



Lappe Nordic Coach's Notes Spring 2017

April 21, 2017

Hello all,

First, a big thank you to all for a wonderful winter ski season with the Lappe Nordic Ski Club. We had some great weather this winter and luckily completed our last two ski events just before trail conditions decayed. Participation in team practices and at local ski events this past winter was excellent and our team trips were also very successful. Thank you to the coaches and parents for supporting the program and the team activities throughout the past year.

The 2017-18 season will be an exciting one to be a part of the Lappe Nordic group and a skier in Thunder Bay. In January the World Masters Ski Championships come to Minneapolis, the Olympic Winter Games are in February and Ski Nationals returns to Lappe Nordic Ski Centre in March.

Our Active Outdoors: Spring and Summer programs get underway in May with group practices for Juniors and Adults starting May 2 and the Spring Kids Running Wild (KRW) program starting May 18th. (Any Junior or Midget athletes interesting in assisting with KRW please contact me.) In addition to programs there will be some special club events to participate in. New this summer will be a Trail Run/Walk series (see InAction Trail Series on page 2).

Lappe Nordic club membership has been steadily growing over the past three years. We have introduced some new programs and member participation has greatly increased. Kids Running Wild has been a popular spring and fall program as has it's winter counterpart Super Saturdays. The Track Attack group is the largest it has ever been and the Midget and Junior teams are also growing. The Thursday Night Fresh Air races have 50 to 70+ racers and Lappe Nordic participation at the Sleeping Giant Loppet is now close to 100 skiers!

The above outcomes are the result of the care and dedication of our volunteers and the family orientated ski culture created by our club members. With anticipated continued club growth, the Lappe Nordic coaches, program coordinators and the Board of Directors are beginning the planning for the 2017-18 season. There are many components to this plan and many areas we need volunteers to contribute (See Volunteers Needed on page 2). If you are interested, even if it you just for a few hours, please contact me.

Have a great spring and summer and I hope you will be "Active Outdoors".

Kevin Shields

Lappe Nordic Head Coach & Program Director

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Kids Running Wild

Thursday 5:30pm to 7:00pm
plus occasional weekend
activity TBD
Start date: Thursday May 18

Team Practices

Tuesday & Thursday 6pm
Saturday 9:30am
Start date: Tuesday, May 2
Age groups: Midget, Juniors, Adults

Junior Leaders Wanted for Kids Running Wild program

Ages 13 yrs old and over.
Contact: Kevin Ph: (807) 346-8084,
Email: kevin.shields@uwaterloo.ca

NEW Program Options

- 1) Midget Ski Team - now with a summer training option
- 2) Flex Drop-In - for the mature athlete who trains independently and wants to join the training group occasionally.

In-Action Trail Run/Walk Series, 2017

2nd Thursday of the month
start time 6:30 pm
Centennial Park
(location to be confirmed)

Cost: Free

June 8
July 13
August 10
September 14

**Registration on-line at
zone4.ca search Lappe**

Volunteers Needed:

Promotions, Events, Programs, Coaches & Assistants,
Volunteer Appreciation, Funding/Fundraising

Scroll down for Coaches' Thank You.



**Thank You Lappe Nordic Coaches
2016-17**

Jackrabbit Ski League

Jodi Hall
Alex Campbell
Jenn Gill
Shanna Picard
Susan Shields
Andrew Moorey
Fiona McKenna

Super Saturdays

Hannah Shields
Gavin Shields

**Try-it Ski Programs
(including Adaptive)**

Shanna Picard
Susan Shields
Andrew Moorey
Fiona McKenna

Lappe Lynx

Bill Day - Adventurers
Marilyn Ailey – Track Attack
Christian Hollmann – Track Attack
Fiona McKenna – Track Attack
Werner Schwar – Midget Ski Team

Lappe Juniors

Werner Schwar – Assistant
Fiona McKenna - Assistant

Lappe Adults

Reijo Peltoniemi
Mark Thomas
Werner Schwar

Ski at School

Hannah Shields
Andy Shields
Mike Somppi