and she found herself managing a busy household and opting instead for volunteer work outside the home. In addition to years of volunteer work in various classrooms, she is frequently Team Manager for one or more Halifax Hurricanes Basketball teams, helps to lead a Kids Run Club at her local elementary school and has been co-coaching the XC Running/Track teams at the local Jr High.

Lois McNeil: Lois MacNeil has been a member of the North Highlands Nordic ski club for over 22 years. She has served on the board of directors as Vice President for the past 8 years. Additionally, Lois has volunteered for numerous events including races, fundraising, and instructing the Bunny Rabbit program for 5 seasons. Lois has completed Level 1-official, as well as Introduction to Coaching. She has recently retired from Canada Post after 34 years.

William Roy: William Roy has been living in Nova Scotia since 2018, when he moved to Sydney from Alberta to begin and complete his MBA in CED at Cape Breton University. Growing up near the Rocky Mountains, he has always been passionate about winter sports, from cross country skiing to skating and snowboarding, and was a member of the Misery Mountain Ski Patrol in Peace River. He was recruited to the board of Cape Breton Nordic in the winter of 2019, where he helped the club have a very successful 2019/2020 season. Will is looking

forward to helping the organization grow in the upcoming season when he is not working in his new role of Project Coordinator for a research project on rental housing at Cape Breton University.

CROSS COUNTRY NOVA SCOTIA
5515 Spring Garden Road, 4th Floor
Halifax, Nova Scotia | B3J 1G6
Phone: (902) 425-5450 Ext. 316
Fax: (902) 425-5606
Email: ccns@sportnovascotia.ca

2020 Annual General Meeting

Minutes
May 26, 2020

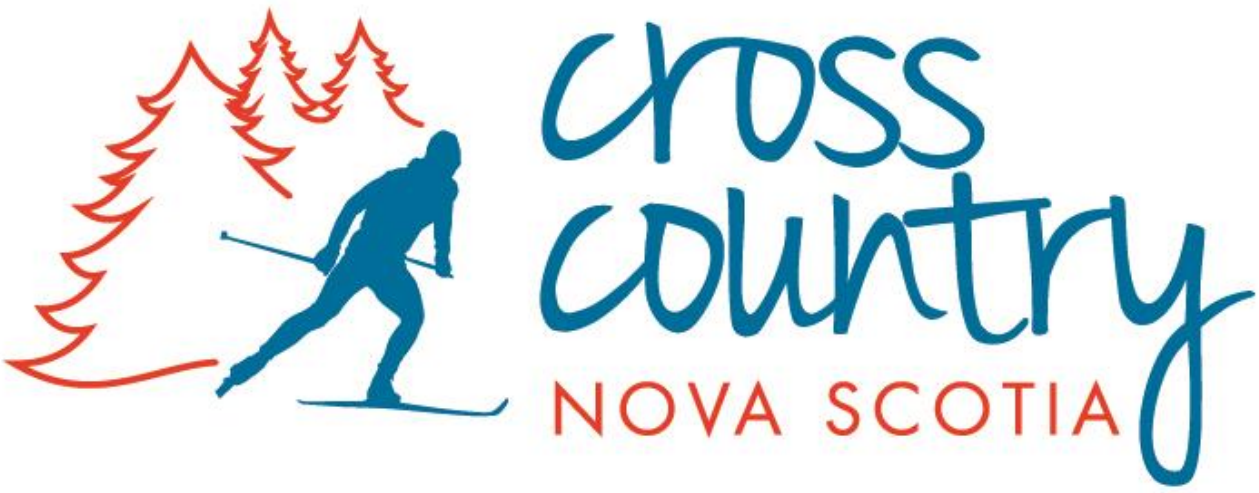
cross country
NOVA SCOTIA

2020 CCNS Annual General Meeting

Minutes | May 26, 2020 | Zoom Conference

AGENDA	TIME	NOTES
Welcome by CCNS President	7:00	
Regrets and apologies + Confirm representatives of Clubs · Linda Murray – NHN · John Hudec – CBN · Lorenzo Caterini – HN · Jennie Mae Roy – Artic Fox · Stephen Sollows – Friends of Ellenwood Park	7:03	
Establish a Quorum of 3 Directors	7:09	
Motion to Approve Agenda	7:10	**Motion:** To approve the 2020 AGM as circulated. **Moved:** Camille **Seconded:** Stephen *carried*
Approval of 2019 AGM Minutes (Motion required): · Motion to approve the minutes from the 2019 AGM	7:12	**Motion:** To approve the 2019 AGM Minutes as circulated. **Moved:** John hudec **Seconded:** Linda Murray *Motion carried.*
President's Report (Motion required) ·Motion to accept the President's report as presented in the AGM booklet.	7:20	**Motion:** To approve accept President's report as presented. **Moved:** John Cameron **Seconded:** Will Roy *Motion carried.*
Financial Statements and Treasurer's Report (Motion required) · Motion to accept the financial statements and treasurer's reports as presented.	7:25	**Motion:** To approve the accept financial statement as circulated. **Moved:** John Cameron **Seconded:** John Hudec *Motion carried.*
Appointment of Sport Nova Scotia to prepare the 2020 Financial Statements (Motion required) ·Motion to appoint the Sport Nova Scotia Administration Centre to prepare the 2020 Financial Statements.	7:45	**Motion:** To approve appoint Sport NS Admin Center to prepare 2020 financial statements. **Moved:** John Cameron **Seconded:** Will Roy *Motion carried.*
Approval of minor changes to CCNS Bylaws (in response to feedback from Joint Stocks) · Motion to approve the proposed changes to CCNS Bylaws.	7:50	**Motion:** To approve the changes made to CCNS Bylaws. **Moved:** John Cameron **Seconded:** Camille Cameron *Motion carried.*
Reports by Clubs wishing to present	8:00	

Nominations to the Board (4 vacancies – 3 nominations) · Melanie Norman · Lois McNeil · William Roy	8:15	5 votes for all nominees
Announcement of 2019-20 CCNS Awards and Support4Sport Awards · Volunteer of the Year: Lorenzo Caterini, HNSC · Coach of the Year: Jack Soloman, HNSC · Official of the Year: Rejean Chamberland, NHN · Sponsor of the Year: Hub Cycle · Junior Female Athlete of the Year: Fiona McClure, HNSC · Junior Male Athlete of the Year: Ogen Newcomb, HNSC · Bryan Scallion Award Male: Daniel Murray, NHN · Bryan Scallion Award Female: Fiona McClure, HNSC · Sue Hill Award: Milo Sircom Brown, HNSC · Freda Wales Award: Deirdre Evans, HNSC	8:25	
Adjourn Meeting	8:30	



2019 Annual General Meeting

May 26, 2019 – 10:30am to 12:00noon
Sport Nova Scotia Classroom (3rd floor)
5516 Spring Garden Rd., Halifax

TABLE OF CONTENTS

Agenda ..... - 2 -
2018-2019 Board of Directors ..... - 2 -
2018-2019 Club Contacts ..... - 3 -
2018-2019 Supporters ..... - 3 -
Membership Vote 2018-2019 ..... - 4 -
2018 AGM Minutes for CCNS ..... - 5 -
President's Report ..... - 8 -
Participation in CCNS Clubs – Winter 2019 ..... - 8 -
Cape Breton Nordic Club Report ..... - 11 -
Friends of Ellenwood Park - Annual Report ..... - 13 -
Halifax Nordic Ski Club Report ..... - 15 -
North Highlands Nordic Club Report ..... - 20 -
Artic Fox Nordic Club Report ..... - 21
Nova Scotia Cross Country Ski Team Report ..... - 22 -
Awards ..... - 30 -
Cross Country Nova Scotia 2019 Board Nominations ..... - 31 -

AGENDA

Sunday, May 26, 10:30-12:00
Sport Nova Scotia Building (5516 Spring Garden Rd.)

- Welcome by CCNS President
- Regrets and apologies
- Establish a Quorum of 3 Directors
- Approval of 2018 AGM Minutes (Motion required)
- President's Report (Motion required) F
- Financial Statements and Treasurer's Report (Motion required)
- Appointment of Sport Nova Scotia to prepare the 2019 Financial Statements (Motion required)
- Reports by Clubs wishing to present
- Nominations to the Board + Elections
    - 1 nomination for President: John Cameron
    - No nominations received for other board positions
- Motion to revise the CCNS By-Laws (Copies of proposed changes were circulated to Clubs before the AGM and hard copies will be available at the AGM)
- Presentation of the 2019 Freda Wales Award to Rosemary Algar
- Adjournment of the AGM (12:00)

First Board of Director's meeting to immediately follow (12:00 – 12:30)

- Convene first meeting of the new Board of Directors with Election of Officers
- Election of Officers (Vice-President)
- Appointment of Officers by Resolution of the Board
  (Vice President: 2 year term)
  (Ron Mitchel to continue as Treasurer for 2nd year; Dorian Hudec to continue as Secretary for 2nd year)
- Brief discussion of general business: Budget and Annual Plan for 2019-20
- Set next Board of Directors meeting date
- Adjourn.

2018-2019 Board of Directors

Chair / President	John Cameron (Halifax Nordic Ski Club)
Vice President	Vacant
Treasurer	Ron Mitchel (Halifax Nordic Ski Club)
Secretary	Dorian Hudec (Cape Breton Nordic Club)
Member at Large	Camille Cameron
Member at Large	Kate Venås
Member at Large	Tom Steele (Cape Breton Nordic Club)
Member at Large	Lorenzo Caterini (Halifax Nordic Ski Club)
Member at Large	Dave Hubley (Halifax Nordic Ski Club)

*Friends of Ellenwood Park Board Members participate in CCNS meetings on a rotating basis.

Head Coach (Non-Voting Member)	Daniel Murray
Administrative Coordinator	Mallory Taylor
Communications Officer	Catherine Caouette

2018-2019 Club Contacts

Arctic Fox
Club Contact: Jennie Mae Roy
http://www.crosscountryns.ca/arctic-fox-ski-club

Cape Breton Nordic
Club Contact: John Hudec
https://www.facebook.com/capebretonnordic/

Friends of Ellenwood Park
Club Contact: Christine Bolger
http://www.friendsofellenwoodpark.ca/

Halifax Nordic Ski Club
Club Contact: Lorenzo Caterini
http://halifaxnordic.ca/

North Highlands Nordic
Club Contact: Linda Murray
http://www.nhn.xcski.ca/

2018-2019 Supporters

MEMBERSHIP VOTE*
2018-2019

	Members	Vote
Arctic Fox	9	1
Cape Breton Nordic	43	2
Friends of Ellenwood Park	14	1
Halifax Nordic Ski Club	339	6
North Highlands Nordic	121	3
Total	**568**	**13**

*CCNS Bylaws stipulate the number of votes per member club based on the following formula:

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

AGM MINUTES FOR CCNS

12 MAY 2018

MINUTES

Present: John Cameron, Chris Algar, Doug Theedom, Rosemary Algar, Dorian Hudec, John Hudec, Ron Mitchell, Lorenzo Caterini, Amanda Bradshaw.
On Phone: Sharon Sullivan, Tom Steele, Daniel Murray

6 of 9 Board Members present for quorum

Club representatives
CB Tom Steele
FEP Sharon Sullivan
NHN Rosemary Algar
HN Lorenzo Caterini

- **Motion to adopt agenda with 2 additions:**
  1) Appoint accountant for 2018/19 and
  2) Change the name of CCSNS to CCNS.
  Moved by John. Seconded by Doug. Motion carried

- **Motion to adopt minutes of 2017 AGM.**
Moved by John. Seconded by Chris. Motion carried

- **Presidents Report (see 2018 AGM Booklet)**
Thanks to departing board members.
Motion to accept Presidents report. Moved by Dorion. Seconded by Doug. Motion carried.

- **Treasurer's report**
-John H questioned the $1000 grant from 2017. Chris A. clarified this was a grant, but not to Cape Breton Nordic.
-John H: thanks to everyone to get the unravel the financial statements and to Tara for doing the ski team accounting
Motion to accept treasures report. Moved by John Hudec, Seconded by Ron Mitchel. Motion carried.,

- **Motion to reappoint accountant (Jody Nickerson) to prepare 2018-19 Financial Statement.**
Moved by John Cameron. Seconded by Doug. Motion carried.

- **Reports by clubs (see 2018 AGM Booklet)**
FOEP report given by Sharon Sullivan.
HN report given by Doug Theedom
CB report given by John Hudec
NHN report given by Rosemary Algar

Rosemary want to recognize the instructors who teach their programs, and that Linda Murray was award official of the year and the Freda Whales award, and was also awarded the Firth award from Cross Country Canada.

John H thought we should like to add some recognition to who had been nominated.

▪ **Ski Team report by Daniel Murray (see 2018 AGM booklet)**
CCNS thanks Daniel for his ongoing commitment and tireless service to the ski team.

▪ **Nominations to the board**

Re-offering John C, Lorenzo, Doug, Ron, Tom, Kate
Vote for continuing board members to continue on the board.
HN: Yes for all
NHN: Yes for all
FEP: Yes for all
CB: Yes for all.
11-0 in favour.

Two new nominations to the board Dorian Hudec, and Dave Hubley.
Vote to nominate these nominees to the board.
HN Y,
NHN Y,
FEP Y,
CB Y.
11-0 in favour.

Vote for Ron Mitchel to be treasure
HN Y,
NHN Y,
FEP Y,
CB Y,
11-0 in favour

CCNS is still looking for additional board members. CCNS would still like to recruit more women with a goal of gender parity. Can appoint directors in between AGMs, and they will be elected formally at the next AGM.

▪ **Motion to officially change the legal name to CCNS from CCSNS.** Legal name is CCSNS, in by-laws our name is CCNS. Having two different names is confusing. Board recommends that the legal name should be changed to CCNS to be consistent with our public name.

Motion to officially change the legal name from Cross Country Ski Nova Scotia to Cross Country Nova Scotia. Moved by John Cameron. Seconded by John Hudec.
HN Y,
NHN Y,
CB Y,
FEP Y
11 – 0 in favour.

CCNS Awards

▪ Freda Whales Award: Linda Murray. CCNS also nominated Linda for the CCC Firth award, which will be awarded to her at the CCC AGM in June.

▪ Bryan Scallion Award is given to the fastest male and female skiers at the provincial championships. Male winner Stuart Harden, Female winner is Fiona McClure

▪ Sue Hill Award for most improved skier at provincial ski team. This award goes to Caden McLeod.

▪ Lorenzo provided an update on snowmaking project: $75,000 project to increase snow making capacity on a 500m loop at Brunello. HN will likely make a request for a $5000 grant for snowmaking.

Motion to adjourn the AGM. Moved by John Cameron. Seconded by John Hudec.

First 2018 CCNS Board Meeting.

Maddy suggested that it would be helpful if the Board had a secretary other then the administrator to take minutes.

Motion to elect Dorian to position of secretary of CCNS board to a two year term.
Moved by John C. Seconded by Doug. Motion carried.

Motion to elect Doug Theedom to the position of Vice President to a two year term.
Moved by John C. Seconded by Lorenzo. Motion carried

Meetings will tentatively continue to be on the first Tuesday of each month.

John: Actions for upcoming meetings:

a) approve budget for 2018 Fiscal Year. CCNS has modest discretionary funds (approx ~$1000), everything else must be done through grants.

b) Funders would like to see more work to develop policies. CCC has policies on their website, which CCNS can use as a model. We should try to develop a few policies a year. Maybe put 15 mins or at board meetings to put toward developing policies. Last year CCNS developed strategic plan, and developed a code of conduct.

Ron Mitchell suggests that we simplify policies as much as possible.

John: Another priority should be coach and official development. CCNS has many coaches at the lower levels, but not many at the higher levels. Would be good to have someone at the HRM supporting coach development for junior programs and at the masters level.

Ron: if there is a grant to purchase some sort of accounting software and to get on this earlier, rather then later. Try to align admin practices with the canoe/kayak as much as possible.

Tom: thanks John C. For his leadership and talent for running efficient meetings.

John C. Motion to Adjourn meeting. Seconded by Doug. Motion carried.

PRESIDENT'S REPORT

2018-2019

2018-19 has been a year of big changes for CCNS which put us in an exciting position to take on new initiatives in the coming year with more capacity and more financial resources to support cross country skiing in NS.

Admin restructuring: After a particularly high staff turn-over (2 office managers in 6 months), the CCNS Board decided to re-think our administration. Our new admistrative system is more 'fit for purpose', professional – and less expensive. The new CCNS admin system includes:

- Administrative Coordinator (Mallory Taylor). This position is highly subsidized by Sport Nova Scotia which also provides supervision, mentoring and training opportunities as well as office space.
- Financial Management (Sport Nova Scotia Administration Centre – Hilda La Pierre)
- Communications Officer (Cathy Caouette)

These changes all took place behind the scenes but should soon start to make a big difference for CCNS clubs and their members with a much more active social media presence (thanks to Cathy), more professional financial management (thanks to Hilda and to CCNS Treasurer Ron Mitchel) and stronger links to Sport Nova Scotia (thanks to Mallory). CCNS will also save significant resources which can be invested in our member clubs and growing our sport.

Funding: In 2018, CCNS underwent an extensive review process with Sport Nova Scotia and the Provincial Department of Communities, Culture and Heritage and received new 4-year block funding grants for 2018-19 through 2021-22. While total funding for CCNS will increase slightly, there is a big decrease in funding for the ski team and significant increase in funding to promote recreational skiing. While this shift opens new possibilities, it also means CCNS and the ski team will need to work harder on fundraising.

	Year 1	**Year 2**	**Year 3**	**Year 4**
	2018-19	**2019-20**	**2020-21**	**2021-22**
Sport NS: Excellence (ski team)	$ 7,500.00	$ 4,750.00	$ 2,000.00	$ 2,000.00
Sport NS: Participation	$ 5,000.00	$ 6,500.00	$ 8,000.00	$ 8,000.00
CCH PRO funding - participation	$ 17,000.00	$ 15,000.00	$ 15,000.00	$ 15,000.00
Total - Participation	$ 22,000.00	$ 21,500.00	$ 23,000.00	$ 23,000.00

With slightly increased funding a significant savings from the administrative re-organization, CCNS will be able to allocate more financial support to its member clubs and to help grow and sustain cross country skiing in the province. Looking forward to winter 2019-20, our top priorities include:

-More financial support and administrative coordination of coach/instructor training
-More financial support and administrative coordination of officials training
-More support for try-it events and other efforts to grow XC skiing
-Stronger links with municipal recreation programs
-More and bigger grants to members clubs for events and equipment
-Stronger leadership and administrative report for the 'Responsible Coachign Movement' to protect athletes and prevent sexual harassment

Nordiq Canada: In March 2019, Cross Country Canada (CCC) officially launched its new name (Nordiq Canada) and it's new mission: 'All Canadians on skis, more Canadians on podiums.' We are really excited about this shift in focus as Nordiq Canada pledges to put more energy and resources into the promotion of recreational skiing as a lifelong sport for all Canadians. CCNS has participated actively in CCC/Nordiq Canada strategy discussions to become part of the strong national network of XC ski enthusiasts working to promote XC skiing. In addition to monthly phone meetings with the Chairs/Presidents of the other provincial Cross Country ski associations, in May 2018, John Cameron took part in the CCC AGM in Canmore. In June 2019, both John Cameron and Mallory Taylor will represent CCNS at the Nordiq Canada AGM in Saint Saveur, QC (near Montreal).

Highlights from 2018-19: The mission of CCNS is to promote cross country skiing by supporting our member clubs as it is the clubs that do the heavy lifting of grooming trails, providing ski instruction, and organizing events. Despite another year with not much snow, CCNS clubs demonstrated flexibility and creativity. Halifax Nordic launched its new snowmaking system on the Brunello 'Glacier'; Cape Breton Nordic held new events, grew its membership and acquired new equipment; Friends of Ellenwood Park shows that success is possible even without snow with a creative approach to outdoor winter recreation with hiking, snowshoeing, bonfires and storytelling – and also introduced many new groups – including veterans and seniors – to skiing and outdoor recreation. North Highlands Nordic was the one club that did have good snow – and continued show how a welcoming spirit can put cross country skiing at the centre of a community.

-John Cameron, CCNS Board President

PARTICIPATION IN CCNS CLUBS – WINTER 2019

CAPE BRETON NORDIC – 2019 AGM REPORT

Cape Breton Nordic had a difficult year with early and late season snow allowing us to hold a small set of lessons and two Try-It Events. Like many regions of Nova Scotia, we had very limited snow. Despite the challenge we further developed our ability to groom trails and developed new partnerships to carry forward into programing and events in the coming ski years. Cape Breton Nordic was incorporated December 18, 2017 making this our second official year of operations. For the 2019 season Cape Breton Nordic had six members on the Board of Directors, four certified instructors and 17 club members. Close to 100 individuals participated in organized events and many more were exposed to the groomed trails.

This season we focused on grooming and programming. Prior to the arrival of snow we got people in the mood to ski with a complementary set of Nordic walking days at the Seaview Golf Course. In the early season we set up our new enclosed trailer onsite at Seaview Golf Course and outfitted our ski room with equipment. Our trailer housed the snowmobile, grooming equipment and supplies. The ski room contains more than 50 sets of ski equipment and close to 20 sets of snowshoes. For the early season we had access to 30 sets of Nordic walking poles. From this setup we were able to establish a network if groomed trails early in the season prior to a long snow drought. During that period we had our first Try-It event. At the event we promoted and sold memberships onsite and through our Zone4 registrations. We had close to 30 participants at this first event. Very little snow in January and February had a negative effect on our weekday lessons. We managed to offer one set of lessons to a small group of 6 participants. Both our Seaview Shuffle Snowshoe Event and the Cape Breton Nordic Loppet were cancelled due to lack of snow.

The highlight of our 2019 season was our second Try-It Event. For this event we groomed both a 8.5km trail for skate freestyle skiing and snowshoeing and a 2km trail for classic skiing. This was our first opportunity to set a classic track in 2019. These trails were enjoyed by more than 50 participants and we also generated $100 in donations.

During the 2019 season we were further recognised as a place to ski and snowshoe in local media and in the Cape Breton Island Winter Adventure Guide. Our head instructor Lilla Roy was away this year so others including Dorian Hudec stepped to provide lessons to a small but enthusiastic group. Again this year Seaview Golf and Country Club in North Sydney has been a great host and supporter. They have given us full access to the indoor and outdoor facilities. This relationship is moving forward into 2019-2020. Seaview has joined our Board of directors and is supportive of establishing Seaview as a winter recreation attraction. In addition to cross country skiing we hope to promote the location for Nordic walking, snowshoeing, sledding and other winter fun. In addition, the clubhouse will be more active throughout the winter.

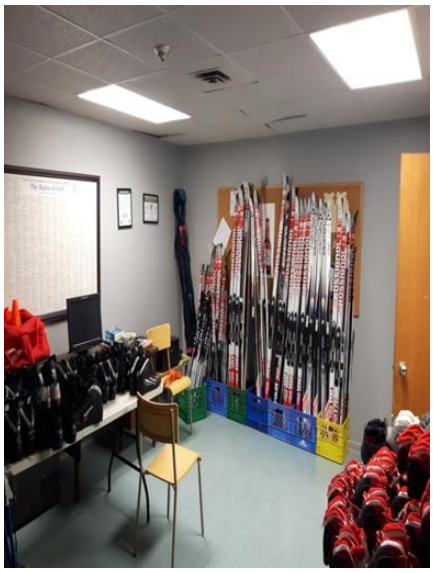
Following the 2018-19 season we nominated Peter Duram for Volunteer of the Year, Seaview Golf and Country Club for Corporate Sponsor of the Year and Lilla Roy for Coach of the Year. Seaview and Lilla were recognized by Cross Country Nova Scotia and their names forwarded to Sport Nova Scotia for inclusion in the Provincial Awards Ceremony. We appreciate the contributions of each of these nominees and thank them for their contributions.

In addition to Seaview this year we solidified a long list of supporters including: The provincial Department of Communities, Culture and Heritage; Cape Breton Regional Municipality; Cross Country Nova Scotia; Green Link Park Society; North Side the Lakes Wellness Funds from the Nova Scotia Health Authority; Cape Breton University; and Escape Outdoors.

Although this was a low snow year, we maintained and tested our ability to provide groomed trails. In the coming year we will work to expand our board and our club membership. This year we will focus on pop-up events that are less snow dependent. These will include Nordic walking, snowshoeing and skiing. This year we groomed a limited amount of times but did introduce both club members and the general public to the possibility of groomed trails. Although our memberships were disappointingly low this season it is understandable given the dearth of snow. Our two events The Seaview Snowshoe Shuffle and the Cape Breton Nordic Loppet both had to be cancelled due to lack of snow and we were unable to groom through a good portion of the winter. In support of the sustainability of Cape Breton Nordic, we be expanding our Board of Directors and will be sending additional representatives to the Board of Cross Country Nova Scotia to work as board or committee members. We have established a substantial mailing list, a strong social media presence and a broader community presence. We have established our system to allow registration through Zone4. This will allow us to promote club membership more effectively in 2019-20. We have now more grooming experience and are raring to go in the coming season. With it ready we can now capitalize on snow at any point in the season.

In the coming season we plan to develop our membership and the establishment of groomed trails here in Cape Breton. Other goals are 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, snowshoes and other outdoor enthusiasts. In 2019-20 we will expand our 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




Cape Breton Nordic equipment room and ski trails at Seaview Golf and Country Club

Friends of Ellenwood Park ...

"connecting community to nature"

ANNUAL REPORT FOR CCNS 2019 AGM

Membership: 9 board members, 5 individuals, 2 family

Publicity - FOEP Facebook page and website, Department of Natural Resources Park Guide, South Shore Connect, Yarmouth Events and Promotions - FB. Our activities continue to be supported by DNR and by Yarmouth Recreation Director, Misty James. These partnerships are very valuable in achieving the goal of reaching out to people of all ages and abilities to enjoy outdoor activities.

This year board members shared the duties representing FOEP on CCNS monthly meetings.

Activities: In fall 2018 we held "campfires and stories" when weather permitted. From December 13, 2018 to March 25, 2019, we hosted 2-hour park experiences for the following groups: one class of middle school students, Veteran and Military families, two elementary school groups Grades 4-6, Boys Scouts, and the Tri County Home School group (about 60 people). Each session included a 1.4 km walk to the ski cabin, games of "camouflage", bonfire, "activity rocks" game, hot chocolate, and a walk back to the gate. Many of the students returned on weekends with their parents to borrow skis.

Snow conditions and grooming: For the second year in a row, we had very little snow throughout the ski season. Board member and volunteer, Stephen Sollows, designed a new roller compactor to assist with grooming in light snow conditions. It was put together by a local machinist and was used each of the five times that the trails were groomed and track set. Although grooming was a challenge in the light snow, once it was completed, we were able to enjoy good to excellent conditions on all trails within the park. Adding to the quality of our trails this year, much of the vegetation along the edge of the trails had been cut back by DNR, widening the trails and allowing more space for combined trails of classic and skate skiing.

Ski loans: 91 people (58 female, 33 male) borrowed equipment from the cabin over four weekends in February and March. It was a pleasure to see the smiles on the faces of repeat visitors. Many people use the park with their own equipment and drop in to the cabin to warm up. We were also given a gently used "pulk" this year. It is fibreglass enclosed sled-type carrier for a small child, with long poles harnessed to an adult while he or she skis.

Planning ahead: We are purchasing more of the popular sizes of children's and women's ski boots. FOEP received a $1500 Wellness Grant from The Community Health Board this year. Planning is underway to partner with local groups who support marginalized seniors. In autumn 2019 our goal is bring groups to Ellenwood for lunch, and provide social and physical activities.

Thank you to the volunteers and members of the public who gave donations to support our activities at Ellenwood.

Respectfully submitted: Sharon Sullivan, FOEP member



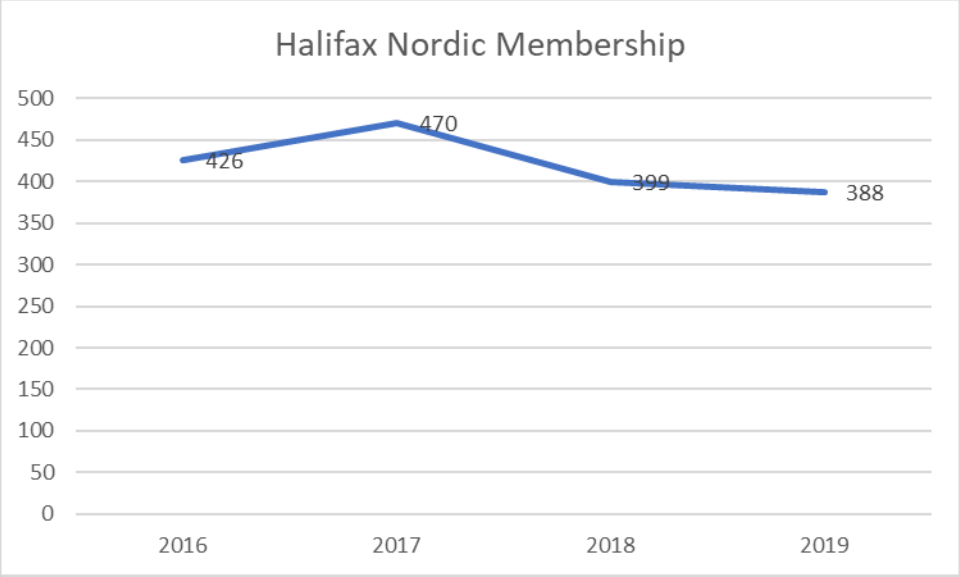
Ellenwood Park Cabin and groomed ski trails (February 2019)

HALIFAX NORDIC SKI CLUB 2018-19 REPORT

Membership

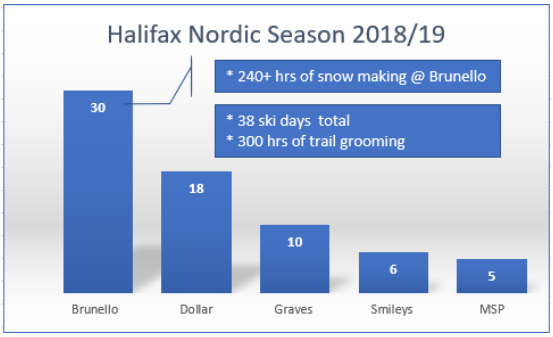
Halifax Nordic had 388 members in 2019, a 3% drop from 399 in 2018. This includes 41 Family, 186 Individual Adult and 33 Individual Youth. In March this year we also introduced a Day Membership as we were getting requests from people just wanting to try skiing and to purchase a day membership.

Family	41
Individual Adult	186
Individual Youth	33
Day Membership	3
Total	388



Ski days

Halifax Nordic had 38 days of open trails this season where most in HRM would say, there really wasn't much snow this season. Our groomers worked their magic to make the snow last as long as possible. On wet days, members stayed off the trails and this allowed the rain to pass through as the groomers waited for the snow to set before heading out to groom. Our groomers spent over 300 hours grooming our five trail systems this winter.



While snowmaking at Brunello was delayed this winter for technical reasons, we were finally able to make artificial snow, and had 30 days of skiing at Brunello (after over 240 hours of snow making). Our last day of grooming at the Brunello "Glacier" was Sunday March 24th. Next year, with a little more hose, and some summer landscaping in the area, we will increase the size of the Brunello "Glacier." We also plan to start snow making earlier once the ground freezes and temperatures drop. This will mean earlier skiing at Brunello in 2019-20.

Snow making



Halifax Nordic Ski Club, in cooperation with the Links at Brunello, saw a $75,000 expansion to the snow making equipment at Brunello. A new 12,000 sq ft ski track with a 20' wide road 400 meters in length was cleared near the club-house. The Links at Brunello created the ski track, adding pipes, drainage and landscaping for the Nordic facility.

Halifax Nordic received a $25,000 Recreation Facility Development Grant to expand the Nordic facility with snow making capacity at the Links at Brunello. The new equipment and facilities will provide more consistent and consecutive ski days in the province. Halifax Nordic Ski Club recognizes the support of the Province of Nova Scotia. We are pleased to work in partnership with the Department of Communities, Culture and Heritage to develop and promote our communities, sport and recreation for all Nova Scotians.

This season alone, the club raised over $6,000 for snow making.

Lessons

Our club has struggled to provide Saturday lessons on snow since leaving Martock. This year we saw similar challenges through January and into February. The success of snow making in February and March this year means we are confident that going into next year we will be able to offer consistent lessons on snow at Brunello.





Races

We had one race this year, the Dollar Lake Loppet that had ~40 participants in all age categories. We had also planned for provincials as well as the Freda Wales Loppet, but with the lack of snow were not able to run either event.

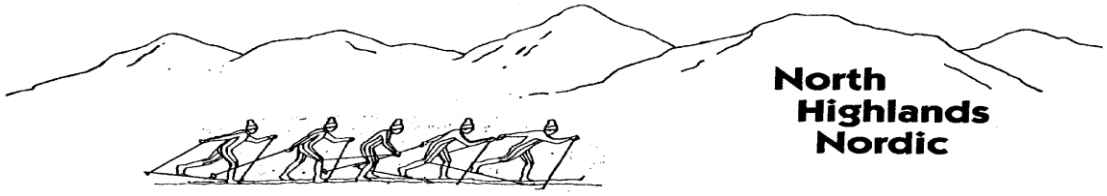
General

There is more interest from the community than we have members of Halifax Nordic at the moment. We have 1716 Followers on our Facebook page and had 2891 users to our website between Dec 1-April 1.

After a snowfall we see 100+ visits to our Facebook page as people are looking for updates on trail conditions. We get lots of questions from people looking to ski as well as rent skis.

This season we had 2891 unique users to the Halifax Nordic Website. Friday, Saturday and Sunday are the most frequent times for people to check our website and it is fairly consistent 8-9am through the week, and beginning at 7 am weekends. The most popular page on our website is the Trails page that had 16% of our traffic (2,223 visits) this season. Of interest is that 12% of visitors to www.Halifaxnordic.ca this season, came through a crosscountryns.ca referral.

Now that we have our snow making equipment in place we plan to make snow earlier in next season creating a solid base. Our snow making along with many new inquiries about cross country skiing shows that there is an opportunity to grow Halifax Nordic's membership in HRM as well as the Valley.



2019 Year End Report

President: Linda Murray, Treasurer: Lynda Burton, Secretary: Rosemary Algar

102 members (including 57 adult, 2 student and 5 family season passes)

Trail Users Per Month:

	Dec.	Jan.	Feb.	Mar.	March Break	April	May	Total
2019	20+	915	472	807	346	20+		2580
2018	50+	626	689	1046	470	75+		2956
2017	30+	825	1078	824	460	50+		2807
2016	35	1025	606	407	275	6+		2079
2015		612	636	619	225	100+	20+	1987
2014	138	825	843	944	388	200+	3	2954
2013		529	765	1074	434	64+		2432
2012		250	675	551	284			1760

These numbers only reflect those who signed the guest book.
The ski rooms were open from Jan 2– March 24 and March 30/31 except for three days due to inclement weather and three more days because of heating issues.

Awards

- **Rosemary Algar, Linda Murray** were each awarded Victoria County outstanding volunteer awards.
- **North Highlands Nordic** received a Victoria County Community Achievement Award.
- **Rosemary Algar** was nominated by NHN as our volunteer of the year to Cross Country NS and was subsequently chosen as the CCNS **Freda Wales Award** winner.
- **Linda Murray** was awarded the **Firth Award** from Cross Country Canada for having made outstanding service as a female in the sport. This is an annual national award.

Congratulations to **Freda McEvoy** who skied over 1000km this winter!

North Highlands Nordic Competition news:

- Provincial A Team: Jonah Hudec, Caden MacLeod
- Provincial B Team: Mariah Hudec
- Head Coach: Daniel Murray
- Major Events: Eastern Canadian Championships, Canada Winter Games, National Championships

Highlights 2019

Activities	Date	Comments
Open House	January13	Free use of trails & equipment- around 80 participants. Entertained by Margarit Gahlinger and Father Alphonsus.
Cape Smokey Elementary	January 10	27 students enjoyed the trails
Cape Smokey Elementary	January 18	33 students snowshoed/skied
Moonlight Adventure*	January 19	25 skied or had a snowshoe, followed by a great social
North Highlands Elementary	January 23	19 students had a lovely day on the trails
Moonlight Adventure*	February 17	19 participants
Annual Loppet*	March 3	46 participants including volunteers, followed by delicious chili
North Highlands Elementary	March 14	19 students had fun on the snow.
Cape Smokey Elementary	March 15	26 students enjoyed the day on snow
Moonless Ski*	March 21	Even the kids came out for this one-It was March Break.
Snowshoe Loppet	March 24	First ever! Around 24 locals had a great time followed by chili and draw prizes.
Parent/Child relay race	March 25	What a blast!
North Highlands Elementary	March 26	Grades 3,4,5 19 students had a great day
Cabot Students	March 27	Grade six students had a great time on the trails
Jackrabbit/Bunnies Egg Hunt	March 31	Over 300 chocolate eggs were found, certificates given out
Jackrabbits	Jan. - March	Sundays 1;30-3 10 sessions
Bunnyrabbits	Jan.-March	Sundays 1-2:3010 sessions
Ski, Snowshoe & Tea*	Jan. – March	Tuesdays: a social outing on skis/snowshoes for adults. Sponsors: New Horizons for Seniors, Victoria County Recreation
After the Bell*	Jan. - March	An opportunity for Cabot students to ski for free

*financial assistance from Victoria County Recreation Department

A BIG Thank You To:

- **The 10+ volunteers** for working on the trails in the fall of 2018**.** Without that preparation the trails wouldn't have been skiable for as early and late as they were.
- **Marion Boddy** for managing the ski room five days a week and Gloria MacDonald for working the other two days. The ladies were very welcoming and took great pride in keeping the rooms tidy and in order.

- **Michael Shaune Fitzgerald** and **Maurice Curtis** for an amazing job grooming the trails. Through their dedicated work, we had skiable snow throughout the whole winter.
- **Rosemary Algar, Jen Moses, Michael Shaune Fitzgerald, Joanne Fitzgerald, Kimber MacLeod, Pecious MacKinnon, Sandra Curtis, Linda Murray** who help out with the youth and school programs.
- **Paula Michaelis** for making an extra effort in obtaining draw prizes for NHN's various events.
- **Jen Moses** for her thoughtful artwork along the trails.
- **Michael Shaune Fitzgerald** for putting up and maintaining the bird feeder.

Thank you
to
the following supporters of NHN:

- **Victoria County Recreation & Tourism**
- **Victoria County Community Health Board**
- **New Horizons for Seniors**
- **Cross Country Ski Nova Scotia**
- **NS Trails Federation**
- **Destination Cape Breton**
- **Ingonish Home Hardware**
- **And to the faithful season pass holders**

ARCTIC FOX SKI CLUB REPORT
2018-2019 REPORT

Arctic Fox Ski Club is the oldest running ski club in Nova Scotia and its membership is a small, loyal, community conscious group of dedicated skiers. The club registered six members this year from five counties: Colchester, Cumberland, Halifax, Kings and Lunenburg. Our small registration numbers did not stop the club from being involved in, supporting and promoting cross country skiing in these communities. Club members participated in loppets in Nova Scotia, New Brunswick, Newfoundland (Labrador) and Quebec, invested in their ski communities through providing weekly training locally for Provincial and Development Team members and being part of team staff at the Canada Winter Games in Red Deer, coaching with Halifax Nordic Ski Club's Youth Programs, supporting a roller ski try-it event at Laurie Park, planning loppets, and collaborating with Truro Parks and Recreation to do trail design and building in Victoria Park. Kate Scallion, with support from Halifax Nordic, planned the Freda Wales Loppet, to be hosted at Ski Wentworth, which was unfortunately cancelled due to lack of snow. A longstanding (snow depending) loppet in NS, the Honeypot Loppet, was hosted this year in beautiful Victoria Park, Truro. There was an increase in participation this year which we hope to build upon for next year. A big thanks to Pierre Roy for organizing this event again this year, and alongside him, Brian Sullivan of Truro Parks and Recreation for their dedication in securing snow-covered trails and Dianne Powell of Scallion and Powell for donating honey for the 49 enthusiastic participants. Thanks to Lorenzo Caterini for his help with timing. Arctic Fox Ski Club is proud to host the Honeypot Loppet and raise monies for the Bryan Scallion Memorial Fund and the Nova Scotia Provincial Cross Country Ski Team. We look forward to connecting with our communities on snow and a great snow year next year!

Jennie Mae Roy
President, Arctic Fox Ski Club.

NOVA SCOTIA CROSS COUNTRY SKI TEAM REPORT: 2018-19

2018-2019 Provincial Team

A Team

- Colin Ward (Carleton University)
- Maggie McClure (Carleton University)
- Jonah Hudec
- Fiona McClure
- Caden MacLeod

B Team

- Mariah Hudec (Guelph University)
- Ogen Newcomb
- Oscar Green

Development Team

- Grace McIntyre
- Allie Martin
- Milo Sircom-Brown
- Cohen Norman

Leadership

- Daniel Murray (Head Coach)
- Tara McIntyre (Manager)
- Lilla Roy (CWG Assistant Coach)
- Kate Scallion (CWG Wax Tech)

Selection Committee

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

Training Camps

• Season Starter (HRM)	April
• Summer Camp (Sydney)	July
• Petite Riviere	September
• Wentworth	October
• Forêt Montmorency (On Snow)	November
• Cape North (On Snow)	December
• Charlo (On Snow)	December

Major Events

- Maritime Cup (Fredericton, NB)
    - Athletes: Fiona McClure, Caden MacLeod, Ogen Newcomb, Oscar Green, Grace McIntyre, Milo Sircom-Brown, Cohen Norman
    - Top Results:
        - Fiona McClure: 2nd, 5km Free Technique
        - Grace McIntyre: 3rd, 5km Free Technique
        - Cohen Norman: 3rd, 5km Free Technique
        - Milo Sircom-Brown: 1st, 10km Free Technique
        - Oscar Green: 2nd, 10km Free Technique
        - Ogen Newcomb: 3rd, 10km Free Technique Mass Start

- Eastern Canadian Championships (Duntroon, ON)
    - Athletes: Fiona McClure, Caden MacLeod, Ogen Newcomb, Oscar Green, Grace McIntyre, Allie Martin, Milo Sircom Brown, Cohen Norman, Colin Ward, (Carleton), Maggie McClure (Carleton), Mariah Hudec (Guelph University)
    - Top Results:
        - Maggie McClure: 11th- 10km Classic, 14th- Classic Sprint
        - Colin Ward: 15th- 15 km Free Technique Pursuit, 22nd- Classic Sprint
        - Caden MacLeod: 8th- 7.5 km Free Technique Pursuit
        - Milo Sircom-Brown: 7th- 3.5km Classic (2005 Midget Boys)
        - Cohen Norman: 2 silver, 1 bronze (2006 Midget Boys)

- Ontario University Championships.
    - Athletes: Colin Ward, Maggie McClure, Mariah Hudec
    - Top Results:
        - Maggie McClure: 3rd- 12km classic, 7th- 7.5 km Free Technique
        - Colin Ward: 11th- 12km classic

- Canada Games (Red Deer, AB)
    - Athletes: Maggie McClure, Caden MacLeod, Fiona McClure, Grace McIntyre, Allie Martin, Colin Ward, Ogen Newcomb
    - Top Results:
        - Maggie McClure: 13th- 10 km Mass Start, 14th- Free Technique Sprint
        - Colin Ward: 19th, 15km Classic Mass Start
        - Caden MacLeod: 29th- 10km Classic Mass Start
        - Fiona McClure: 30th- Free Technique Sprint

- Ski Nationals (Gatineau, PQ)
    - Athletes: Colin Ward, (Carleton), Maggie McClure (Carleton), Mariah Hudec (Guelph University), Jonah Hudec, Fiona McClure, Caden MacLeod, Grace McIntyre, Ogen Newcomb
    - Top Results:
        - Maggie McClure: 20th- Freestyle Sprint,
        - Colin Ward: 35th, 50km Classic Mass Start
        - Caden MacLeod: 59th- 5 km Classic

Season Highlights

- Performance Highlights:
    - Midget Racing: Cohen Norman and Milo Sircom-Brown had exceptional debuts at Easterns. While the midget fields were much smaller than normal, they still had promising CPL scores for their events.
    - Easterns: Caden's 8th fastest time in the juvenile girls' race was a big jump in performance.
    - National Championships: this was the largest field in Canadian history, with some of the largest events I have ever seen (day 1- juvenile girls = 129 athletes). While top CPL scores for the younger groups are slowly getting better, athletes are now faced with much more dense competition. This is good for all athletes, however, as it creates greater incentive to improve.
    - CWG Results: We had a very good Canada Games. The highlights were:
        - In the first race, we placed 5 of 7 athletes into the top 40 (the other two were 40th, 41st and sick/injured. Given that historically we have 1 – 3 athletes finish in the top 40, this was a step forward.
        - Maggie McClure was top 15 in every single race.
        - Fiona McClure, a 15 year old, qualified for the sprint heats, up against junior women and senior women, several of whom had international experience.
        - Mixed Relay- This was the first year for the mixed event at the Games, and Nova Scotia (Colin, Maggie, Ogen, Fiona) finished 10th overall. Colin had the stand out performance, as he finished the lead-off leg in 7th place. In addition, several provinces had more than one team, so Nova Scotia finished 8th out of all the first teams. Grace, Caden and Allie were also able to join mixed teams with other provinces.
    - Supertour: Maggie and Colin participated in a US Supertour event in New York. Maggie had the highlight result, qualifying in 28th place, and then being placed in the same heat as Sophie Caldwell (one of the top sprinters in the world). While Maggie did not advance, she still shaved over 10s off her qualifying time.
- Male/Female Athlete of the Year: These are awarded to the top male & female skiers who scored the highest on the Canada Points List.
    - Senior Female Athlete: Maggie McClure
    - Senior Male Athlete: Colin Ward
    - Junior Female Athlete: Fiona McClure
    - Junior Male Athlete: Ogen Newcomb

- World Cup Finale: Immediately after the national championships, the athletes, Daniel and Eric McIntyre travelled to Quebec City to watch the first two races of the World Cup Finale, which also were Alex Harvey's final races before retirement. It was an electric atmosphere with some spectacular racing, and the elite athletes were very accessible for pictures and autographs. It was, perhaps, the most inspiring experience of our NS skiers' winter. While travelling to World Cups is not always an option, our NS skiers should still make an effort to see these events during their formative years.



Team NS at Petite Riviere Training Camp, September 2018 (Photo: D. Murray)



Cohen Norman practicing roller ski drills at a team training camp (Photo: D. Murray)



Team training camp at Foret Mont-Morency, QC, November 2018 (Photo: D. Murray)



Ogen Newcomb at Maritime Cup, Fredericton, January 2019 (Photo: D. Murray)



Team NS walking to the start line at 2019 Nationals (Grace McIntyre, Fiona McClure, Caden MacLeod + CCNS President John Cameron in yellow – the 'spare pole guy') (Photo: D. Murray)



Maggie McClure before the Sprint Heats at Canada Winter Games, Red Dear (Photo: D. Murray)



Team NS at Canada Winter Games 2019 (Red Deer) (Photo: D. Murray – self timer)



Team NS Members Fiona McClure, Ogen Newcomb, Caden MacLeod and Grace McIntyre with World Cup Champion Johannes Høsflot Klæbo (Centre) at the Quebec City World Cup races (March 2019)

(Photo: D. Murray)

CCNS 2019 AWARDS

Support4Sport Awards

- Volunteer of the Year: Rosemary Algar (North Highlands Nordic Ski Club)
- Coach of the Year: Lilla Roy (Cape Breton Nordic Club)
- Sponsor of the Year: Seaview Golf and Country Club (Cape Breton Nordic Club)
- Junior Female Athlete of the Year: Fiona McClure
- Senior Female Athlete of the Year: Maggie McClure
- Junior Male Athlete of the Year: Ogen Newcomb
- Senior Male Athlete of the Year: Colin Ward

Bryan Scallion Award for fastest male and female skiers in NS Provincial Championships**:** Not awarded in 2019 as Provincials were not held due to lack of snow.

Sue Hill Award for most improved ski team member: **Grace McIntyre**

Freda Wales Award: Rosemary Algar

CROSS COUNTRY NOVA SCOTIA 2019 BOARD NOMINATIONS

Open, but with Renewal Offers from Existing Board Members

Chair / President: John Cameron (Halifax Nordic Ski Club)
Treasurer: Ron Mitchel (Halifax Nordic Ski Club)
Secretary: Dorian Hudec (Cape Breton Nordic Club)
Member at Large: Camille Cameron
Member at Large: Lorenzo Caterini (Halifax Nordic Ski Club)
Member at Large: Dave Hubley (Halifax Nordic Ski Club)

Open for New Board Members

Members at Large (1-4)

Nominations Received in Advance of AGM

John Cameron (Chair / President): John Cameron has served as the Chair / President of CCNS for one term (since May 2017) after joining the CCNS Board in October 2016. He was manager of the Provincial Ski Team from 2015-2017 and has been a member and occasional instructor/coach of Halifax Nordic since 2009. He is also an avid cross country skier (Master), cyclist, runner, and paddler. By day he is a Professor of International Development Studies at Dalhousie University. His previous board experience includes: Halifax Farmers Market Investors Cooperative, Halifax Farmers Market, Canadian Association for the Study of International Development. His role as Chair / President over the past year is outlined in the President's Report.

CROSS COUNTRY NOVA SCOTIA
5515 Spring Garden Road, 4th Floor
Halifax, Nova Scotia | B3J 1G6
Phone: (902) 425-5450 Ext. 316
Fax: (902) 425-5606
Email: ccns@sportnovascotia.ca
Web: www.crosscountryns.ca

CCNS AGM
May 26, 2019
Sport Nova Scotia Building (Halifax)

Present: Catherine Caouette, Linda Murray, Ken Murray, David Hubley, Jennie May Roy, Camille Cameron, John Cameron, Mallory Taylor, John Hudec, Dorian Hudec
On Phone: Tom Steele, Ron Mitchell (late arrival), Chris Bolger
Minutes submitted by Dorian Hudec

Agenda	Discussion	Time
Welcome from CCNS President	John C welcomed the attendees. He also thanked Tom Steele and Kate Venas for their service to the Board who both resigned.	
Establish a Quarum of Directors	All clubs were represented. NHN: Linda Murray CBN: Tom Steele Arctic Fox: Jennie May Roy Friends of Ellenwood Park: Chris Bolger Halifax Nordic: Dave Hubley	
Approval of Agenda	In AGM booklet.	**Motion:** To approve the agenda as circulated. **Moved:** John C **Seconded:** Camille *Motion carried.*
Approval of 2018 AGM Minutes	Jennie May had submitted some corrections prior to the meeting which were included.	**Motion:** To approve the 2018 minutes as presented. **Moved:** John C **Seconded:** Linda *Motion carried*.
President's Report	John C presented his report. See AGM booklet.	**Motion:** To accept the President's report as presented. **Moved:** John C **Seconded:** Dave *Motion carried*.
Financial Statements and Treasurer's Report	Ron presented his report. See specifics in the AGM booklet. Total assets were $95,330.10. Both ski team and the Board's finances were "in the black". There has been a separation of the 2 accounts.	**Motion:** To approve the 2019 Financial

		Statements as presented by Ron. **Moved:** John C **Seconded:** Camille *Motion carried*.
Appointment of Sport NS to prepare the 2019 Financial Statements	The cost to have Sport NS to prepare quarterly financial statements is approximately $400.	**Motion:** To appoint Sport Nova Scotia to prepare the 2019 Financial Statements. **Moved:** John C **Seconded:** Dave *Motion carried.*
Reports by Clubs	See reports in the AGM booklet as presented by: John H (Cape Breton Nordic), Jennie May (Arctic Fox), Dave (Halifax Nordic), Linda (North Highlands Nordic), and Chris (Friends of Ellenwood Park). There was also a written report by Daniel Murray regarding the provincial ski team.	
Nominations to the Board and Elections	Camille Cameron has been serving the Board for 9 months (appointed previously). John C asked club representatives to vote for her nomination. All clubs were in favor. Other Board members that have agreed to continue on the Board include Ron Mitchell, Lorenzo Caterini, David Hubley, and Dorian Hudec. Club representatives were in favor. Election of John Cameron for president proceeded.	**Motion:** To nominate John Cameron to be president of the CCNS Board for a 2 year period. **Moved**: Linda **Seconded:** Camille *Motion carried.*
Bylaws Revisions	Camille presented a summary of suggested revisions to the CCNS Bylaws. These were discussed and circulated to the Board several times prior to this meeting, and Board members made suggestions. See AGM booklet for the most recent proposed bylaws. An indemnity clause was added to decrease the Board size from 12, to 7 to 10 members which was not included.	**Motion:** Clubs to approve the proposed Bylaws as prepared by Camille. **Moved**: Jennie May **Seconded:** Dave *Motion carried.*
Presentation of the 2019 Freda Wales Award	The Freda Wales award recipient, Rosemary Algar was recognized. The Board noted Rosemary's longterm contribution to the ski community with her volunteerism with the Bunny program, secretary for NHN, and other club events. She was also the Sport NS volunteer of the year.	
Brief discussion of general business	Many club representatives expressed interest in participating in a "Gathering of the Clubs" meeting during which clubs could share information and support each other in promoting skiing, specifically	

	things that have been successful. The clubs would like some financial and organizational help from CCNS with this.	
Adjournment		**Motion:** To adjourn the CCNS 2019 AGM **Moved:** John C **Seconded:** Dorian *Motion carried*.

1

2018 CCNS AGM

Present: John Cameron, Chris Algar, Doug Theedom, Rosemary Algar, Dorian Hudec, John Hudec, Ron Mitchell, Lorenzo Caterini, Amanda Bradshaw,
On Phone: Sharon Sullivan, Tom Steele, Daniel Murray

6 of 9 Board Members present for quorum

Club representatives
CB Tom Steele
FEP Sharon
NHN Rosemary
HN Tom

Agenda:

Motion to adopt agenda with 2 additions
1) point accountant for 2018/19 and 2) Changing the name of CCSNS to CCNS (John) Second (Doug)
Motion carried

Motion to approve minutes of 2017 AGM (John) Second (Chris).
Motion carried

Presidents Report
Thanks goes out to departing board members.
Motion to accept Pres report (Dorion) 2nd (Doug)
Motion carried.

Treasures report
-John H questioned the $1000 grant from 2017. Chris clarified this was a grant, but not to Cape Breton Nordic.
-John H: hanks to everyone to get the unravel the financial statements and to Tara for doing the ski team accounting
Motion to accept treasures report (John H) 2nd (Ron)
Motion carried.,

Motion to reappoint accounted (John C) 2nd (Doug)
Motion carried.

Reports by clubs
FEP report given by Sharon.
HN report given by Doug
CB report given by John H.
NHN report given by Rosemary
Rosemary want to recognize the instructors who teach their programs, and that Linda Murray was award official of the year and the Freda Whales award, and was also awarded the Firth award from Cross Country Canada.

John H thought we should like to add some recognition to who had been nominated.

Ski Team report by Daniel Murray

CCNS thanks Daniel for his ongoing commitment and tireless service to the ski team.

Nominations to the board

Re-offering John C, Lorenzo, Doug, Ron, Tom, Kate

Vote for continuing board members to continue on the board.
HN Y,
NHN Y
FEP Y
CB Y
11-0 in favour.

Two new nominations to the board Dorian Hudec, and Dave Hubley.
Dorian advent XC skier, member of NHN for 12-13 years, involved with CB, has 2 adult children on the ski team. Has not served on the board before but looking forward to contributing.

Dave is a member of HN, on the HN board and is a coach interested in pursuing coach development.

Vote to nominate these nominees to the board.
HN Y,
NHN Y,
FEP Y,
CB Y.
11-0 in favour.

Vote for Ron Mitchel to be treasure

Ron has a B.Sc. Commerce degree, business experience with Kraft foods. founding member of arctic fox. Got back into the sport 4 years ago recreationally.

HN Y,
NHN Y,
FEP Y,
CB Y,
11-0 in favour

Still looking for additional board members. Would still like to recruit more women with a goal of gender parity. Can appoint directors in between AGMs, and they will be elected formally at the next AGM.

Motion to officially change the legal name to CCNS from CCSNS. Legal name is CCSNS, in by-laws our name is CCNS. Having two different names is confusing. Board recommends that the legal name should be changed to CCNS to be consistent with our public name.

Motion to officially change the legal name from CCSNS to CCNS (John C) 2nd (John H)

HN Y,
NHN Y,
CB Y,
FEP Y
11 – 0 in favour.

CCNS Awards

Freda Whales Award: Linda Murray. Linda was then nominated for the Firth award and was award this by CCC.

Bryan Scallion Award is given to the fastest male and female skiers at the provincial championships. Male winner Stuart Harden, Female winner is Fiona McClure

Sue Hill Award goes to the most improved skier at provincial ski team. This award goes to Caden McLeod.

Lorenzo provided an update on snowmaking project: $75,000 project to increase snow making capacity, money to make 500m loop to make snow. HN will likely make a request for a $5000 grant for snowmaking.

John C has adjourned the AGM.

First 2018 CCNS Board Meeting.

Maddy suggested that it would be helpful if the Board had a secretary other then the administrator to take minutes.

Motion to elect Dorion to position of secretary of CCNS board to a two year term (John C) 2nd (Doug)
Motion carried.

Motion to elect Doug Theedom to the position of Vice President to a two year term (John C) 2nd (Lorenzo)
Motion carried

Meetings will tentatively continue to be on the first Tuesday of each month.

John: Things to do.
-approve a budget.
-things to do that cost money. Modest discretionary funds (approx ~$1000) everything else must be done through grants.
-things that don't cost money. Funders would like to see more work to develop policies. CCC has policies on their website, use these as a model. Try to develop a few policies a year. Maybe put 15 mins or at board meetings to put toward developing policies. Last year developed strategic plan, and developed a code of conduct.

Ron Mitchell suggests that we simplify policies as much as possible.

John: Another priority should be coach and official development. Many coaches at the lower level, but not many at the higher levels. Would be good to have someone at the HRM supporting coach development for junior programs and at the masters level.

Ron: if there is a grant to purchase some sort of accounting software and to get on this earlier, rather then later. Try to align admin practices with the canoe/kayak as much as possible.

Tom: thanks John C. For his leadership and talent for running efficient meetings.

John C. Adjourns meeting.



2018 Annual General Meeting

May 12, 2018 – 2:00 pm to 4:00 pm
RBC Learning Centre, Halifax Central Library
Halifax, NS

TABLE OF CONTENTS

Agenda ..... - 2 -
2017-2018 Board of Directors ..... - 3 -
2017-2018 Club Contacts ..... - 3 -
2017-2018 Supporters ..... - 4 -
Membership Vote 2017-2018 ..... - 4 -
2017 AGM Minutes for CCNS ..... - 5 -
President's Report ..... - 10 -
Participation in CCNS Clubs – Winter 2018 ..... - 11 -
Nova Scotia Cross Country Ski Team Report ..... - 12 -
2018 - 2019 Provincial Team ..... - 16 -
Cape Breton Nordic CCNS – 2018 AGM Report ..... - 17 -
Friends of Ellenwood Park - Annual Report for CCNS 2018 AGM ..... - 19 -
Halifax Nordic Ski Club Report ..... - 21 -
North Highlands Nordic - 2018 Year End Report ..... - 23 -
Awards ..... - 26 -
Cross Country Nova Scotia 2018 Board Nominations ..... - 26 -

AGENDA

Cross Country Ski Nova Scotia
Annual General Meeting
May 12, 2017 at 2:00 pm
Halifax Central Library
Halifax, NS

1.	Welcome by President/Chair	(10 mins)
2.	Regrets and apologies	(10 mins)
3.	Establish a Quorum of 3 Directors	(10 mins)
4.	Approval of previous AGM Minutes (Motion required)	(10 mins)
5.	President's Report (Motion required)	(10 mins)
6.	Financial Statements and 2018 -19 Budget (Motion required)	(15 mins)
7.	Reports by Clubs (Wishing to Present)	(15 mins)
8.	Nominations to the Board (5 vacancies; max 3-minute presentations)	(~8 to 24 mins)
9.	Presentation of the 2018 Freda Wales Award	(10 mins)
10.	Adjournment of the AGM with the announcement of the first Board of Director's meeting to immediately follow	(5 mins)
11.	Convene first meeting of the new Board of Directors with Election of Officers	(5 mins)
12.	Election of Officers (Treasurer, 2-year term)	(10 mins)
13.	Appointment of Officers by Resolution of the Board (Secretary: 2 yr. term; Vice President: 2-year term)	(5 mins)
14.	Brief discussion of general business	(15 mins)
15.	Set next Board of Directors meeting date	(10 mins)
16.	Adjournment	(5 mins)

2017-2018 Board of Directors

Chairperson	John Cameron
Vice President	Vacant
Treasurer	Chris Algar
Secretary	Madeline Lawler
Awards Coordinator	Doug Theedom
Events Coordinator	Ike Whitehead
Marketing and Promotions	Kate Venås
Member at Large – Cape Breton Nordic	Tom Steele
Member at Large – Friends of Ellenwood Park	Sharon Sullivan
Member at Large – Halifax Nordic Ski Club	Lorenzo Caterini
Member at Large – Halifax Nordic Ski Club	Ron Mitchell
Head Coach (Non-Voting Member)	Daniel Murray
Staff	Madeline Lawler

2017-2018 Club Contacts

Arctic Fox
Club Contact: Jennie Mae Roy
http://www.crosscountryns.ca/arctic-fox-ski-club

Cape Breton Nordic
Club Contact: John Hudec
https://www.facebook.com/capebretonnordic/

Friends of Ellenwood Park
Club Contact: Christine Bolger
http://www.friendsofellenwoodpark.ca/

Halifax Nordic Ski Club
Club Contact: TBD
http://halifaxnordic.ca/

North Highlands Nordic
Club Contact: Linda Murray
http://www.nhn.xcski.ca/

2017-2018 SUPPORTERS





MEMBERSHIP VOTE
2017-2018

	Members	Vote
Arctic Fox	9	1
Cape Breton Nordic	43	2
Friends of Ellenwood Park	14	1
Halifax Nordic Ski Club	339	5
North Highlands Nordic	121	4
Total	**568**	**12**

AGM MINUTES FOR CCNS

28 MAY 2017

MINUTES

Sport Nova Scotia
Halifax, NS

Present at AGM: Chris Algar (Member at Large), John Cameron (Secretary), Tim Carroll (President), Janice Comeau (Member of Friends of Ellenwood Park), John Hudec (Vice President), Richard Knapp (Member of Martock Nordic Ski Club), Madeline Lawler (Administrator), Daniel Murray (Head Coach and Director of Events), Linda Murray (Member of North Highlands Nordic), Tom Steele (Member of Cape Breton Nordic), Sharon Sullivan (Friends of Ellenwood Park Representative)

Motion: To approve agenda (Chris Algar), Second (Sharon Sullivan). Motion carried.

Review of Minutes from 2016 AGM.

-Linda Murray's name misspelled on page 6 (check spelling)
-Sharon Sullivan's report from the 2016 AGM Minutes is actually from 2015. Sharon requested to change the minutes from the 2016 AGM so that they represent her actual report.
Action: Sharon and Maddy to revise
Motion: To approve minutes (John Hudec), Seconded (Chris). Minutes approved.

Review of CCNS Presidents Report
Motion: To approve President's report (Chris Algar), Seconded (Sharon Sullivan). Report approved.

Review of Treasurer's Report
Tim indicated that the positive cash flow is a result of increased revenue from the ski team.
Tim indicated that the CCNS reserve funds are invested in a 'risk free' savings account at 0.8% interest.
Financial statements were prepared by Jody Nickerson.
Tim explained that block funding and other grants are the main sources of revenue.
John Cameron clarified that the positive revenue of CCNS is a result of revenue generated by the ski team.
Tim highlighted need to clarify ski team accounting more clearly in the future.
Motion: To approve Financial Report (Sharon), Seconded (Chris). Motion carried.

Presentation of Club Reports:

Artic Fox Ski Club (Jennie Mae Roy) (see report in AGM booklet)

Cape Breton Nordic (John Hudec) (see report in AGM booklet)

In the coming year, CBN aims to get grooming equipment, finalize joint registry for club, register members on Zone 4 (likely 26 new members), focus on skiing and snowshoeing, consolidate new board (6 members).

Friends of Ellenwood Park (Sharon Sullivan) (see report in AGM booklet)
- Partnership with County Tourism Board and Acadia First Nations to run winter programming. Very promising partnerships to pursue for CCNS.
- Almost twice as many women and children as adult men used equipment.
- John Cameron noted the challenge of converting the large numbers of skiers and ski trail users (many of whom make donations) into club members.
- FOEP got a community health grant to purchase snowshoes.
- Madeline Lawler noted that FOEP is highlighted in the NS Parks Guide – DNR has been a very good partner.
- Because snow is so unpredictable, it is not possible to run a children's program.

Martock Nordic Ski Club (Susan McClure) (see report in AGM booklet)
- A challenging year, but membership did increase and participation in programming increased, although not as much as in previous years. Most growth is in adult participation.
- Nordic Fest has become a significant revenue generator.
- MNSC coaching: 8 instructors passed CANSI Level 1.
- Biggest news is the decision to separate from Ski Martock. In 2017-18, programs will run from Brunello and McDonald Sport Park – which will be a challenge if there is a lack of natural snow.
- The biggest challenge will be to raise funds for snowmaking equipment. Projected cost is $20,000 - $45,000 (but this is experimental). Snowmaking is the trend in North America for Nordic Skiing. Evidence from places like Boston that make snow. This is the future of Nordic Skiing in North America.
- John Hudec emphasized the importance of sharing information between clubs about grooming, snowmaking, etc. John Hudec suggested need to bring clubs together on technical issues like grooming and snowmaking.
- Another big change is the change in the name to 'Halifax Nordic Ski Club' (not yet official with the joint stock registry).
- Susan noted that the separation of MNSC from Ski Martock poses very serious challenges for Biathlon NS as Ski Martock XC trails were the only combined biathlon range and ski trails.

North Highlands Nordic (Linda Murray) (see report in AGM booklet)
- Majority of users are women.
- The variations in user numbers tend to reflect snow conditions. The numbers for 2016-17 would have been higher but for the teachers' union work to rule campaign over the winter which meant no school program participation.
- NHN ski trails are on land owned by 12+ private landowners. Original agreement signed in 1987 for 25 years. All landowners have continued to support/allow NHN to maintain trails on their property.
- 10 consecutive Sundays of good snow in Winter 2017 meant JackRabbit program operated successfully.

- Linda gave a special thanks to the volunteers for the Loppet, who worked outside for 3 hours at -15 plus wind chill.
- Budget was $30,000. NHN has 150+ sets of rental equipment, rented out for $50/season. NHN pays over $6000 per year in rent for space. Pays two people for 12 weeks to groom snow – regardless of snow conditions (a big liability). It is very hard to get grant funds for wages for snowmaking.
- The snow grooming equipment is also getting very old and has been maintained thanks to the mechanical skills of the groomer driver.

Team Report (Daniel Murray) (see report in AGM booklet)
- Daniel highlighted the transition to a younger age group. The focus is on getting the midget aged athletes to bigger races (Easterns).
- Tara McIntyre will take over the role of Ski Team Manager.
- John Cameron highlighted the need to coordinate ski team finances very carefully with the CCNS Administrator and Treasurer.
- Ski team will participate in an exchange with Foothills Nordic in winter 2017-18.
- John Cameron thanked Daniel Murray and all the other volunteer coaches and supporters of the ski team (Shawn Amirault, Kate Scallion, Chris Algar, Jennie Mae Roy, Lilla Roy).

Award Presentations
- **Linda Murray:** highlighted the reasons for nominating Joanne Fitzgerald as Volunteer of the Year for CCNS.
- **Chris Algar:** Reviewed the winners of the CCNS Annual Awards (see names of winners in the AGM Booklet).
- **Tim Carroll** presented the Freda Wales Award to Joanne Walsh for many years of dedicated volunteer service to the cross country ski community in NS.
- **Ike Whitehead** noted that the Bryan Scallion Award was left out. The trophy/plaque is at The Trail Shop. The criteria are related to the top male and female at the NS Provincial XC Ski Championships. Tim noted for the minutes that the award will be awarded.
Action: Find out names of male and female winners at Provincials and give award.

12:20 Nominations to the Board
- Tim noted that three directors have served their max 3 two-year terms (Tim Carroll, John Hudec, Daniel Murray). The four continuing directors are Chris Algar, Sharon Sullivan, John Cameron, and Kate Venås. This leaves eight vacant positions on the CCNS Board. Because there are fewer nominees than positions, the election will be by acclamation.

- John Hudec will nominate **Tom Steele** to serve on the CCNS Board.
    - Tim indicated that to be nominated, board members must be registered members of CCNS (according to bylaws).
    - Tom Steele will be a registered member as of June.

- Susan McClure indicated that Halifax Nordic will nominate two members to the CCNS board: **Douglas Theedom** and **Lorenzo Caterini.**
- Ike Whitehead will be nominated to board.

Motion: To elect Chris Algar, Kate Venås, John Cameron, and Sharon Sullivan to the Board of CCNS, with John Cameron to serve as President. Motion (Tim), Seconded (John Cameron). Motion Carried.

- Linda Murray expressed thanks to Tim Carroll for six years as President of CCNS.

- Tim Carroll highlighted that CCNS is a provincial organization that is funded to be inclusive and to lower the barriers to entry to the Nordic ski community in NS, to provide support and resources to establish new Nordic ski clubs in NS.
- Tim stated that positions on the board should go to group/sectors that are under-represented on the board (e.g. recreational skiing, future ski clubs)
- Tim highlighted the potential and need for clubs in Antigonish/New Glasgow, Truro area, Bridgewater/Keji area, and Annapolis Valley to increase the number of youth and adult skiers in NS with learn to ski programs. Tim would like to see the CCNS Board fill the vacant positions strategically.

AGM adjourned at 1pm.

First Board of Director's Meeting for New Board

- **Block funding application is submitted every 4 years.**
- **The next 4-year Block funding application is due this year. Madeline will find the deadline (seems to be Oct 2017-Feb 20).**

1) Monday, June 19 (Part 1), 2) Monday, July 24 (Part 2 – id outcomes for upcoming year) (submit to Robyn Norrie (Dept. of Culture and Heritage) – report on outcomes identified in last year's submission).

- The board discussed the ski team finances and the administrative transition. Zone 4 was set up to help track financials.

Action: Madeline to set up a meeting with the Treasurer, Ski Team Meeting, and Accountant.

Action: Madeline to send previous block funding reporting document and to consider the block funding application deadline.

- The board mentioned a few possible new board members whose names can be found below:
  - Tom Steele from Cape Nordic and maybe others
  - Ike Whitehead from general NS
  - Douglas Theedom from Chelsie Nordique
  - Lorenzo Caterini from Martock Nordic
  - Women from CCNS: Jennie Mae Roy who is not interested, Shirston Baldwin from Kentville, Nancy Munro in a few years, Kate Scallion, Lilla Roy (have para-nordic experience)
  - Leo McPherson: runs athletics at St. FX; Women run athletics in Antigonish

- Tim mentioned his concern of the multiple representatives from MNSC and discussed potential conflicts of interest.

Action: John to reach out to recreation staff in Truro.

The board discussed policies and the current development of the Policies and Procedures Manual

Action: John to reach out to Jennie Mae Roy about acting in a communications role for Arctic Fox.
Action: Chris to reach out to Linda about recruiting someone to recruit a woman for a communications role for NHN as well as to reach out to Kate and Lilla.

The board discussed potential initiatives that they could organize in 2017-18 including try-it events, partnering with recreation centres, and hosting an event at the McDonald's Sports Park.

Action: Madeline/board to call special meeting for the election and to ask Robin about what CCNS can do with funds from the Department of Communities, Culture and Heritage.

The board discussed that the following topics should be included at the next board meeting:

- Canada Games equipment distribution and process for allocating the equipment
- Meetings: one special meeting to elect people to the board
- Chris: suggested he could either be Treasurer or Vice President

PRESIDENT'S REPORT

2017-2018

For many cross country skiers in NS, 2017-18 will be remembered as the year without snow. But in many other ways the past year was a big success that demonstrates the resiliency and deep commitment of many cross country skiers to our sport and the big investments of time and resources to help it continue to grow. The Cross Country Nova Scotia Board of Directors grew from 7 to 9, and we could take on several initiatives to promote the short-term and long-term development of cross country skiing in the province. Here are some of the highlights:

▪ Approval of a new Strategic Plan for 2018-2023
▪ Approval of a new Code of Conduct and Ethics
▪ New policy for CCNS grants and loans to member ski clubs (and a $3,000 grant to Cape Breton Nordic for grooming equipment and a $15,000 loan to Halifax Nordic for snowmaking equipment)
▪ Successful grant applications from Sport Nova Scotia and the Department of Communities, Culture and Heritage to overhaul the CCNS website, to support instructor training in Halifax and Sydney, and to support Try-It events at 4 ski clubs.
▪ Successful grant application from Cross Country Canada to purchase new Para Nordic equipment and to support Para Nordic coaching capacity
▪ Use of new chip timing system (thanks to Bicycle Nova Scotia)

Between January and May 2018, CCNS also went through an extensive review process with our core funders, the Department of Communities, Culture and Heritage and Sport Nova Scotia, to (hopefully) renew our funding for 2019-2023. The process was intense but also fostered useful reflection on the priorities for CCNS as we go forward. I'd also like to thank the many staff members from both of our funders for their huge commitment of time and energy to try to better understand CCNS and find ways to help us grow.

The Mission Statement of CCNS in our new Strategic Plan is to "Support our member clubs to promote cross country skiing for participants of all abilities, ages, and backgrounds." CCNS exists to support our member clubs and the success of CCNS ultimately depends on the strength of the clubs. We were excited this year to welcome a new club – Cape Breton Nordic, which now offers CCC learn to ski programs and developed grooming capacity on Seaview Golf Course in Sydney. Halifax Nordic (formerly Martock Nordic Ski Club) experienced a big transition year with the shift of its home base from Martock to Halifax (big thanks to Brunello Golf and Country Club), successful experiments with snowmaking, and the expansion of groomed ski trails to include Smiley's Provincial Park (near Windsor). North Highlands Nordic ski club had another very successful winter and hosted one of the biggest Provincial Cross Country Ski Championships in many years – with visiting skiers from Foothills Nordic Ski Club (Calgary) and the New Brunswick ski team – great food and a ceilidh every night! Despite the lack of snow, Friends of Ellenwood Park continued to demonstrate creativity in running very successful events and programs.

I'd also like to thank the departing board members (Chris Algar, Sharon Sullivan and Ike Whitehead) for all the time and energy that they dedicated to the CCNS Board and especially to our Administrator, Madeline Lawler, for all her efforts to support us. We're sad to say goodbye to Maddy as she departs on a cross-Canada bicycle trip, but also excited to welcome our new office manager, Amanda Bradshaw.

Thanks to everyone in the cross country ski community in Nova Scotia!

John Cameron
President, CCNS Board of Directors (2017-2019)

PARTICIPATION IN CCNS CLUBS – WINTER 2018

Participation Data - Winter 2018	Halifax Nordic	Cape Breton Nordic	Friends of Ellenwood Park	North Highlands Nordic	CCNS	TOTAL	% Females
Total club members	399	43	14	121		577	48%
# Participants in Youth programs	99	15		32		146	40%
# Participants in Adult programs	39	15		14		68	72%
# Females in Youth programs	39	5		15		59	40%
# Females in Adult programs	28	10		11		49	72%
# Females in programs	67	15		26		108	50%
# Females in clubs	183	21	8	67		279	48%
# Males in clubs	208	22	6	54		290	48%
# Instructors	38	6	0	6		50	50%
# Female instructors	17	3	0	5		25	50%
# Male instructors	21	3	0	1		25	50%
# Females on Boards	2	3	6	5	2	18	40%
Total # Board members	11	7	10	8	9	45	40%
% Female board members	18%	43%	60%	63%	22%	40%	
# Participants in try-it events	250		9	158		417	

NOVA SCOTIA CROSS COUNTRY SKI TEAM REPORT: 2017-2018

2017- 2018 PROVINCIAL TEAM

A Team

- Colin Ward (Carleton University)
- Maggie McClure (Carleton University)
- Jonah Hudec (Carleton University)

B Team

- Mariah Hudec (Guelph University)
- Ogen Newcomb

Development Team

- Fiona McClure
- Caden MacLeod
- Precious MacKinnon
- Grace McIntyre
- Ella Keefe
- Allie Martin
- Shania MacKinnon
- Ogen Newcomb
- Oscar Green
- Henry Keefe
- Milo Sircom-Brown
- Cohen Norman

Leadership

- Daniel Murray (Head Coach)
- Tara McIntyre (Manager)

Selection Committee

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



Training Camps

- Season Starter (HRM) — April
- Atlantic Camp (Wolfville) — July
- Petite Rivière — September
- Mockingee (Windsor/Martock) — October
- Charlo — December



Major Events

- Maritime Cup (Fredericton)
    - Athletes: Fiona McClure, Caden MacLeod, Ogen Newcomb, Oscar Green, Grace McIntyre, Milo Sircom-Brown, Cohen Norman
    - Top Results:
        - Cohen Norman: 1 Gold, 1 Silver
        - Caden MacLeod: 2x Bronze

- Eastern Canadian Championships (Nakkertok, Cantley, Quebec)
    - Athletes: Fiona McClure, Caden MacLeod, Ogen Newcomb, Oscar Green, Grace McIntyre, Colin Ward, (Carleton), Maggie McClure (Carleton), Jonah Hudec (Carleton), Mariah Hudec (Guelph University)
    - Top Results:
        - Maggie McClure: 7th Place, Junior Women Sprint. 10th Place, Junior Women 10km Free Technique. 5th, Junior Women 12.5 km Pursuit
        - Fiona McClure: 15th Place, 2003 Girls Prologue

- Ontario University Championships.
    - Athletes: Colin Ward & Maggie McClure (Carleton), Mariah Hudec (Guelph)
    - Top Results:
        - Maggie McClure: 7th Place, 10 km free mass start

- Ski Nationals (Canmore, AB)
    - Athletes: Colin Ward, Maggie McClure, Jonah Hudec, Mariah Hudec, Fiona McClure, Caden MacLeod
    - Top Results:
        - Maggie McClure: 18th, Junior Women Free Technique Sprint



Season Highlights

- Performance Highlights: Maggie McClure continues to demonstrate her prowess as a sprint skier, cranking the top 10 at Easterns, and the top 20 at ski nationals in her final year as a junior. These achievements are especially impressive considering that she experienced a

tear in her PCL in an early season crash. Colin Ward demonstrated a very strong showing at the national championship 50 km race (his first ever 50 km race). Jonah Hudec demonstrated a very big improvement since his move to Ontario, obviously profiting from a daily team environment. Our younger development team skiers are making important development as young athletes, with Caden MacLeod showing our greatest improvement of 13 points on the Canada Points List.

- Male/Female Athlete of the Year: These awards are awarded to the top male and female skiers who scored the highest on the Canada Points List. This past year, our top finishers were Colin Ward and Maggie McClure.

- Foothills – Nova Scotia/New Brunswick Ski Exchange: In partnership with Experiences Canada, several members of the team partnered up with the New Brunswick Team and travelled to Alberta in early December to share an exchange experience with skiers from Foothills Nordic. Athletes participated in several cultural activities in Alberta, as well as participated in two Alberta Cups in Canmore. The Foothills and NB athletes came to Nova Scotia in late February, where they had a tour of Halifax, followed by an overnight at Ski Tuonela, a pig roast in Cape North, followed by the provincial cross country ski championships. It was a memorable experience for everyone involved, and a consideration for future years.

- Ski Nationals: Our university skiers chose to compete under the Nova Scotia flag this past year which brought our team total to 6 athletes. This was the largest crew of NS skiers to attend Ski Nationals since 2004 in Charlo, where we had 11 competitors.



2018 - 2019 PROVINCIAL TEAM

A Team

- Colin Ward
- Maggie McClure
- Jonah Hudec
- Caden MacLeod
- Fiona McClure
-

B Team

- Mariah Hudec
- Ogen Newcomb
- Oscar Green
-

Development Team

- Precious MacKinnon
- Grace McIntyre
- Allie Martin
- Shania MacKinnon
- Ogen Newcomb
- Milo Sircom-Brown
- Cohen Norman

Leadership

- Daniel Murray (Head Coach)
- Tara McIntyre (Manager)

Selection Committee

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

CAPE BRETON NORDIC CCNS – 2018 AGM REPORT

Cape Breton Nordic had a successful first official year with great successes, but major challenges provided by the weather. Like other regions of Nova Scotia, we had very limited snow. I would suggest this might have been the worst snow year in recent memory, here in North Sydney. Despite the challenge, we developed the ability to groom trails and we further developed partnerships to carry forward into programing and events in the coming ski years. Cape Breton Nordic was incorporated on December 18, 2017.

We have expanded our mailing list and have established a strong social media presence. We were recognised as a place to ski and snowshoe in local media and in the Cape Breton Island Winter Adventure Guide. This year, we expanded our comprehensive sets to both adult and children's cross country ski equipment. Snow or no snow we offered two full sets of lessons to a total of 20 participants. Our head instructor Lilla Roy managed to get the group active in creative ways by developing a core of ski enthusiasts in the Cape Breton Regional Municipality. Again, this year, Seaview Golf and Country Club in North Sydney Golf and Country Club has been a great host and supporter. They have given us full access to the indoor and outdoor facilities. This relationship is moving forward into 2018-2019. Seaview has joined our Board of Directors and is supportive of establishing Seaview as a winter recreation attraction. In addition to cross country skiing, we hope to promote the location for snowshoeing, sledding, and other winter fun. In addition, the clubhouse will be more active throughout the winter.

In addition to Seaview, this year we developed a long list of supporters including: Nova Scotia, Communities, Culture and Heritage, Cape Breton Regional Municipality, Cross Country Nova Scotia, Green Link Park Society, North Side the Lakes Wellness Funds from the Nova Scotia Health Authority, Cape Breton University, and Escape Outdoors. These supporters have allowed us to purchase a snowmobile and with help from great volunteers, build grooming equipment that is suitable for our location and conditions.



This year, our club has both solidified and diversified. We are promoting membership to outdoor enthusiasts who wish to cross country ski, snowshoe, or both. We received partial funding for 12 sets of snowshoes from the Nova Scotia Health Authority. We took a club road trip to North

Highlands Nordic to introduce club members to the beauty of groomed trails. Although our memberships were disappointingly low this season, it is understandable given the dearth of snow. Our two events, The Seaview Snowshoe Shuffle and the Cape Breton Nordic Loppet, both had to be cancelled due to a lack of snow and we were unable to reliably groom trails this season.

In support of the sustainability of Cape Breton Nordic we will be expanding our Board of Directors and will be sending additional representatives to the Board of Cross Country Nova Scotia to work as board or committee members. We have established a substantial mailing list, a strong social media presence, and a broader community presence. We have established our system to allow registration through Zone4. This change will allow us to promote club memberships more effectively in 2017-18. Our brand-new snowmobile is raring to go in the coming season. With it ready, we can now capitalize on snow at any point in the season.

In the coming season, we plan to develop our membership and the establishment of groomed trails here in Cape Breton. Other goals are to expand lessons and to develop several special events in conjunction with community partners locally, regionally, and provincially.

Respectfully submitted, John Hudec, President, Cape Breton Nordic

Friends of Ellenwood Park ...

"connecting community to nature"

ANNUAL REPORT FOR CCNS 2018 AGM

Friends of Ellenwood Park was optimistic that we would have a good 2017-18 ski season. We had acquired several sets of gently used children's skis from Halifax Nordic to add to existing inventory. We also purchased six additional new pairs of snowshoes. However, during the season, we only loaned out nine sets of skis due to a lack of snow.

To get families interested in coming out to the park in the fall, we held themed "bonfire and stories" activities on three Sunday afternoons, one in September, October, and November. The wooden trolley skis were available for people to try.

Plans were initiated to revive the after-school ski program with Carleton Elementary School, but with no guarantee of good snow conditions, it wasn't possible to proceed.

Membership decreased this year to 10 individual and 2 family memberships. It was a difficult sell with so little snow on the ground.



Publicity - We continue to rely on our Facebook page and website to provide followers with up-to-date informative posts by Co-Chair, Chris Bolger. FOEP activities are listed in the Department of Natural Resources Parks Guide. We are also incorporated into the publicity of The Yarmouth and Acadian Shores Tourism Association, Hike Nova Scotia, and Yarmouth and Acadian Shores Hiking Adventures. Our programs continue to be supported by Yarmouth Recreation Director, Misty James. These partnerships are very valuable in achieving the common goal of reaching out to people of all ages and abilities to enjoy physical activities.

Grooming and track setting was done by volunteer Stephen Sollows twice this season. He has the materials to build and weld a **barrel drum tamper** to be used next year to groom in our typical low snow conditions.

Two "blue moon hikes" were held in the park, one in January and one in March. Over 90 people attended each one.

Thank you to our volunteers and to members of the public who generously gave donations in the past year.

Respectfully submitted,
Sharon Sullivan, FOEP rep

HALIFAX NORDIC SKI CLUB

PRESIDENT'S REPORT FOR CCNS 2018AGM

May 9, 2018

In 2017-18, Halifax Nordic Ski Club went through the major transition from being based at Ski Martock to our new base at The Links at Brunello. We renamed and rebranded the club and had several successes but also faced serious challenges.



Our successes include:

1. Obtaining $16,000 in grants and negotiating a $15,000 loan from CCNS for capital purchases.
2. A membership of 404 (vs 470 in 2016-17).
3. Program participants of 132 (vs 174 including 39 biathlon in 2016-17).
4. In partnership with Brunello, acquiring a small snowmaking capacity for a 500-meter loop and teaching area. We proved that we could make snow at Brunello.
5. Putting on a NordicFest at Brunello despite a lack of snow.

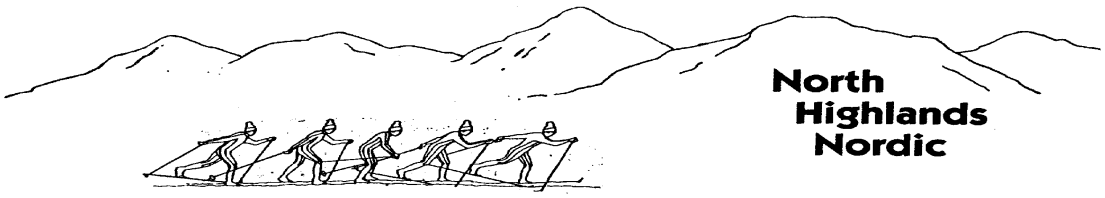
6. Acquiring a new snowmobile and positioning it at Smileys Provincial Park - our 5th grooming venue in/or near HRM.
7. Carrying out successful fundraising through the National Sports Trust Fund (NSTF) and GoFundMe campaigns. In conjunction with regular grooming fund contributions through Zone4, we raised a total of $12,337 for capital equipment purchases.
8. In cooperation with CCNS and CCNB, participating in the federally funded Experiences Canada Youth Exchange with Foothills Nordic of Calgary. Several of our youth members travelled to Canmore in November and helped host Foothills Nordic youth in NS in late February.



Our main challenge was the unusually mild and rainy weather which resulted in being able to groom our venues only infrequently and conduct only one of eight sessions for youth (one of six for adults) at Brunello. In some cases (BunnyRabbits, JackRabbits, Junior Racers, some adult classes), we could persevere with dryland activities, but in others (most adults, Track Attack, Trail Blazers), sessions were cancelled. As a result, we will offer a 25% discount to all this year's program participants when they register for 2018-19 programs.

Another result of poor weather is that we could only hold one race near HRM. For 2018-19, the club will transition to a new Board including a new President, Treasurer, and Director of Programs.

Steve Chipman
President



2018 YEAR END REPORT

President: Linda Murray Treasurer: Lynda Burton
Secretary: Rosemary Algar

134 members Cross Country Ski Nova Scotia, Cross Country Canada
(including 57 Adult, 4 Youth, and 12 Family season passes)

Trail users per month

	Dec.	Jan.	Feb.	Mar.	March Break	April	May	Total
2018	50+	626	689	1046	470	75+		2956
2017	30+	825	1078	824	460	50+		2807
2016	35	1025	606	407	275	6+		2079
2015		612	636	619	225	100+	20+	1987
2014	138	825	843	944	388	200+	3	2954
2013		529	765	1074	434	64+		2432

These numbers only reflect those who signed the guest book. This includes many local residents, plus guests from:

- Germany, Bangladesh, Belgium, Brazil
- 17 different communities in Nova Scotia outside Victoria County
- 12 different communities in Canada from BC to New Brunswick

Other Stats

- Ski room open: Jan 2nd - April 1st.
- Only 3 days of closure due to storms.
- 87 days the trails (or sections of trail) were skiable.
- Only on one of these days did no one sign the book.

Awards

- **Cross Country Canada Podium Awards: 3rd Place- Most Improved Club** (Medium Sized Clubs). NHN has the trails and coaching resources to keep the tradition going.
- NHN received a **Community Achievement Award** from Victoria County.

- **Maurice Curtis** and **Michael Shawn Fitzgerald** as **Volunteers of the Year, Linda Murray** as our **Official of the Year** and **Daniel Murray** as the **Coach of the Year.** These names were our submissions to Cross Country Nova Scotia.

Highlights 2018

Activities	Date	Comments
Open House*	January20	Free use of trails & equipment- over 70 participants. Entertained by Michael Gorey and Margaret Courtney.
Moonlight Adventure*	January 31	-15 c, windy 23 skied or had a snowshoe, followed by a great social
Cape Smokey Elementary	February 9	Grades 3,4,5
Moonlight Adventure*	March 1	22 participants on a much kinder evening, -3 c
Pig Roast*	March 2	"Stand and Stuff Your Face" food truck from Baddeck was a hit. Music by Shaun MacKinnon and Derek Hawley was appreciated.
NS Provincial Championships**	March 3	42 raced classic. Participants from Nova Scotia, Alberta and New Brunswick. Banquet at 6pm with chili and draw prizes.
NS Provincial Championships**	March 4	38 raced skate or classic. Participants from Nova Scotia, Alberta and New Brunswick. Followed by BBQ and draw prizes.
Annual Loppet**	March 4	24 participants counted their laps on a 4km course in 11/2 hrs. followed by BBQ hamburgers/sausage dogs, draw prizes
JackRabbit/bunnies Egg Hunt	March 25	Over 300 chocolate eggs were found
Aspy Bay Elementary	March 26	Grades 3, 4, 5
Cabot Students	March 27	Grade six students had a great time on the trails
JackRabbits	Jan. - March	Sundays 1;30-3 10 sessions
BunnyRabbits	Jan.-March	Sundays 1-2:30 10 sessions
Ski, Snowshoe & Tea	Jan. – March	Tuesdays: a social outing on skis/snowshoes for adults part of the New Horizons for Seniors Grant

*with financial assistance from Naturally Active, Victoria County
** with financial assistance from Victoria County Recreation Department

North Highlands Nordic Competitors

- Provincial A Team: Jonah Hudec
- Provincial B Team: Mariah Hudec
- Development Team: Caden MacLeod, Precious MacKinnon, Shania MacKinnon
- Head Coach: Daniel Murray
- Major Events: Eastern Canadian Championships, Maritime Cup, National Championships

A BIG Thank You to:

- **Michael Morrison, Michael Burton, Michael Shawn Fitzgerald, Gilles Poirier, Maurice Curtis, Brad Sullivan, Daniel Murray, Frank Ciesielski, Jody Stockley, Bruce Courtney** for working on the trails in the fall of 2017**.** Without that preparation the trails would have been in rough shape this past winter.
- **Mallory Grover** for managing the ski room five days a week and **Adrianne Chapman Gorey** for working the other two days. The ladies were very welcoming and took great pride in keeping the rooms tidy and in order.
- **Michael Shawn Fitzgerald** and **Maurice Curtis** for an amazing job grooming the trails. Through their dedicated work, we had skiable snow throughout the whole winter.

AWARDS

Support4Sport Awards

Volunteer of the Year – Maurice Curtis and Michael Shawn Fitzgerald (North Highlands Nordic Ski Club)
Coach of the Year – Kate Scallion (Halifax Nordic Ski Club)
Official of the Year – Linda Murray (North Highlands Nordic Ski Club)
Sponsor of the Year – The Links at Brunello (Miles Mortensen)
Female Athlete of the Year – Maggie McClure
Male Athlete of the Year – Colin Ward

Bryan Scallion Award – Stuart Harden and Fiona McClure

Sue Hill Award – Caden MacLeod

Freda Wales Award – Linda Murray

CROSS COUNTRY NOVA SCOTIA 2018 BOARD NOMINATIONS

Open, but with Renewal Offers from Existing Board Members
President: John Cameron
Awards Coordinator: Doug Theedom
Director of Marketing and Promotions: Kate Venås (reoffering)
Member at Large – Cape Breton Nordic: Tom Steele
Member at Large – Halifax Nordic Ski Club: Lorenzo Caterini

Open for New Board Members
Secretary
Treasurer
Vice President
Events Coordinator
Member at Large – Friends of Ellenwood Park

Nominations Received in Advance of AGM

Treasurer

Ron Mitchell

Ron joined the CCNS board in 2017. He has an Bachelor of Commerce degree, and worked for 30 years in Sales Management and Marketing positions with Campbell Soup and Kraft Foods. Since retiring, Ron instructs part time in the School of Business at NSCC. He is a former NS provincial team racer from the late 1970's, and is currently, a level one CANSI instructor with Halifax Nordic.

Ron brings a strong business acumen and practical oversight to the CCNS Treasurer position.

Member at Large – Cape Breton Nordic

Dorian Hudec

I am an avid recreational cross country skier, having enjoyed the activity since I was a teenager (a long time ago). I have had the privilege of skiing in many provinces across the country. Both of my children have been on the Nova Scotia ski team for many years, and continue to be although, they are now young adults living in Ontario. For us as a family, cross country skiing has been a wonderful sport and activity.

Other activities that I enjoy are cycling, yoga. and reading. I also work full time as a physical therapist in Cape Breton, where I have lived since 2004.

I hope this is enough information. If not let me know and I can add to it.

Thanks.
Dorian Hudec

Member at Large – Halifax Nordic Ski Club

David Hubley

David Hubley has been coaching JackRabbits with Martock/Halifax Nordic Ski Club for the past 6 years and is currently coaching Track Attack. Dave has completed the NCCP Community Coach module and has completed the theory component of Introduction to Competition (Track Attack). He has a keen interest in coach education and program development. Dave is a Master Learning Facilitator for the Province in the delivery of various programs within the National Coaching Certification program (NCCP): Multi Sport Part A & Part B, Fundamental Movement Skills (FMS).

Dave has been head coach in the sport of Squash for 4 Canada Winter Games; 1991,1995, 1999, and 2003. His knowledge and understanding of the sport system and coach development on a Provincial and National basis could be an asset to CCNS. He taught Physical Education for 33 years with the Halifax Regional School Board and is currently teaching Outdoor Education on a part time basis for St Francis Xavier University.

CROSS COUNTRY NOVA SCOTIA
5515 Spring Garden Road, 4th Floor
Halifax, Nova Scotia | B3J 1G6
Phone: (902) 425-5450 Ext. 316
Fax: (902) 425-5606
Email: ccns@sportnovascotia.ca
Web: www.crosscountryns.ca



2017 Annual General Meeting

May 28 2017 – 11:00 am
Sport Nova Scotia Classroom
Halifax, NS

TABLE OF CONTENTS

Agenda ..... - 2 -
Board of Directors ..... - 3 -
Club Contacts ..... - 3 -
Supporters ..... - 3 -
Membership Vote ..... - 3 -
2016 AGM Minutes ..... - 5 -
President's Report ..... - 9 -
Treasurer's Report ..... - 10 -
Nova Scotia Cross Country Ski Team Report ..... - 11 -
2016- 2017 Provincial Team ..... - 11 -
Arctic Fox Ski Club Report ..... - 14 -
Cape Breton Nordic Report ..... - 15 -
Friends of Ellenwood Park Report ..... - 16 -
Martock Nordic Ski Club Report ..... - 18 -
North Highlands Nordic Report ..... - 18 -
Awards ..... - 23 -
2017- 2018 Provincial Team ..... - 23 -
2018 Board Nominations ..... - 24 -

AGENDA

Cross Country Ski Nova Scotia
Annual General Meeting
May 28, 2017
Sport Nova Scotia
Halifax, NS

11:00 Convene and Welcome by President/Chair (10 mins)
11:10 Regrets and Apologies (10 mins)
11:20 Establish a Quorum of 3 Directors (10 mins)
11:30 Approval of Agenda (Motion Required) (10 mins)
11:40 Approval of 2016 AGM Minutes (Motion Required) (10 mins)
11:50 Receipt and Consideration of Annual Reports (~30 mins)

- President's Report (Approval by Motion Required)
- Treasurer's Report (Approval by Motion Required)
- Club Reports (Wishing to Present)

12:10 Award Presentations (10 mins)
12:20 Nominations to the Board (8 vacancies; 3-minute presentations max) (~8 to 24 mins)
12:44 Adjournment of AGM with the Announcement of the First Board of Director's Meeting to Immediately Follow (5 mins)
12:49 Convene First Meeting with the New Board of Directors with Election of Officers (20 mins)

- Election of Officers:
  - President
  - Treasurer
- Appointment of Officers by Resolution of the Board:
  - Secretary
  - Vice President

1:09 General Business (15 mins)
1:24 Set Next Board Meeting Date (10 mins)
1:34 Adjournment (5 mins)

2016-2017 Board of Directors

Chairperson	Tim Carroll
Vice President	John Hudec
Treasurer	Tim Carroll
Secretary and Ski Team Manager	John Cameron
Head Coach and Events	Daniel Murray
Marketing and Promotion	Kate Venås
Friends of Ellenwood Park Representative	Sharon Sullivan
Member at Large	Chris Algar
Staff	Madeline Lawler

2016-2017 Club Contacts

Arctic Fox
Club Contact: Jennie Mae Roy
jmae_roy@hotmail.com

Cape Breton Nordic Ski Club
Club Contact: John Hudec
jchudec56@gmail.com

Friends of Ellenwood Park
Club Contact: Christine Bolger
chrisbolger428@yahoo.com

Martock Nordic Ski Club
Club Contact: Steve Chipman
http://martocknordic.ca

North Highlands Nordic
Club Contact: Linda Murray
http://www.nhn.xcski.ca/

2016-2017 Supporters

sport nova scotia

NOVA SCOTIA

MEMBERSHIP VOTE
2016-2017

	Members	Vote
Arctic Fox	9	1
Friends of Ellenwood Park	22	1
North Highlands Nordic	121	3
Martock Nordic Ski Club	470	4
Total	**622**	**9**

AGM Minutes for CCNS

14 August 2016

Agenda

1. Call to Order
2. Approval of Agenda
3. Approval of Minutes of last AGM
4. Clubs and Annual Reports (President's Report, Financial Report, Team Report, Club Reports)
5. New Business (Special resolution to vote on the Bylaws, Elections of VP and Secretary, Awards)
6. Adjournment

---

1. Welcome and call to order at 12:07PM @ SNS
In Attendance: Tim Carroll, Joanne Walsh
On conference call: John Hudec, Daniel Murray, Sharon Sullivan
Members of the Skiing community: Jennie Mae Roy

2. Tim opened the meeting and asked for any additions and made one change to the agenda. (Motion approve the agenda Tim, seconded Sharon)

3. Tim asked for reading and approval of May 30, 2015 AGM minutes. (Approve Sharon, seconded Joanne)

4. A. Tim presented the President's Report.

He reported on the new initiatives we are about to look into for the next year. He aims for us to help set up new clubs in possibly Antigonish (Keppoch area), Truro (Victoria Park), and in the Sydney area where John Hudec has secured a grant to assist in the purchase of skis for the club set up. He has been in initial discussion with people from these areas and they are keen to begin a process. Tim will meet with these connections over the summer and Fall.

He informed the meeting that the votes today would be as such: These are determined amongst the clubs according to the number of members.

	Members	Votes
Arctic Fox	16	1
Friends of Ellenwood Park	23	1
North Highlands Nordic	92	3
Martock Nordic Ski Club	426	9
Totals	557	14

Tim had summarized our year and asked for any questions.

B. Tim presented the Treasurer's Report. Tim spoke to our financial year and said we are in strong position financially. We have just under $90,000.00 dollars in accounts and investments. Tim reiterated that our main focus in the immediate future is to look into hiring a new Ex. Director. Derek Estabrook asked questions of the finances and discussion followed.

C. Team Report: Daniel presented the Report on the Provincial Team and their activities. We saw improvement of performances.

Male Provincial Team 2	Female Provincial Team 4	Development Team 12
A Team Colin Ward	A Team Maggie McClure	Ogen Newcombe
B Team Jonah Hudec	B Team Anya Munro	Lauren Kruszewski
	B Team Hannah Estabrook	Elle Keefe
	B Team Mariah Hudec	Oscar Green
		Henry Keefe
		Precious MacKinnon
		Grace McIntyre
		Caden Macleod
		Fiona McClure
		Allie Martin
		Liam Pirie
		Thomas Cormier-Lebrun

Daniel highlighted the training camps, the team members, and some of the performances at the major races for the team. This was a Canada Games Year and the team had fun and successes. He mentioned that the team members get along very well and are very supportive of each other. Connor and Hayden are both on their university teams. Colin Ward had very good results as did Maggie McClure. Colin has been named to the National Development Squad eligible to go the National training center. This is a first for anyone from the Maritimes.

C. Club Reports – No one present to report on the **Arctic Fox Club's Report** and no report sent in.

D. John presented the **North Highland Nordic Club's Report** on behalf of Lynda Murray, President. Daniel mentioned that the club is doing well as of the last weeks of January when the snow made a presence. He summarized the rest of the year by saying usage of the trails was down a bit because lack of access to the trails because there was too much snow. Their events were successful and fun for the children. He mentioned a girls program. In their report there were many thank yous to volunteers and local businesses for their support.

E. Sharon presented the **Friends of Ellenwood Park Club's Report**. (FEoP) Yarmouth Area (9 members) He summarized their year and asked for any questions. He reported via conference call. Steve spoke to the initiative that they have partnered with Carlton School to encourage children to CC Ski. They have a groomer and Steve has done some grooming in the park. This was the first year for the groomer. They have 6 km of trails and had great conditions this year. The numbers were down but hopefully they want to pursue some dryland activities for the summer and fall. They do have some equipment for the public to se to try skiing but would ike to get more either through donations or grants for purchase.
Some discussion followed in the form of questions from Kris and others about FEP and their partnering with the closest schools. In order to grow skiing (to follow our strategic plan) we need to introduce more young people to the sport. Some dryland activities may include Nordic walking,

pole running, roller skis, etc. were some suggestions and advertising the events at the park may draw in more people.

F. Joanne presented the **Martock Nordic Club's Report for the President Derek**. Windsor Area (328 members, 117 in programs) He summarized the year and asked for any questions. The club has shown considerable growth, initially started to teach children how to ski. The club has lots of potential; however we need to encourage more young skiers. Derek mentioned 3 highlights for the year:

A. The club has more profile now they groom in MacDonald Sport Park in Waverly and Dollar Lake Provincial Park closer to Enfield. We received 2 grants totaling approx. $20 000 for new grooming equipment to enable the club to continue to promote a skiing community.

B. Nordic Fest was a great success. It sold out at 322 people. With this the club followed a new opportunity and way of presenting Nordic sports to the public (cross country, biathlon, snowshoeing, etc.)

C. Biathlon is important to our club.

D. Martock has a new 5 year strategic plan; we want to get to 500 members.

There are 3 key strategies. 1. Teach more people to ski, 2. Improve access to ski trails, 3. Create more social networks for the people who do ski.

Derek mentioned the collaboration between CCNS and Martock is very important to this continue to grow the sport. Derek noted this was very successful year with increase membership, grants forthcoming and lots of snow.

5. Election of the Executive: 2015-2016

Tim called for nominations to the 2 positions (3 calls for nominations)

Vice President	John Hudec (now serving, acclaimed)
Secretary	Joanne Walsh (now serving, acclaimed)

* Any further positions will be elected at the first board meeting after the AGM.

Awards: Tim announced the awards for year end 2015-2016:

Freda Wales award – Nancy Munro
Sue Hill Award – Jonah Hudec
Bryan Scallion Certificate Awards – Top Female at Provincials Maggie McClure
Bryan Scallion Certificate Awards – Top Male at Provincials Colin Ward
Cross Country Female Athlete of the Year - Maggie McClure
Cross Country Male Athlete of the Year - Colin Ward

Tim read out the winners of the RICOH Awards for 2016. Awards for Male and Female were submitted by Committee; Chris Algar, Jennie M. Roy, Tyler Germani.

*Mal*e Athlete of the Year: Colin Ward (Submitted by Committee, Daniel Murray)	Fe*mal*e Athlete of the Year: Maggie McClure (Submitted by Committee, and Daniel Murray)
Official of the year: Fred Lawerence (Submitted by Daniel Murray)	Volunteer of the Year: Tom Beazley (Submitted by Eric MacIntyre)
Sponsor of the Year: Trail Shop (Submitted by Joanne Walsh)	Coach of the Year: Daniel Murray (submitted by John Hudec)

Special Resolution:
Tim reported that our new bylaws were ready to be read and passed at this AGM and then forwarded to the Registry of Joint Stocks. Tim made a motion to adopt the bylaws seconded by Derek. It was supported.
The bylaws will be sent to the Registry of Joint Stocks for approval and once approved they will become binding.
MNSC vote recorded yes
NHN yes
AF yes
FoEP yes

Next Meeting Date: TBA AGM next Year
Meeting adjourned @ 1:20 Tim motioned to adjourn, seconded Joanne

PRESIDENT'S REPORT

2016-2017

Another remarkable year has come and gone in the Cross-Country Ski community. As outgoing President after several years of service to the ski community, I wanted to look down the mountain from high above the tree line to see the entire ski community below and get the big picture.

First, thank you to everyone for participating and volunteering. It's no mean feat to advance the cause of skiing in a Province that struggles with snow. It's a multi-faceted endeavor and every little effort is a valuable part of the success equation. You should be proud of yourselves!

Our Provincial Ski Team under the Coaching Leadership of Daniel Murray and the Management of John Cameron continues to fight well above its weight class. Daniel is a remarkable Coach who deserves all the admiration and respect that we can give. Outstanding among the Team accomplishments this past year is the growth story. The Team now has an eight-member Development Squad. These are the Champions of the future and they are the organic result of good coaching, club development, and collaboration at many levels. Go Team, Go!

Cross Country Skiing is at its very roots a recreational endeavor first. Competition and advanced skiers grow out of a Recreational base of skiing. Cross Country Nova Scotia (CCNS) is dedicated to the advancement of Recreational and Competitive skiing across the province. In our vision, we strive to be inclusive and bring all people to skiing and, indeed, to bring skiing to all people. There are communities in Nova Scotia where there is abundant snow fall and yet no Clubs, no Coaches, and no place to get access to skis. It is our mission and our vision to change that. The obvious solution is Club formation. Once there is a Club, there are many people working in collaboration toward a common goal. This is when the miracle of synergy kicks in and the whole becomes suddenly greater than the sum of the parts. We therefore look forward to the formation of new Clubs in several areas of the province and have already had constructive meetings toward that end.

The structure of our Board will reflect the Vision and the Mission in the goals we wish to accomplish as we go forward. We have plans to expand our Board with Directors who not only reflect the interests of current Clubs, but also the interests of skiers and Clubs about to be formed in diverse areas and communities across the Province.

CCNS will continue to serve the interests of skiers presently engaged in the great enterprise of Nordic sport, and those about to become cross country skiers. We will be on the ground nurturing and engendering the growth of Nordic skiing throughout the Province throughout the coming year. Happy Trails!

Tim Carroll, President, CCNS.

TREASURER'S REPORT

2016-2017

The financial condition of CCNS remains healthy and in a positive cash flow position for the year. Not all years are positive cash flow years. This year's robust cash flow is attributable to some positive flows from the Team because of the introduction of Team fees and because of the NS Team hosting Atlantic Training Camps over this past year.

The Investment Portfolio of CCNS has been completely de-risked. Currently, CCNS holds no stock or bond portfolio. The stock market risk remains high, as does the risk of rising interest rates. Bonds do poorly in rising interest rate environments. Thus, the investment account is entirely invested in High Interest Savings at approximately .8% per annum and is completely CDIC insured. The Investment Strategy of CCNS has always been focused on safety first, but is under continuous review in case a safer way of earning more income presents itself in the ever-changing financial milieu.

In the coming year, CCNS may deploy some of its capital in a marketing campaign focused on our Strategic Plan Goals. The growth of Cross Country Skiing is the *raison d'etre* CCNS and we are prepared to deploy some capital to that end.

Yours truly,

Tim Carroll, Treasurer, CCNS.

NOVA SCOTIA CROSS COUNTRY SKI TEAM REPORT: 2016-2017

2016- 2017 PROVINCIAL TEAM

A Team

- Colin Ward
- Maggie McClure

B Team

- Jonah Hudec
- Mariah Hudec

Development Team

- Fiona McClure
- Caden MacLeod
- Precious MacKinnon
- Grace McIntyre
- Ella Keefe
- Allie Martin
- Ogen Newcombe
- Sam Amirault
- Oscar Green
- Henry Keefe

Leadership

- Daniel Murray (Head Coach)
- John Cameron (Manager)

Selection Committee

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

Dryland Training Camps

- Season Starter (HRM) April
- Atlantic Camp (Wolfville) July
- Petite Rivière September
- Mockingee (Windsor/Martock) October
- Cape Breton (Cheticamp) November

Major Events

- Maritime Cup (Fredericton)
    - Athletes: Fiona McClure, Caden MacLeod, Precious MacKinnon, Ogen Newcombe, Oscar Green, Sam Amirault, Jonah Hudec
    - Top Results: Ogen Newcombe - 2x Silver, Fiona McClure- 1x Silver

- Eastern Canadian Championships (Nakkertok, Cantley, Quebec)
    - Athletes: Jonah Hudec, Fiona McClure, Caden MacLeod, Allie Martin, Ogen Newcombe, Colin Ward & Maggie McClure (Carleton), Mariah Hudec (Guelph University)
    - Top Results:
        - Maggie McClure; 9th- Sprint Classic. 10th- 10 km classic (Junior Women)
        - Colin Ward; 16th- 15 km classic (Junior Men)

- Ontario University Championships.
    - Athletes: Colin Ward & Maggie McClure (Carleton), Mariah Hudec (Guelph)
    - Top Results: Maggie McClure; 7th 10km Free. Colin Ward; 12th 15km Free.

- Ski Nationals (Canmore, AB)
    - Athletes: Colin Ward, Maggie McClure
    - Top Results:
        - Maggie McClure; 14th- 20km Freestyle (Junior Women)
        - Colin Ward; 13th- 30km Freestyle (Junior Men)

Season Summary

- Training Camps:
    - We have very regular training camp locations every year, with a new one in Petite Rivière, based at the summer home that has been the family cottage of Nancy Munro for many years.
    - The Atlantic Camp was hosted in Wolfville this year and was a resounding success. Athletes and coaches participated in a power training from Acadia's strength & conditioning coach, a "Farm Olympics" strength competition, a farm BBQ, a trail run/hike on the Blomidon trails, as well as a community "Mud Fest." All rollerski sessions were divided between older/younger groups, with the culminating activity for the older crew being an uphill time trial past Luckett Vineyards.

- University Representation:
    - We now have 3 athletes who are attending university in Ontario. Maggie McClure and Colin Ward attend Carleton, while Mariah Hudec attends Guelph. This is not unusual since Nova Scotia has a total of 13+ athletes who remained on the team while studying and competing in other provinces. Generally, all athletes improve once they attend university, which has been the case for these athletes.

- Development Team:
    - This past year was the first massive increase in development team numbers, almost doubling from previous years. The timing is perfect since most of the previous generation has either stepped back from competitive skiing, or moved to Ontario for university. It feels like a new team with a lot of energy and excitement for future years.

- Assistant Coaching:
    - We were lucky in the past year to have several unofficial coaches volunteer their time on a casual basis. Kate Scallion and Shawn Amirault hosted practice sessions in HRM before Martock Programs started. These sessions were almost always specific training workouts that involved rollerskiing or hill striding. Lilla Roy also offered

her time to coach and train with our Cape Breton skiers. This opportunity has improved the general skill level of our midget athletes.

- Easterns & Midget Racing:
    - We stepped back from attending the Midget Noram races because they were often too cold for proper racing. The major event for our midget athletes will now be Easterns. This also makes planning logistics much easier.

Looking Forward

In the upcoming year, we intend on doing the same team routine, as always. Next season, we have an exciting new opportunity to participate in a cultural exchange with Foothills Nordic Ski Club. This will involve most of the older midget athletes from our team, plus a few from New Brunswick, who will be travelling to Alberta in early December 2017 to ski and do fun cultural activities with the Foothills crew. In exchange, the Foothills team will come to Nova Scotia in early March 2018, where we will host them to skiing and cultural activities.

Arctic Fox Ski Club Report

2016-2017 Report

The Arctic Fox Ski Club is one of the oldest running ski clubs in Nova Scotia and is celebrating 40 years, this year. Historically, our club has had a strong sense of community and a drive for nurturing the development of skiers. Our members have enthusiastically participated in local and national ski events as well as contributed to coaching endeavours throughout the province; this year is no different. From developing and running the 'Farm Olympics' for provincial athletes from NS and NB during the Atlantic Camp in Wolfville last summer, to weekly coaching sessions with provincial and development team members in HRM, and coaching both youth and adult classes as part of the Martock Nordic Ski Programs, our members continue to be invested in their ski communities.

We would like to acknowledge Sue Hill who has organized the club for many years, for her dedication to the club. This year Jennie Mae Roy has taken over duties. Thank you, Sue! Again, this year, our beloved Honey Pot Loppet was cancelled due to lack of snow. Held every year on the first Sunday in March in Cumberland County, the Honey Pot Loppet supports the Bryan Scallion Memorial Fund, which assists local athletes as they endeavour to compete in national and international level events.

We hope the snow gods dance in our favour next year!

CAPE BRETON NORDIC CCNS – 2017 AGM REPORT

Cape Breton Nordic (CBN) had a successful inaugural year. Like other regions of Nova Scotia, we had temperamental snow, but could work with it to establish some partnerships and programs. We have established a mailing list of more than 120 interested people who support or are involved in outdoor winter activities here in Cape Breton. After collecting comprehensive sets of both adult and children's equipment we began offering lessons at Seaview Golf and Country Club in North Sydney. Seaview has been a great partner this past winter. They have given us full access to the indoor and outdoor facilities. This relationship will move forward into 2017-2018. Seaview has joined our Board of directors and is supportive of establishing their facility as a winter recreation attraction. In addition to cross country skiing, we hope to promote the location for snowshoeing, sledding, and other winter fun. Furthermore, the clubhouse will be more active throughout the winter.

Several steps took place in 2016-17. We offered a set of ski lessons to more than 20 participants including children, adults, and older adults. We took a club road trip to North Highlands Nordic to introduce club members to the beauty of groomed trails.
In support of the sustainability of CBN, we have established a Board of Directors and will be sending representatives to the Board of Cross Country Nova Scotia to work as board or committee members. We have established a substantial mailing list, a strong social media presence and a broader community presence. We have established our system to allow registration through Zone4. This will allow us to promote club membership more effectively in 2017-18.

In the coming season, we plan to develop our membership and the establishment of groomed trails here in Cape Breton. Other goals are to expand lessons and to develop several special events in conjunction with community partners locally, regionally, and provincially.

Respectfully submitted,

John Hudec, President, Cape Breton Nordic.






Friends of Ellenwood Park ...

"connecting community to nature"

ANNUAL REPORT FOR CCNS 2017 AGM

This year we had high hopes for a great ski season, building on last year's ski lending program. We also added 7 sets of new snowshoes to our inventory of skis and boots. This was made possible through grants and donations designated for the purchase of equipment. However, Mother Nature did not cooperate, and we only had good snow conditions on three weekends in February. We loaned equipment to 132 people (83 females, 49 males). Many more skiers enjoy the park independently without checking in to the cabin.

Our programs continue to be supported by our partners at Yarmouth Recreation and the Department of Natural Resources (DNR).



Friends of Ellenwood Park (FOEP) hosted several family oriented events in the fall, as a way for people to become familiar with the park before ski season started. We also had a corn boil fundraiser in the town of Yarmouth in early September.

Membership - 12 Individual, 10 Family - total 40 supporters. A locally owned sports store, Runners' Attic, partnered with us to offer a membership incentive in the form of "tax free" shopping with the presentation of a valid FOEP membership card.

The School Insurance Program relaxed its "remote" designation this year for the nearby Carleton Elementary School with which, we partnered in previous years for an after-school learn-to-ski program. However, the Nova Scotia Teachers Union "work to rule" campaign meant that we were unable to put plans in place, even if there had been snow.

Publicity - very active Facebook page - our co-chair, Christine Bolger, kept followers up to date with informative and creative posts on FB and on our website. Brochures were provided to local businesses, and information was sent to schools for their newsletters.

Grooming was done this year by Stephen Sollows and Brian Hatfield. John D'Arcy is also a certified operator. We had little snow for a good base to form and few snow storms meant limited opportunity to groom the trails. However, they were groomed and track was set 6 times. The snowmobile and groomer both worked well throughout the season. They are stored in a DNR park building during the winter and in a Yarmouth Recreation building in the off season.

Next fall, FOEP plans to host three "bonfires and stories" events. We are also pursuing a liaison with Acadia First Nations for participation in activities. We have been asked by the General

Manager of The Yarmouth Acadian Shores Tourism Association to consider partnering with "authentic" or natural experiences for tourists. Hopefully these participants will return to the park in winter to enjoy the wonderful sport of Nordic skiing.

Thank you to all our volunteers and to members of the public who generously gave donations in the past year.

Respectfully submitted,

Sharon Sullivan, FOEP rep



MARTOCK NORDIC SKI CLUB

PRESIDENT'S REPORT FOR CCNS 2017AGM

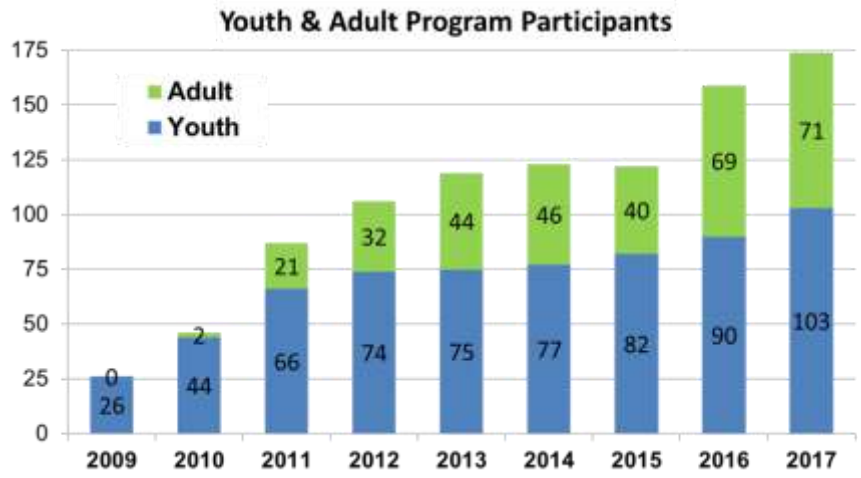
May 7, 2017

MNSC had another successful year in cross-country skiing and biathlon with growth in membership, participation in skill programs, running events, grooming venues close to HRM, and developing instructors and coaches. However, with the effective closure of Ski Martock's Nordic Park, we face significant challenges going forward which may require us to embark on our own snowmaking at a venue close to HRM.

Membership: Membership grew to 470 putting us well within reach of our 5-year goal of 500.



Program Participation: Program participation grew to 174 - 103 youth and 71 adult students.



Grooming: We groomed trails at Brunello Golf Club, Macdonald Sports Park and Dollar Lake Provincial Park for the enjoyment of the public at no cost. We do encourage users to join MNSC to help pay the costs of grooming. We obtained additional valuable grooming equipment mainly for use at Brunello. Brunello and a generous donation from a club member were instrumental in helping us with this.

Events: We successfully held events such as Nordic Fest, Ski for Steve, NS Provincials, Dollar Lake Loppet and several evening races at Brunello.

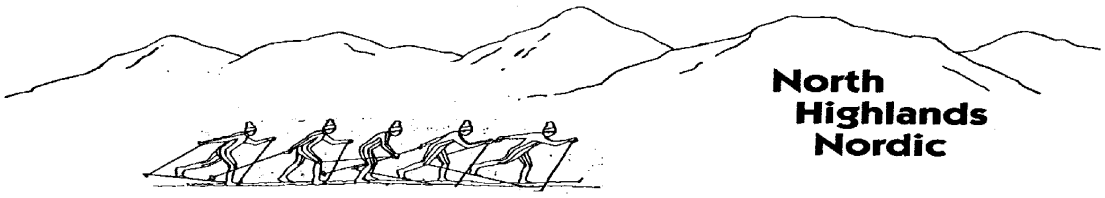
Instructors: We had eight of our instructors pass CANSI level 1, three coaches complete ICC and four completed the Community Coaching (CC) course. We feel we now have one of the largest and most qualified xc ski schools east of Quebec.



Nordic Park Closure: The effective closure of Ski Martock's Nordic Park is a challenge for us. It may mean the end of our biathlon programs. We will continue running youth and adult ski programs at Macdonald Sports Park. We are aiming at relocating our "base" to Brunello GC and expect to run youth and adult ski programs there. We feel this will require us to make snow on a 1 km loop and teaching area, and to apply for an HRM Community Grant to help us fund this.

Trips: In addition, this year we encouraged members to join weekend trips to other locations (mainly Miramichi and Kouchibouguac in NB) and this encouraged more socializing among club members. We expect to continue this in 2017-18.





2017 YEAR END REPORT

President:	Linda Murray	Vice President:	Lois MacNeil
Treasurer:	Lynda Burton	Secretary:	Rosemary Algar

121 members Cross Country Ski Nova Scotia, Cross Country Canada
(including 13 Jackrabbits, 6 Bunnyrabbits)

Trail users per month

	Dec.	Jan.	Feb.	Mar.	March Break	April	May	Total
2017	30+	825	1078	824	460	50+		
2016	35	1025	606	407	275	6+		
2015		612	636	619	225	100+	20+	1987
2014	138	825	843	944	388	200+	3	2954
2013		529	765	1074	434	64+		2432
2012		250	675	551	284			1760

Highlights 2017

Activities	Date	Comments
Open House*	Jan. 15	Free use of trails & equipment over 115 participants.
St. F.X. education students	Feb. 5	23 students and teachers enjoyed a weekend on the snow and in the "classroom" in the Centre.
Moonlight Adventure**	Feb. 11	25 skied or had a snowshoe followed by a great social.
87' Canada Games Reunion**	Feb. 25	Around 50 volunteers from the 87 Canada Games attended and brought memorabilia. Cake and entertainment enjoyed by 100+ participants.
Moonlight Adventure**	Mar. 10	15 participated- even though moonless headlamps weren't necessary.
Annual Loppet**	Mar. 12	51 registered, 40+ skied in -15 degree temps!! chili potluck
Winterfest Snowshoe*	Mar. 13	Free guided snowshoe on the trails.
Jackbunny Egg Hunt	Mar. 26	Very magical for the little ones.
Jackrabbit Egg Hunt	Mar. 26	Over 300 chocolate eggs were found.
Cabot Students	Mar. 29	20 students in grade 9 enjoyed an afternoon on the trails.
Jackrabbits*	Jan. – Mar.	Sundays 2-3:30 10 sessions
Bunnyrabbits*	Jan. – Mar.	Sundays 1-2:30 10 sessions
Ski, Snowshoe & Tea**	Jan. – Mar.	Tuesdays: a social outing on skis/snowshoes for adults
After the Bell*	Feb. – Mar.	An opportunity for Cabot students to ski for free on 8 Saturday afternoons.

*with financial assistance from Naturally Active, Victoria County

** with financial assistance from Victoria County Recreation Department

North Highlands Nordic Competitors

Provincial Ski Team

- Provincial B Team: Jonah Hudec, Mariah Hudec
- Development Team: Caden MacLeod, Precious MacKinnon
- Head Coach: Daniel Murray
- Major Events: Eastern Canadian Championships, Maritime Cup

A BIG Thank You to:

- **Mallory Grover** for managing the ski room five days a week and Delores Buchanan. The ladies were very welcoming and took great pride in keeping the rooms tidy and in order.
- **Michael Shaun Fitzgerald,** who groomed daily on a volunteer basis for the season. Thank you, Shaun!
- To all the **landowners** who graciously lend their lands to NHN.
- **Maurice Curtis** for worrying about the trails and the groomer.
- **Leaders Joanne Fitzgerald** and **Jenn Moses** for leading the Jackrabbit program- without them and other volunteers, there would be no Jackrabbit program!
- **Lois MacNeil** and **Rosemary Algar** for organizing a very successful Bunnyrabbit program for preschoolers.
- **Charles Curtis** who continues to manage the NHN website.
- A special thanks to the volunteers who braved the cold for over 2 hours to take times for the loppet.
- To the Northern Victoria Community Centre for making the upgrades in the room before the start of the season.
- To the volunteers who completed the upgrades and painted and cleaned before the start of the season.
- The **Board** and all the other **volunteers** who made the season a success.

Volunteers remain to be the core of North Highlands Nordic's continued success. NHN nominated **Joanne Fitzgerald** as our **Volunteer of the Year** and **Daniel Murray** as the **Coach of the Year.** They are both very deserving of these awards.

A HUGE Thank You to Our Supporters

Victoria County Recreation & Tourism
Cross Country Ski Nova Scotia
Scotiabank, Ingonish Beach
Hub Cycle, Truro
Eagle North Kayak
Central Coop
Pharmasave, Neil's Harbour
John A. Buchanan
CBC Radio
Naturally Active/Thrive Victoria County
NS Trails Federation
Victoria Coop Fisheries
Ingonish Home Hardware
Oshan Whale Watch
Neil's Harbour Coop
Baddeck Marine
Conrad Grover
The Giant Radio

Annual General Meeting for season pass holders: May 23, 7:30 pm in the ski room.

AWARDS

Support4Sport Awards

Volunteer of the Year – Joanne Fitzgerald
Coach of the Year – Daniel Murray
Official of the Year – Tom Ward
Sponsor of the Year – Hub Cycle
Male Athlete of the Year – Colin Ward
Female Athlete of the Year – Maggie McClure

Sue Hill Award – Colin Ward

Freda Wales Award – TBA

2017- 2018 PROVINCIAL TEAM

A Team

- Jonah Hudec
- Maggie McClure
- Colin Ward

B Team

- Mariah Hudec
- Ogen Newcombe

Development Team

- Oscar Green
- Ella Keefe
- Henry Keefe
- Precious MacKinnon
- Caden MacLeod
- Allie Martin
- Fiona McClure
- Grace McIntyre
- Cohen Norman
- Milo Sircom-Brown

Leadership

- Daniel Murray (Head Coach)
- Tara McIntyre (Manager)

CROSS COUNTRY NOVA SCOTIA 2018 BOARD NOMINATIONS

Open, but with Renewal Offers from Existing Board Members
Director of Communications: Kate Venås (reoffering)
Friends of Ellenwood Park Representative: Sharon Sullivan (reoffering)
Member at Large: Chris Algar (reoffering)

Open for New Board Members
President
Secretary
Treasurer
Vice President

Nominations Received in Advance of AGM

President

John Cameron

John Cameron was the Manager of the NS Cross Country Ski Team from 2015 through 2017 and has served on the CCNS Board as Secretary since October 2016. He and his family are all active cross country skiers. He has coached in the Jack Rabbit programs at MNSC and Chelsea Nordique and has served on various other non-profit boards, including: the Halifax Farmers Market Cooperative, the Atlantic Council for International Cooperation, the Canadian Association for the Study of International Development. When not skiing, he is a Professor of International Development Studies at Dalhousie University.

CROSS COUNTRY NOVA SCOTIA
5515 Spring Garden Road, 4th Floor
Halifax, Nova Scotia | B3J 1G6
Phone: (902) 425-5450 Ext. 316
Fax: (902) 425-5606
Email: ccns@sportnovascotia.ca
Web: www.crosscountryns.ca