



Where we came from...

| 1982 | 2012-13 |
|---|--|
| Approx. 20 members, group skis, one race and one potluck dinner... assisted Alta Lake Sports Club with the Loppet ... Jackrabbits started 1999 ... incorporated as a society: 21 October 2003 | Total Members: 220 Children/Youth: 112 Adults: 108 |



Club Growth

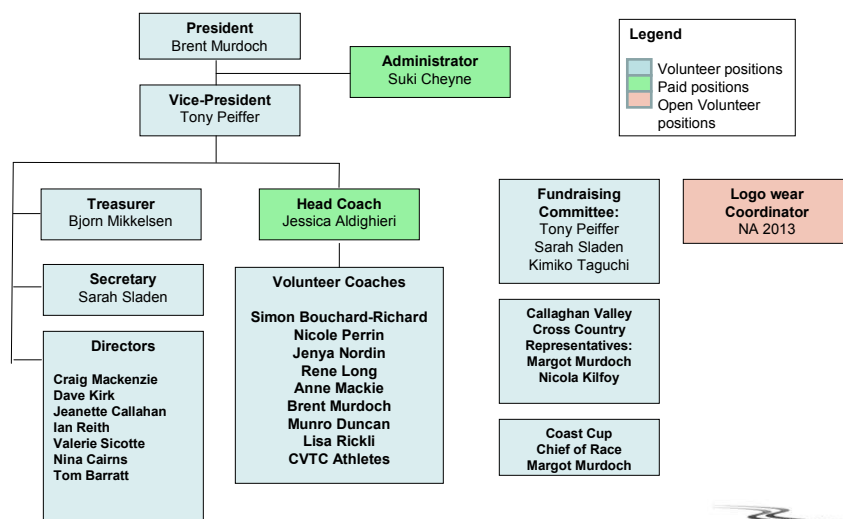
| Season | Membership | | | Youth/SDP | Adult Masters |
|--------|------------|-------|-------|-----------|---------------|
| | Total | Adult | Youth | | |
| *12/13 | 220 | 108 | 112 | 101 | 35 |
| 11/12 | 269 | 129 | 140 | 117 | 49 |
| 10/11 | 272 | 141 | 131 | 105 | 53 |
| 09/10 | 264 | 157 | 107 | 88 | 47 |
| 08/09 | 275 | 173 | 102 | 86 | 30 |
| 07/08 | 243 | 172 | 71 | 60 | Not Known |
| 06/07 | 200 | 147 | 53 | 40 | Not Known |

The SDP program numbers are only restricted by the number of coaches: more coaches = more places.

*12/13 saw the club eliminate family memberships in favour of unique individual memberships which impacted the recorded total number of club members, those people who had previously been club members by default due to their inclusion in a family membership no longer show, thus the 2012-13 numbers truly represent active skiers who participate in Club events and programs.



Club organization



Club House: Austria Passive House

Became our new home after the 2010 Olympic and Paralympics

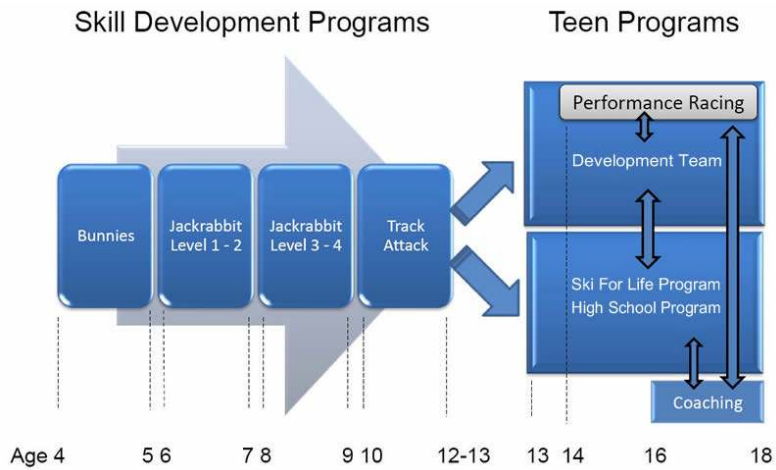


WHISTLER NORDICS

National Cross Country Athlete Development Program

| LONG TERM ATHLETE DEVELOPMENT PROGRESSION | | |
|---|---------------------------|---|
| Age | LTAD Stage | Whistler Nordics Club Programs |
| 23 +/- males 23 +/- females | Training to Win (TTW) | Not applicable |
| 20 - 23 +/- males 19 - 23 +/- females | Training to Compete (TTC) | The Callaghan Valley Training Centre provides this service in the Sea to Sky region |
| 16 - 20 +/- males 15 - 19 +/- females | Learning to Compete (LTC) | Whistler Nordics 2012-13 Sea to Sky Devo Team |
| 12 - 16 males 11 - 15 females | Training to Train (TTT) | Track Attack Race Team [Recreational Skiers move to the High School Program] |
| 9 - 12 males 8 - 11 females | Learning to Train (LTT) | Track Attack |
| 6 - 9 males 6 - 8 females | FUNDamentals | Jackrabbits |
| 0 - 6 | Active Start | Bunnyrabbit |

Whistler Nordics Youth Skill Development Program



Sea to Sky Development Team

The Development Program (T2T – L2C) is tailored to the broad needs of athletes building physical and mental capacity. The program provides opportunities for the continual improvement of technical skills and physical capacities of individual athletes by addressing all aspects of athlete development in area such as technical, physical, social, psychological, growth, and emotional.

Programming includes:

- Yearly dynamic individual training program
- 4+ annual goal setting sessions
- Education / Wax Clinics
- Parent Education
- Summer Training: 2 days per week
- Fall Training: 3 days per week
- Winter Training: 4-6 days per week



Volunteer Coaches

Coaches perks:

- Technique training sessions with Head Coach
- Hourly honorarium dependent on coaching certification
- Discounted season trail pass for the coaching location
- Free coaching courses (one per year)

We need to attract and retain more coaches to meet demand for the SDP. The club is trialing the coach reward package outlined above as a solution in 2013-14.



WHISTLER NORDICS



2013 Nationals

More Athletes than 2010 Winter Games!

From March 15-30 of 2013 Whistler Olympic Park proudly hosted the “Sea to Sky Nordic Festival,” a ski event that exceeded the size and scope of the Nordic events of the 2010 Olympic Winter Games. The Festival comprised the National Ski Championships in the four Nordic disciplines of cross-country, biathlon, ski jumping and Nordic combined and welcomed hundreds of athletes to the Sea to Sky community.

WHISTLER NORDICS

2013 Achievements

A season of committed training with dedicated coaches and plenty of fun paid off!
The Club secured it's first ever medal at a National event.

Westerns 2013

- * Lauren Doak 6th 10km Skate Mass Start, Jr. girls
- * Jenya Nordin 10th 10km Skate Mass Start, Jr. girls
- * Austin Reith 10th 5km Skate Mass Start, Juvenile boys

Nationals 2013

- * Lauren Doak 3 place Jr. girls Skate 7.5
- * Austin Reith Top Ten in three races, juvenile boy



WHISTLER NORDICS

CALLAGHAN VALLEY

cross country

The Whistler Nordics are a proud member of [Callaghan Valley Cross Country Ski \(CVXC\)](#), a volunteer organization dedicated to hosting high level competitions and the Sigge's P'ayakentsut (Payak) at Whistler Olympic Park.

A legacy of the 2010 Winter Olympics, CVXC exists to ensure that the Nordic Venue, Whistler Olympic Park, continues to be used for its original intent - ski competitions. CVXC is an event hosting club that has members on its board from the following organizations:

- [Cross Country B.C.](#)
- [Hollyburn Cross Country Ski Club](#) (Vancouver)
- [Nordic Racers Ski Club](#) (Vancouver)
- [Spud Valley Nordics](#) (Pemberton)
- [Whistler Nordics](#)

Our purpose is to host high level events in a world class venue. With each event, we strive to offer a first class experience for, not only competitors, but coaches, officials and others involved.

WHISTLER NORDICS

Annual Events



Sigge's P'ayakentsut

A weekend-long premier mass participation (600+ participants) cross country ski event comprising 15km, 30km, 50km Loppets, kids' ski tournament & youth ski cross race.

P'ayakentsut is organized by [Callaghan Valley Cross Country](#) with the active support of members of four local ski clubs of which the Whistler Nordics is one. The Club provide organising committee members, event Chiefs, and event volunteers.

Coast Cup



Teck

Teck Coast Cup #2

The Whistler Nordics host the 2nd of five Cross Country events in the Teck Coast Cup Series in January each year at Whistler Olympic Park.

This race attracts 220+ athletes from Vancouver Island, Vancouver, Squamish, Whistler, and Pemberton. The Whistler Nordics organise the event, provide key event chiefs and 50+ volunteers to ensure the success of the event.



Thank you to our
future supporters!

WHISTLER NORDICS

