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Volume 5, Issue 1

Lappe Nordic

Lappe Nordic Ski Club www.lappenordic.ca

Special Interest:

- LAPPE TO HOST THE 2006 CANADIAN NATIONAL CROSS COUNTRY CHAMPIONSHIPS
- WERNER SCHWAR BREAKS NORTH AMERICAN RECORD OF MOST KM SKIED IN 24 HOURS
- AGM MEETING MONDAY MAY 09, 2005 AT LAPPE NORDIC SKI CENTRE. EVERYONE WELCOME!

Individual Highlights:

Presidents Message	1
Jack Rabbits	2, 3
Coaches Report	4
Athletes Rep	4, 5
The Nationals	5
Onaping Falls	6
Fresh Air Wed	
Night Racing	6
Contacts	7
Masters Program	8

Presidents Message: Liz Inkila

Another ski season is in the books. 2004/2005 provided bountiful snowfall and pleasant temperatures for Lappe Nordic. Our club hosted 24 events, had 15 jackrabbit sessions, and close to 15 master sessions. As spring temperatures melt the copious amount of snow, we are still racing at Lappe as I write this. The ever competitive KM board challenge continues on a daily basis. Does anyone but a select few really know about that competition? All in all, it was a busy and successful ski season at Lappe.

Many people make our programs work at Lappe Nordic. It takes commitment and dedication to the 'Lappe Standard' that make us all proud to be a part of this club. I would like to take this opportunity to thank all our volunteers for their hard work and selfless hours donated to our club.

This past fall, a dedicated few took to brushing the trails, cutting the grass in the stadium, trimming trees and other trail improving activities. These efforts culminated into a very successful clean up party with a potluck dinner in November. Early snow is usually the norm at Lappe and this year was no exception. All the hard work was rewarded with great early season skiing. We are planning to make this an annual



event. Thank you to all who contributed.

Our junior racers had another great season with many podium results. Tough weather and trail conditions at Nationals created difficulty for our racers. Congratulations to Chris Hamilton. Chris had a great pursuit race at Nationals in Prince George earning himself a silver medal. It is important to remember that our racer's accomplishments are ongoing throughout the season. Christina Groulx is the top Ontario Juvenile Girl and Lindsay Inkila is the top Midget Girl in Ontario. Congratulations to all our racers for their personal successes and accomplishments. These dedicated young people train year round through black flies, mosquitoes, rain, heat and cold temperatures to represent our club. Thank you for making us proud.



*Christina Groulx recipient
of the Sarah Crookham
Award
Presented by Z. Crookham
Top Juvenile Girl in Ontario
Top Points for the Ontario
Junior Development Team*



*"You're never too
young to ski or
race!!"*

I would like to also thank the coaches of Lappe Nordic. Behind each racer's personal success, there are coaches who have also battled the elements to help our young people achieve their goals. Under the direction and guidance of Marc Metsaranta, our coaches dedicate their time and energy. Thank you to Marc Metsaranta, Pauli Kaki, Jim Groulx, Jim Bailey, Bill Day, Paul Inkila and Jeff Moustgaard for all their efforts. Jeff is taking a sabbatical to welcome a new addition to his and Amy's family. We wish them all the happiness and look forward to his return in about 8 years.

In November 2004, Lappe Nordic Ski Club secured funding from FedNor for a feasibility study of the viability of the Lappe Nordic Ski Centre. We are hopeful the information in the study will assist our community in developing a strategy to continue the operation of the Lappe Nordic Ski Centre

after Reijo's retirement in 2006. Should you have any questions, please contact me at 767-1860 or lizinkila@hotmail.com.

The club is revving up for the 2006 Nationals, March 5-12. We are looking for volunteers in a number of key areas, including trail improvements, event planning and organizing, as well as race volunteers. Please consider volunteering for this event. Our volunteer coordinator is Mary Jo Dool, doolm@shaw.ca. This event should be very exciting for the community. We are working with the City of Thunder Bay to host the sprint competition in the area surrounding the Canada Games Complex.

I hope everyone has a pleasant summer. A wise coach once said 'Ski season starts in May'. Enjoy!!

Liz Inkila

LAPPE JACKRABBIT PROGRAM: JUDY HALL

A Recipe for Jackrabbit Fun.....

Ingredients: 63 Jackrabbits, 11 Jackrabbit Leaders, several Assistant Leaders, lots of snow and fantastic ski trails.

For a great Jackrabbit season blend the above ingredients together carefully at Lappe Ski Centre every Saturday morning from late November until the end of March!

A return to normal snow fall levels this year made our Jackrabbit sessions a perfect way to spend

Saturday mornings. Many thanks to our wonderful Jackrabbit Leaders who contributed their time, energy, skill and waxing expertise each Saturday morning. As well, thank you to the parents, grandparents and ski enthusiasts who helped out with several groups as official and unofficial assistants. We have always been fortunate at Lappe Nordic to have Leaders who are qualified at ski coaching and instructing.



*Cute as can be, this Jack
Rabbit is enjoying skiing and
racing. Check out the smile!
A picture paints a thousand
words!!*



JACKRABBIT FUN continued...



Jack Rabbits at the Boxing Day Classic at Lappe



"If you like children and skiing and have a bit of organizational skill, we want you!!!"

Cross-Country Canada is now requiring (for insurance purposes) that all Jackrabbit Leaders have Competency Based Education and Training (CBET) certification by January 2006.

This year Tarja Shipston, Werner Schwar and I took the 10 hour training course to receive our Introduction to Community Coaching certificate.

We have leaders in our program who will receive an equivalency credit for their National Coaching Certification Program (NCCP) Level 1 and in the fall LSSD will be offering another session of training for our Jackrabbit programs. Hopefully, new leaders will see this as an asset rather than an imposition on their time.

At the CBET session that I took (on the coldest Sat. of the winter - it was an inside session fortunately) I was asked if Lappe Jackrabbits had a special winter activity day, to which I replied " not really" and then I thought we must not be offering enough in our program. It later occurred to me that with all of our Jackrabbit events such as Getting to know Lappe, Christmas Skating and Bonfire Party, 3 children's ski races, Kamview Children's races, Sibley Ski Tour, 24 hour relay with "Team Jackrabbit", a weekly one-ski soccer games and a Program Awards Pizza party, we actually have one GIANT winter activity day that stretches all season!!

Congratulations to the Lappe Jackrabbits for once again winning the LSSD Jackrabbit Award at the LSSD races, which were held in February at Lappe. It's great to have the plaque stay on our wall upstairs, good skiing everyone. Each and every skier contributed to this award. Also, congratulations to the members of the "Team Jackrabbits" in the 24 Hour Relay on March 25/26, 2005. These youth and adult skiers placed 11th in the event skiing a total of 330.5 Km. Many thanks to Bill Day for organizing and leading the team.

As announced at our Pizza Party, I am stepping down as Jackrabbit coordinator, a.k.a. the Big Bunny! I have always enjoyed being with this program and have been pleased to help out. By keeping this a simple, short term position, we try not to wear out our volunteers. We are looking at having 2 people do this job, 1 to organize functions and the other to organize and set up sessions. If you like children and skiing and have a bit of organizational skill, we want you!

Have a great Thunder Bay summer, we all deserve it! Check out the Lappe Nordic website at www.lappenordic.ca for some great photos of our Jackrabbit sessions, (you might see yourself there!) Thank you to Juddi Vinni and Bill Day who are the Big Bunny Team and assisted me with the organizational aspects of the program.



Judy Hall and some Jack Rabbits with the LSSD Jack Rabbit Award at Lappe

COACHES REPORT: MARC METSARANTA

The 2005-2006 ski season is underway, added significance to the year is that the 2006 Nationals will be held on the Club's home trails, Lappe Ski Center.

Athletes and their personal coaches are confirming relationships and planning programs in preparation. Although training never ends, "real" training will begin with a training camp at the Ski Center on June

11th and 12th. Until then athletes are meeting once a week, Saturdays at 9 a.m. to train together.

A few new athletes are expected to join the Lappe Team.

For more information contact Marc Metsaranta at 628-2435 or metsar@tbaytel.net



Eastern Canadians Ottawa, Lappe's Contingent of Junior Racers and Coaches.

ATHLETES REP: BERIT DOOL

How to Improve Your Athletic Performance without Hitting the Trails

By: Berit Dool

The mind is a powerful tool that can be used to an athlete's advantage to gain a competitive edge. Aspiring athletes are constantly searching for new and enhanced methods of training to improve their athletic performance. Although the benefits of mental training are becoming more recognized among the sporting world, many athletes and coaches tend to forget about the powerful connection between the body and the mind and focus on physical training.

Sport psychologists have created many methods of mental training to help athletes remove the psychological barriers that can get in the way of peak performance and give them some control over their own performance. Such methods of mental conditioning include autogenic training, visualization, relaxation training, imagery/mental rehearsal, distraction desensitization, thought stopping, confidence training,

cognitive restructuring, and focus training. The unifying purpose of these mental training methods is to develop an athlete who is confident and relaxed during competition and can therefore achieve his or her full physical potential.

Thomas Grandi (Sara Renner's husband) has been a member of the Canadian National Alpine Ski Team for twelve years and has been recognized as one of the best technical skiers in the world. Yet it was not until recently (Dec. 2004) that he became a World Cup winner...twice!

What was the difference in his training if his fitness levels and technical skills remained relatively equal throughout the years? Grandi credits his more relaxed approach to competition, the work of sport psychologist, Terry Orlick. Grandi is one of the many athletes who has discovered the benefits of mental training and has used mental training to gain a competitive edge.

Moving from a mid-thirty world ranking to a number one world ranking, in a shocking span of two seasons, proves the incredible effects of mental training in performance, even for elite athletes.



It almost seems preposterous for athletes to endure long, grueling workouts when relaxing and practicing mental training will also provide benefits. However, keep in mind an athlete cannot succeed on mental training alone. Just like a good skier maintains a balance between classical and skate techniques (hence the pursuit), a balance between mental, physical, and technical training is required to obtain maximal results at an elite level. With the ever-increasing demands of research in sport psychology, more and more athletes will

recognize this balance and begin incorporating mental training into their lives. "Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us." (Wilma Rudolph)

On behalf of the Lappe Junior Racers, we would like to thank Dr. Amy Moustgaard for introducing the concept of mental training to us so that we can obtain a balance between mental and physical training and begin to perform at our optimum level.



Christina, Berit and Kelsey.

"On behalf of the Lappe Junior Racers, we would like to thank Dr. Amy Moustgaard for introducing the concept of mental training to us." (Below) Junior Racers with coach Jeff Moustgaard

THE NATIONALS: CHRISTINA GROULX

This year we traveled to Prince George, B.C. to compete at the 2005 Canadian National Championships.

The weather at the Nationals was challenging to say the least! We've never experienced racing in a balmy climate and on imported snow.

The organizers did an impressive job with what they had to work with, but it was unfortunate that we were unable to compete in the final long distance race, as the warm weather deteriorated all the snow!!

Our very own Christopher Hamilton came away with a silver medal in his specialty, the pursuit. Thanks to Chris we all got to enjoy a piece of chocolate cake!

We all can't wait for next year to be able to compete in our own backyard. It will be very enjoyable to have family, friends and club support for the races to come.

For the time being we will be training very hard for next years ski season and as always, having fun along with pain!



ONAPING FALLS: LINDSAY INKILA

When five of our Lappe athletes went to Onaping Falls for the Ontario Cup Spring Series, it was quite an experience. The Ontario Cup Spring Series consisted of three days of racing. Friday was the duathlon for Midgets and the same day pursuit for Juveniles and up. Saturday was the classic relays and Sunday was mass start skate. Each day produced good results and stories to tell.

As many people may already know, the Inkila family has had many problems in the

past with breaking or losing poles. During the classic relays (in which we replaced a senior man with a master woman), our anchorman, Paul, broke his pole and our hopes of winning a medal were crushed. He went from 4th to 6th position. Also, in the skate mass start race, Lindsay lost her pole with about 500m too go. She held her position and finished 2nd.

Finishing our 2004/05 provincial racing season off with a bang, we were ready to go home and enjoy the following weeks of skiing in Thunder Bay.



*Lindsay Inkila (center)
First Place. Top Midget
in Ontario*

FRESH AIR WEDNESDAY NIGHT RACING: PAUL INKILA

Another Fresh Air Wednesday Night Race Series came to a close at the Club's wind up party on April 2. The new champion this year was Lindsay Inkila as her best nine race scores were tops. She was followed closely by brother Todd, Lauren Stoot in third, and Christina Groulx fourth. Werner Schwar collected the most points in free technique events, while Petri Bailey had the most in classic events. All of these skiers received great prizes courtesy of Fresh Air Experience.

No one skied all eleven events this year, but the top three point finishers were among the four racers in the series who only missed a single Wednesday Night race. We're considering relaxing the minimum number of races for scoring for next season. One option is drop everyone's worst two and best one score??? Let one of the Lappe coaches know your opinion.

We experimented with some new race formats again this year – serpentine stadium sprints, a classic stage race, and criterium eliminations. We'll continue to do so next year. The race series requires multiple skiing skills to be successful – sprinting, endurance, hill climbing, 'flats' skiing, individual and

mass starting, etc. We're always interested in new suggestions for race formats and scoring.

The timing and stadium crew for the Race Series continued its reputation for being top notch. The dedication and skill of these volunteers shows when Lappe hosts bigger events. And the races continue to be a great learning environment for anyone interested in learning the ropes of officiating and timing.

Finally, thanks again to Fresh Air Experience for sponsoring the Series. The prizes are very much appreciated by the competitors. They give that extra motivation for the 'points scramble' that always seems to happen at year's end.

*(Below) Werner Schwar
in the final 4 minutes
of the 24 hour relay.
Record Ski 407 Kms*





SPONSORS

We wish to thank our sponsors for their encouragement and help in supporting our athletes. Your time, your prizes and your thoughtfulness will always be appreciated by our athletes.

Thank you!

(Right) Werner Schwar,
Timo Puiras and Riku
Metsaranta



*"Be a volunteer,
make a
difference!"
(Above) Our
dedicated group
of volunteers.*

WRAP UP AWARDS

At the wrap up awards which was held directly after the Run and Ski out at Lappe.

The following received special recognition for their well deserved efforts.

Most Improved Skier: Michael
Sompfi

Fresh Air Wednesday Night
Champ: Lindsay Inkila

Sarah Crookham Award: Christina
Groulx

Diehard Award: The Hall Family

Congratulations to all!



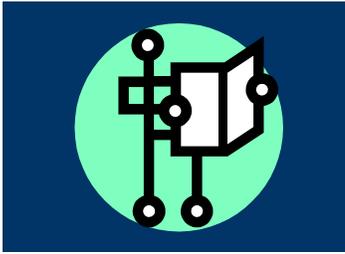
*"Thank you to all
our sponsors.
Your help and
support is greatly
appreciated"*

CONTACTS FOR LAPPE NORDIC

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LAPPE HOTLINE	623-3735
SNOW PHONE/TRAIL CONDITIONS	767-2423
www.lappenordic.ca	

Check out the photo/video gallery! Race schedules, results, information about Lappe in general.



Lappe Nordic

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*ENJOY THE LAPPE
EXPERIENCE!*

We're on the Web!

See us at:

www.lappenordic.ca

Masters Group: Jim Groulx

I wish to take this opportunity to thank our knowledgeable instructors who helped teach a number of classes. A thank you goes out to Werner Schwar, Reijo Peltoniemi, and Becky Laakso.

We had an excellent turnout of Master skiers. All skiers were at

different levels of skiing ability, but managed to achieve personal improvements and a personal best!

We look forward to next years season and hope to see even more new faces.

Annual General Meeting: Mon. May 09th, 2005 7:00 P.M.

REMINDER : AGM meeting to take place at Lappe at 7:00 p.m. All Club members are invited and encouraged to attend. With our hosting of the National Championships in 2006, next year will

be a very busy and challenging time. The Club is looking for new Board Members to provide leadership. If you think you can help contact Liz at lizinkila@hotmail.com

About Our Organization...LAPPE NORDIC

We support a very healthy lifestyle. We believe in keeping fit and having fun!

We encourage personal goals and the element of competition, to a degree with which you are comfortable. But best of all, the skiers, the coaches, and the members make going "Skiing at Lappe" a memorable experience.

Pleas enjoy a ski at Lappe and experience it for yourself! You won't be disappointed! Don't forget the sauna and the pancakes! It's all a part of the Lappe experience.

Consider Volunteering and making a

difference for the athletes who have dedicated their time training and competing for an opportunity to represent their club at a Provincial and/or National level.

We need volunteers as we are the Host Club for the Canadian Cross Country Championships in 2006.

Volunteer Hours will be given to students who wish to assist.

If you have any suggestions for the newsletter please contact Janice Groulx, Editor jgroulx4@shaw.ca or 767-4332. All comments welcome!

Michael Sompi and
Travis Comeau

