



Annual Report 2016/2017

Board of Directors

Thank You Volunteers!

The club would not function without our volunteer members! Our athletes would not be nearly as successful if it wasn't for the countless volunteer coaches, volunteer coordinators and coach assistants, volunteer race officials, volunteer event organizers, bakers, drivers, cheering crowds, and of course volunteer 'volunteer coordinators' for all our nordic and biathlon events!

The Board thanks all our volunteers for their hard work this year and recognizes their vital contributions.

You are awesome, capable and always happy.

You are the heart of this club!

New Volunteers Needed

This year the Board and the Headcoach struggled to fill many vacant volunteer positions. As many of our club functions had been filled by the same volunteers for many years who have now moved on, we could not find enough new volunteers to fill these roles.

Below is a list of vacant roles and functions for which the club still needs to find volunteers:

- **Eastern Championships Coordinator.** We need someone to represent Chelsea Nordiq on the Easterns Organizing Committee (showing up to meetings and listen) and to coordinate our club's involvement at Easterns (the profits of the event are shared based on volunteer involvement). We need someone to engage with club members early, filling Chief Positions with CN members at the Eastern Championships. Although this race event happens at Nakkertok, it is a regional project with all clubs involved. Many of these chief positions involve coordinating other volunteers for fairly simple jobs. So, if you have been at a nordic race event once - you know how to do this!
- **Jack Rabbit Program Coordinator.** The Board is hoping that we can add some support to the Jack Rabbit program, and we need someone to lead this. This is our largest program, but also our shortest.
- **Super Sprints Coordinator.** The Chelsea Super Sprint Race is our most fun event! This year was the 4th time we did it. It's for younger skiers in it has really become popular beyond our region, too. And yes - We need a coordinator for this. Last year Vic jumped in, but we need someone from the young racers community to head this up.

If any of these roles sparks your interest please contact Moe (headcoach@chelseanordiq.ca) or Katie (manager@chelseanordiq.ca)

Athletes' Achievements and Performance

Nordic Racing

The successes of the Chelsea Nordiq Cross Country Race team reached new heights this year as Chelsea Nordiq had its first athlete participate in a World Cup race. In March, Laura Leclair participated in three World Cup races held in Quebec City. A week later she competed in the Nationals in Canmore and came 5th in the 20km race. Earlier that season, Laura had won 1 gold medal and 2 Bronze medals at the Eastern Canadian Championships. Bravo Laura, we are proud of you! And all this time Laura is passing on all her success secrets by helping out with coaching the Track Attack Midgets and at the ski school.

Congratulations are also due for Alia Sanger, who won a bronze medal at the Nationals and 1 Gold medal in the Junior Girl class at the Eastern Canadian Championships.

The Nordic Racing group had multiple podiums in the various age groups in all the Quebec Cup races.

The Nordic Race Team has a great crew of younger athletes coming up who are awe inspired by Laura's success.

The team is also perfecting its race weekend organization and race waxing skills and benefited this year from great race trails around the stadium (Chalet des Erables) that are the result of an ever improving relationship with the NCC. We are even expecting official signage on them for the 2017/18 season.



Canmore Exchange (Track Attack)

The Midgets and Peewees groups trained together often this year and had Laura Leclair as an assistant coach. And 5 Track Attack athletes competed in the Jeux du Québec in Alma this year, with 5 medals and an Outaouais Team win.

The Midgets racing program organized an Experiences Canada (formerly SEVEC) exchange with the Canmore Nordic Club in Canmore, Alberta. Spearheaded by Chelsea Nordiq parent Kevin Semeniuk, 18 athletes participated from Chelsea Nordiq and were twinned with Canmore Nordic athletes.

In late November, Chelsea made the trip to Canmore and had the benefit of early snow by competing in Alberta Cup #1 as well as all other sporting and cultural events that made up the exchange. In early February, Canmore Nordic visited Chelsea to experience the beauty of Gatineau Park and race in the Canadian Eastern Championships. [This blog of the events and experiences](#) has more details.

These exchanges are possible because of a number of different funding sources. Airfare and travel are covered by Experiences Canada while food and lodging is covered by the respective host families. To cover admission tickets, Gatineau park ski passes, and other host event costs, Chelsea Nordiq funds \$1500 while the participating families assume the remainder. This usually works out to ~\$350 per family. This year was a notable exception: Thanks to some terrific fundraising initiatives including a very successful raffle draw, the budget came in at ~\$300 per family.

Jackrabbit Highlights

With good weather and great organization, this season went smooth for the JR program. A significant number of children are in all levels that created a good cohort moving up for the 2017/18 season.

The JR families felt more integrated with the club and appreciated being included in the Chelsea Super Sprint and other club member's participation in the Jamboree.

New this year were the adult lessons which supported more family skiing and created extended family/cabin skiing well past the season with good interest. The coach volunteers REALLY appreciated the opportunity to come out with Paul Place for his teaching and skiing tips and are hoping that this can be built on during the next season possibly by having someone rotate through the groups throughout the season.

The location at the Meredith Centre Snow Park location worked out great with keen interest to expand the trails as was done for through the extra grooming for the Super Sprint race.

Biathlon Bears and Racing Bears - Air Rifle

Biathlon Bears are the introduction to biathlon for 11 years and older, and the Racing Bears program is for 11 to 14 years old. These two biathlon programs are unique in the Ottawa area and continue to attract young athletes from other clubs.

This year saw athletes from the adventure programs introduced to biathlon that have now made a successful transition to the competitive biathlon and ski programs.

The Racing Bears won 28 medals (9 Bronze, 8 Silver, 11 Gold) at 5 Coupe Québec races. This constitutes over 40% of all medals possible in these categories in which we had racers. The Chelsea Nordiq Racing Bears also produced a provincial Coupe Québec champion as Sabine Lamothe won the Juvenile Girls cumulative score – Congratulations Sabine! In their last season shooting air rifles, Chelsea Nordiq's Junior Boys finished 2nd, 3rd, and 4th overall in the Coupe Québec. Congratulations to Christoph Lohmann (2), Simon Leclair (3) and Jem Hodgson (4) for this strong showing.

Alex Dumond organized a local, last-minute, end-of-the-season event where we invited some air rifle clubs from the region to join us for a race simulation for chocolate prizes. Thank you Alex - and to everyone who helped to make this a fun biathlon event.

This program is also a great opportunity for parents to participate with their children in the same sport and to try out whether they like it for themselves. Matthew Ng raced his first race in the Chelsea race as a master after having followed and studied his son William for two seasons.

Biathlon Racing - .22 calibre

Coached by Amy Ford and Eric Schryer, Chelsea Nordiq's .22 calibre biathlon team is a talented group of athletes 14 years and older who ski 3 days per week in addition to shooting 2 days per week. The Biathlon racers also have a group of dedicated Masters (4 women and 4 men) who regularly come out and train and who also compete at the same Coupe Québec races.

This year the .22 athletes competed in 5 Coupe Québec races, where the group collected two overall winners. Congratulations to Oliver Holder who is the Coupe Quebec Champion in the Senior Boys category and Olivier Dumas who won the Coupe Quebec for Youth Men. Congratulations to two exemplary athletes!

The team also raced at two races in Jericho, Vermont, the World Youth Trial Races in Canmore and of course in the National Biathlon Championships, to which almost the entire team qualified this year.

The team earned many Coupe Québec medals including some podium sweeps. Many of CN's biathletes qualified to be on the Ontario and Quebec Provincial teams. Even in the North American race circuit, where the Chelsea Nordiq athletes compete against US athletes, we have two overall NorAm point winners: Olivier Gervais and [Mackenzie Turner](#). Congratulations Mac and OG!

The strength of our Biathlon team is highlighted by the medal counts during the Nationals in Canmore: Chelsea Nordiq athletes brought home 2 gold medals (Piaper Veinotte, Individual / Oliver Holder, Relay), 1 Silver medal (Olivier Gervais, Relay) and 2 Bronze medals (Teo Sanchez, Sprint / Mario Dumas, Masters Relay).

The Biathlon team had a guest this winter: [Seamus Boyd-Porter from St. John's Newfoundland](#) trained in Chelsea this season to prepare for 2017 Universiade (World University Games) in Almaty, Kazakhstan. He also competed at the Nordic Eastern Canadian Championships and won a Bronze medal.

After a long break due to a severe injury to both wrists following a bicycling accident, Alexandre Dupuis came back in full force and showed that he didn't lose any power, speed or marksmanship. He won a Gold Medal in the Pursuit, a Silver Medal in the Relay and a 4th in the Individual. Bravo Alexandre for showing such strength and resilience and for still coming out to train with and inspire our younger biathletes!

And then ... there are the four German speaking biathletes who are pushing our coaches to perfect their German language skills so that we can all go to the World Cup circuit in Germany – “Weiter so!”

[51. Canadian Ski Marathon \(CSM\) – Lachute to Buckingham, QC \(Colin Bunge\)](#)

It was a fantastic year for the CSM with good temperatures, and good snow conditions. Our skiers represented the club so very well by going hard and taking very good care of themselves as well as having a great time out there, which is the main point of participating in the CSM.

According to the [CSM website](#) – Chelsea Nordiq had a total of 54 youth registered to participate in the youth club challenge, this year. 29 were Senior Adventure athletes and a few were from the nordic racing program. 20 athletes registered as Tourers and generally skied around 80 - 100 km over the two days while 8 athletes entered the Coureurs Des Bois (160km over 2 days) challenge including 2 nordic racers. Some of the Coureurs des Bois skiers completed the Gold, some Silver and some Bronze levels, all of which are all fantastic achievements.

And with all of this combined effort we brought home the Youth Club Challenge award as the club with the highest average number of sections skied. Way to go Chelsea Nordiq we are so proud of you all!

[Whitehorse Exchange \(Junior Adventure\)](#)

The 17 athletes of the Junior Adventure group created their own motto this year: "Life is always better Outside!" Besides exciting events like dragon boating, orienteering, and an overnight stay at Phillipe cabin, the main highlight for many athletes in this group was an exchange with Cross Country Yukon, supported by the Canada Sports Friendship Exchange Program. This marked the first time that one of CN's adventure programs participated in an exchange. The exchange twins from Whitehorse came to Chelsea in early March where the JAs showed them the best parts of Ottawa, Gatineau and Chelsea. They went to parliament hill, the Supreme Court, explored our national museums, and staged a 40 km Gatineau Ski Marathon with a chocolate and cheese fondue finish at Herridge cabin. The JA athletes and their twins also participated in Thea's race, which - for some of our CN athletes - was their first race.

Later in March the CN exchange group traveled to Whitehorse, Yukon to stay with their twins. They skied the Whitehorse

trails, visited a wildlife preserve and hot springs, stayed overnight at an indigenous healing camp, went dog sledding and ice fishing, and skied the famous Buck Wheat Race on the border of BC, Yukon and Alaska. A big thanks goes to Serge Côte, Megan Nichols, Jeff Furry, Julie Deschenes-Furry and Kiki Sutherland for organizing the exchange.

Club Events

Coupe Québec Biathlon Race in Chelsea

141 athletes registered for the Biathlon Coupe Quebec hosted by Chelsea Nordiq at the end of January, over the 2-day event. Each day, 80 volunteers provided support to the competitions, from race officials to results recorders, to trail marshals and shuttle service drivers.

33% of athletes registered were female (47) to 67% male participants (94). The participants' age ranged from 6 to 58. Chelsea Nordiq won 48 medals (41%!) of the 116 available – a fantastic achievement. We also had good [media coverage](#) for this event, thanks to Eric Leclair for making this happen and for Mzia Lee-Pottie, Olivier Dumas and Alex Dumond for excellent interviews!

Thank you for Pierre Dupuis and Chantale Lortie for organizing this event and for Lise Riberdy to coordinate all volunteers that made us look so good!

Cookiebeiner Race

This year's Cookiebeiner race generated more than \$2000 profit. It had over 300 registered participants managed by 45 volunteers, who greeted races with 170 dozen cookies baked by 43 families. Thank you to Lisa Willemse who coordinated this event and made it another success!

SkiSwap

Another SkiSwap passed and became the place where our members made some money, got rid of gear they didn't want, bought new equipment they needed, met some friends, had some food, listened to music and didn't wait in line too long.

The 2016 Ski Swap was another great demonstration of Chelsea Nordiq athletes, coaches and parents coming together to host a hugely successful community event. In the space of 24 hrs an army of volunteers transformed Camp Fortune into a gigantic retail space complete with food, entertainment, event services and hospitality.

A great big thank you to all the volunteers who contributed many hours of labor, time and energy to make this event run so efficiently. And a special thanks to the chiefs and assistants (and potential successors):- Mark Gervais, Scott Little, Cynthia Westaway, Serge Cote, Sonja Roth, Marieke Winkeldermaat, Mona Marshy, Nathalie Brunet, Eric Schryer, Ingrid Hagberg, Peter Grant, Pierre Gravel, Pierre Dupuis, George Claydon and Pam Martin for managing people, gear, money and food with such enthusiasm and competency. Also, like every other Chelsea Nordiq event, thanks to the ever present support of Denise, Vic, Stew and of course our amazing head coach, Moe.

Every year we sell more gear and the last SkiSwap was no exception. However fewer people participated in our other fundraising activities and some extra costs brought the net revenue down. [REDACTED]
[REDACTED] Another successful ski swap with great participation from local ski stores

We also created the [Chelsea Nordiq ***Online*** Ski and Bike Swap](#) on Facebook, where you can buy and sell your gear between December and September (so as not to compete with the SkiSwap in October and November)

Super Sprint Jeunesse

This year's Chelsea Super Sprint Jeunesse took place in the Snowpark near the Meredith Centre, which has been the training location for the Jackrabbits and the Ski-at-school program for the last for 2 years. However, for the Super Sprint this was the first time we chose this location – and it turned out to be an excellent choice.

This year 140 young skiers participated in the event. Filled with jumps, bumps, steep climbs, slaloms and a spiralling escargot run, this year's course will be tough to beat.

This event confirmed our efforts to continue to work hard and to work on a long term lease for this land. We would like it to become the Chelsea Snowpark. If you want to help Chelsea Nordiq, please talk to your Chelsea Councillors and the Mayor to tell them how awesome it is to have the Snowpark for our Jackrabbit Program, the Ski-at-School Program and the Super Sprint Jeunesse.

Board Activities

At last year's Annual General Meeting, club members elected a Board of Directors and agreed that the Board should assign the function of overseeing our three program areas (Nordic Race, Nordic Adventure, Biathlon) to three equal Program Directors. The Board was asked to try this organizational structure for one year and bring a recommendation to a vote at the 2017 AGM.

3 Dedicated Program Directors

The Board's experience with the 3 program directors was overwhelmingly positive because the Program Directors brought their program's perspective to bear on every decision and were accountable for actions and decisions in their respective program areas. This arrangement also facilitates program planning and improves communication to the respective three programs. The Board will therefore recommend making this arrangement permanent and ask the club members to approve the necessary changes to the Club Charter.

Director & Headcoach Contract Renewed

One of the most important decisions this year's board made was to sign a contract with our Director and Head Coach Moe for another 3 years! Having a paid head coach and director has tremendous benefits for our athletes and families! It has brought a lot of value and improvement to our club operations and quality of training and it will continue to open up so much new potential!

New Club Manager

For the first time in club history – the Board has signed a contract with a Club Manager & Coach. This contract combines the work of coordinating and operating the ski school, coaching nordic training sessions, and managing the club's operations and activities. The Board expects that these three core responsibilities make up a full-time position and also recognizes that the balance among the three core activities may shift from winter (more ski school and nordic training) to summer (managing more club operations), but that they are roughly one third each over the entire year. Only the portion of the Club manager work is a new expense and will be covered by the central club portion of funds to which all programs contribute equally.

Strategic Plan

The Board members continue working on an effective implementation of the strategic goals created and approved by the AGM last year. A [summary of the strategic goals](#) is posted on Chelsea Nordiq’s website.

2017 Board Elections

This year’s Annual General Meeting (AGM), which will be held on May 15th at 7pm at the Cascades Club, the members have the chance to elect new Directors or re-elect current Directors. The Table below lists the current members of the Board, their functions and their status with regards to this year’s elections.

Board members are elected for 2 year terms, but are asked to renew their commitment every year. The revised charter (subject to approval by AGM) stipulates that – besides the 4 Executive Positions (President, Vice President, Treasurer and Secretary) and the 3 Program Directors – the Board can have up to 5 additional Directors and has to have at least 3 additional Directors.

As you can see a lot of Board positions are available this year. This is a good time to consider your candidacy. Please let the Secretary, (secretary@chelseanordiq.ca) President (president@chelseanordiq.ca) know if you are interested to serve on the Board. We need one week notice, which means that May 8th 2015 is your deadline.

Current Board Member	Position	Status for 2017-2018 Season	
1 <i>Frank Lohmann</i>	<i>President</i>	<i>Year 1 of second 2-year term</i>	
2 <i>Carolyn Raab</i>	<i>Vice President</i>	<i>Year 2 of third 2-year term</i>	
3 <i>Marc Gervais</i>	<i>Treasurer</i>	<i>Year 1 of second 2-year term</i>	
4 <i>Scott Little</i>	<i>Secretary</i>	<i>Year 2 of first 2-year term</i>	<i>position available</i>
5 <i>Pierre Dupuis</i>	<i>Program Director - Biathlon</i>	<i>Year 1 of third 2-year term</i>	
6 <i>Vic Veinotte</i>	<i>Program Director - Nordic</i>	<i>Year 1 of first 2-year term</i>	
7 <i>Nick Anning</i>	<i>Program Director - Adventure</i>	<i>Year 1 of first 2-year term</i>	
8 <i>Pam Aung-Thin</i>	<i>Director</i>	<i>Year 1 of second 2-year term</i>	<i>position available</i>
9 <i>Rhonda Hynds</i>	<i>Director</i>	<i>Year 1 of second 2-year term</i>	<i>position available</i>
10 <i>Michael Billowits</i>	<i>Director</i>	<i>Year 2 of first 2-year term</i>	<i>position available</i>
11 <i>Vacant</i>	<i>Director</i>		<i>position available</i>
12 <i>Vacant</i>	<i>Director</i>		<i>position available</i>
	<i>Maurice Samm</i>	<i>Club Director & Headcoach</i>	<i>Ex officio</i>
	<i>Kaitlyn McMahon</i>	<i>Club Manager</i>	<i>Ex officio</i>

Are you a new Board member?

Board members don’t have to be super-fast skiers or former Olympians, but we won’t hold it against anybody either. If you are passionate about skiing and love spending time outdoors and are not shy about setting directions and taking decisions for the club, the club would benefit from you being a Board member.

The Board would like to encourage francophone members and the ladies of the club to think about being a Board member because the current Board is not very gender and language balanced!

Even better, if you bring a specific professional skill (finance, legal, policy, proposal writing) we can easily align responsibilities with your personal skills and preferences. The Board meets at least once a month for 2 hours between April and November and holds takes most decisions online during the ski season.

Here is a list of club-related activities, for which the club would ideally have designated Directors:

- **Club Secretary** (required Board position, part of the club’s executive). The Secretary takes minutes at Board meetings, follows up on Board actions and plans board meetings including setting the agenda and keeping the discussion on time during Board meetings.
- **Volunteer Director.** This Director would create a framework to support our volunteers better and to coordinate activities and tools to facilitate volunteering and to recognize volunteers.
- **Grants & Fundraising Director.** This Director would coordinate a group of club members who are good at reading and interpreting grant criteria and who can creatively describe our current and future club activities to win these grants. There are plenty of grants and funding possibilities out there that could get the club money for awesome new projects and to keep our program fees low. This may also include setting up a framework to attract sponsors from the business community.
- **Facilities Director.** This Director would coordinate with other club member the work necessary to maintain and upgrade the roost (Chalet des bénévoles), the stadium, the biathlon range & trails, the Meredith Centre snow park and its trails.
- **Communications Director.** This Director would work with other club members and coordinate the club’s public relations needs (get our name out there and make us more visible in the community) and direct the Club Manager as to which kind of content is needed on the CN website, social media and in a newsletter and maybe write a few articles in local papers.

Membership

During the 2016/17 skiing season Chelsea Nordiq had a total of 750 members, which is within 1 percent of the numbers from the previous year. However, the club’s active membership increased by 4% from 405 to 421, which is average over the last 4 years.

The gender proportion among active athletes is growing more balanced at 53% male and 47% female. Similarly, our Chelsea based membership sits also stable at a 50%, with the other half coming from Ottawa/Gatineau or Wakefield and LaPêche.

Membership by Age Group 2017

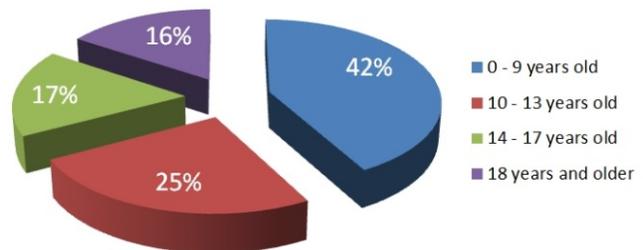


Table 1 shows our membership by age of registered active athletes over the years:

Age of Active Members	2016/17	2015/16	2014/15
Active Members 0-9	42%	46.2%	47.0%
Active Members 10-13	25%	28.4%	26.8%
Active Members 14-17	17%	12.1%	11.4%
Active Members 18+	16%	13.3%	14.8%

Table 2 shows the numbers by program and over the last four years:

	2016/17	2015/16	2014/15	2013/14
Number of Active Members	421	405	447	385
Bunnyrabbits	32	31	40	43
Jackrabbits	125	126	181	170
Adventure Jackrabbits	20	0	18	20
Adventure Rabbits (9-11)	18	25	28	20
Junior Adventure (12-13)	15	22	19	12
Senior Adventure (14-18)	34	28	19	18
Track-Attack – Peewees	36	27	44	40
Track-Attack – Midgets	22	27	23	22
Nordic Race (all)	38	44	38	37
Biathlon .22	27	27	27	19
Biathlon Racing Bears	11	12	16	17
Biathlon Bears	11	16	19	10
Master (Adults)	47	40	48	45

Ski-at-school Program

This year’s ski-at-school program sessions were carried out on two locations: the Sir John A Macdonald (SJAM) trail along the Ottawa River and at the Meredith Centre in Chelsea.

Kaitlyn McMahon took over as the administrator in 2017 from Paul Place. Due to the late changeover from Paul to Kaitlyn, the promotion and marketing activities with new partnering schools fell a little short this year.

Katie compiled a pool of qualified coaches and assigned them according to their availability and the scheduled class visits. This year’s coaches were Laura Leclair, Mykal Baker-Westeinde, Karen Nesbitt, Nilan McIntosh, Paul Place, Eric Schryer as well as Gabriel Lamothe, Stella Duncan and Madeleine Côté.

The Ski-At-School conducted 12 sessions to benefited and average of 35 children per session and a total of 416 students from the following partner schools:

- St. Bridgid Elementary School (Ottawa Catholic School Board)
- St. George School (Ottawa Catholic School Board)
- Wakefield Elementary School (Western Quebec School Board)
- Prince of Peace Elementary School (Ottawa Catholic School Board)
- Pierre Elliott Trudeau Elementary School, Aylmer (Western Quebec School Board)

New Equipment & Facilities

Technically, the club didn’t buy the groomer this year, but we started using it this season. We used it to supplement the grooming on the biathlon range and in the stadium. It gave us some extra days of early, high-quality skiing around the range. We also saved a lot of money during the Chelsea Biathlon race, because we didn’t have to pay for a contractor with a ski-doo and sled on standby for two days! And it was much easier to move equipment up to and down from the range.

During this season we installed a lot of LED lights in the stadium and on the range. We can now operate the evening biathlon training in a much more environmentally sustainable way. A big “THANK YOU!!!” to Pierre Dupuis and Rob Vandenberg

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