



# Birkebeiner BULLETIN

Volume 42 No 1 July 2019

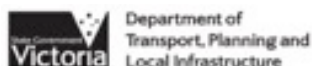


The Birkebeiner Clubhouse

## More snow please!

Looking forward to seeing the clubhouse surrounded by lots of snow and participating in another exciting year of xc skiing. I'm particularly looking forward to my favourite event of the season – Ski de Femme because it brings so many women together on skis. Keep reading to find out more...

Cheers, Kate Prest



Sport and recreation



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## Office Bearers

2019/2020

### Officers

President: Ewen Silvester

[president@birkebeiner.org.au](mailto:president@birkebeiner.org.au)

Vice President: Michelle Forrer

Secretary: Ronice Goebel

[secretary@birkebeiner.org.au](mailto:secretary@birkebeiner.org.au)

Treasurer: Jeanette McLaren

[treasurer@birkebeiner.org.au](mailto:treasurer@birkebeiner.org.au)

### Committee Members

Ann Bellingham Warren Sanders

Nick Wright (Sheepie)

Blair Hume Paul Gray

Peter Smith Mal Oldis

Allan Marsland

### Portfolio Positions

**Bulletin Editor:** Kate Prest

**Website Administrator:** Paul L'Huillier

**Race Secretary:** Ann Bellingham

[racesecretary@birkebeiner.org.au](mailto:racesecretary@birkebeiner.org.au)

**Membership Secretary:** Nick Wright

[membership@birkebeiner.org.au](mailto:membership@birkebeiner.org.au)

**Clubhouse Steward:** Peter Smith

**Ski de Femme Co-ordinator:** Ronice Goebel

**Skidoo Steward:** Nick Wright

**Bush S&R Vic Delegates** Ian Franzke & Warren Sanders

**Kangaroo Hoppet Rep:** Allan Marsland

**Working Bee Co-ordinator:** Blair Hume

**Race Hut Manager:** Brian Keeble

**Skidoo Mechanic:** Ian Franzke

## Meet our new guest coach for 2019



This year our club will welcome Erin Yungblut from Canada. Since 2012, Birkebeiner have provided a voluntary opportunity for people from other countries who are skilled and passionate about skiing to experience an Australian winter and take a lead role in developing our junior skiers and assisting our more experienced athletes and club members with instruction clinics and Hoppet Training Sessions.

This opportunity has proven to be valuable in providing a wonderful way for us to appreciate and learn what skiers from other cultures can bring, as well as offering them an international experience that includes their love of skiing.

Erin has just arrived and will first be helping with the Birkie Junior Development Camp and Junior Victorian Team/Squad.

*Hello to the members of the BNSC!*

My name is Erin Yungblut, I'm a 25-year-old Canadian biathlete and skier, and I'm incredibly psyched to ski in Falls Creek and be a part of the Birkebeiner Nordic Ski Club Community this winter!

A little about my sporting background: I have raced for Canada internationally on the IBU Cup circuit, and at multiple World Juniors and Open European Championships since 2013...and in 2016 I raced my first biathlon World Cup. I am also a North American Cup medalist in Cross-Country skiing, as well as Ontario Provincial XC champion. Due to an extenuating family circumstance this past race season, I chose to pursue straight XC racing and be around the eastern side of North America more, instead of traveling to Europe for biathlon. Though the focus and energy on...

racing/training took the backburner for a few months, the silver lining was that I got to further improve my skills in classic skiing and at various distances/formats. When I could, I also raced every ski race imaginable, from classic sprints to my first 50km skate race, and gained some great experiences.

Currently, I live and train at the national development center for Nordic sport in the beautiful mountain town of Canmore, Alberta. For those of you who might know Allison McArdle, she lives just down the street from me! However, I was born and raised in a village of 350 people in central Canada (in the province of Ontario...a couple hours' drive from Toronto). I am definitely a mountain girl through and through by now



My journey in the Nordic sports began exactly 10 years ago when I learned how to ski as a teenager, and I fell in love with the sport of biathlon when I began shooting in my last year of high school. The challenge of the two totally different sports—skate skiing and rifle marksmanship—appealed to me greatly, and I thought I have encountered many obstacles in my pursuit of mastery in sport, I would not change this journey for the world! I really look forward to working with club members of all ages/levels in Falls Creek, as I love the finesse and intentional focus that is required to work on good technique in both skate and classic. Though I am a huge sport science nerd and love a solid physical-training-plan discussion, I am also very interested in the mindset behind a strong skier: why you're training/racing; what makes you tick; what your mental strengths are; and how we can translate your gifts into speed on snow! There is nothing I enjoy more than a long ski with a new friend, swapping stories and maybe fueling with Tim Tams and Cherry Ripe bar? ☺



Along with training full-time since moving away from home at age 18, I have also always worked a part-time job on the side to help pay the bills. Right now I work for Fast and Female, as the Manager of Media and Communications. It's pretty cool that I can work from anywhere in the world, as long as I have wifi! I feel very blessed to get to spread my love of sport, empower and inspire the next generation, and help all girls learn the resiliency skills they need to succeed in any endeavor in life.

Outside of skiing, my personal passions are various endurance sports (especially trail



running), marine life and environmental conservation, and reading nonfiction books/articles on sport psychology and human performance. I also really enjoy dark chocolate, good coffee, Thai food, latin dancing, and planning future travel journeys.

I cannot wait to see what adventures, opportunities for growth, and exciting competitions lie ahead this winter in Falls Creek. You can learn more about me on my website (<http://erinyungblut.wixsite.com/biathlete>), Instagram (@erin\_yungblut), Twitter (@erin\_yungblut), or add me on Facebook (Erin Yungblut). Pura Vida!

# WOMENS XC SKI CAMP



## FUN, FRIENDLY, FEMALE - FOCUSED ENVIRONMENT

**SAT 27 TO MON 29 JULY 2019**  
**COST: \$540 includes**

- Shared accommodation at Howmans Gap
- All meals
- Daily 5 to 6 hour ski sessions
- Professional team of coaches
- Video analysis
- Yoga
- Cheese and wine in the evening
- Book via the facebook link
- \*Ski hire and resort entry not included

Round up your sisters and girlfriends! ←

This camp is for all abilities and fitness levels. ←

Spend your morning workshopping on your technique and afternoons touring and reinforcing the mornings lessons. ←

Unwind with yoga sessions and or adventure into the night on a torch lite ski ←



**FALLS CREEK CROSS COUNTRY**

 @FallsCreekXC  (03) 5758 3408  FallsCreekXC@ymca.org.au



**SKI &  
SNOWBOARD  
AUSTRALIA**

# AUSXC

AUSTRALIAN CROSS COUNTRY SKIING

## 2019 RACE CALENDAR

V1.4 14/06/19

**SNOWRACER™**

Day	Start	Race	Location	Contact	Contact No.
Apr 13	9:30am	Australian Rollerski Championship	Canberra	Finn Marsland	0408 147 940
May 5	10:30am	Victorian Rollerski/Skiing Championship	Lake Mountain	Andrew Paul	0488 642 782
<b>June</b>					
Sun 23	11:00am	Snow, Trek & Travel Mini Series #1 (C) 0.5/1.5/2.5 km	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sat 29	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	0428 159 336
Sun 30	11:00am	Cooma Clean Out the Cobwebs (F) 1/5km	Perisher	Bolt	0456 559 686
<b>July</b>					
Sat 6	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@skiandsnowboard.org.au	
Sat 6	1:00pm	Snow, Trek & Travel Mini Series #2 (F) 0.5/1.5/2.5 k	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sun 7	10:30am	Birkebeiner Classic (C) 2.5/5/10km	Falls Creek	Ann Bellingham	0427 006 246
Sun 7	8:30am	ACT Ski de Femme	Perisher	R Cunningham	0400 718 047
Sun 7	11:00am	Cooma Clean Out the Waxbox (C) 5km 1km (F)	Perisher	Bolt	0456 559 686
Sun 7	10:00am	Junior Sprint X	Lake Mountain	Ray Malins	03 9728 1894
Sun 7	1:00pm	Lake Mountain Mini Series 1 (F) 0.5/1.5/2.5km	Lake Mountain	Ray Malins	03 9728 1894
Sat 13	10:00am	PXC Cup 10km (F)	Perisher	Wayne Pethybridge	0431 285 566
Sat 13	11:00am	Snow Trek & Travel High Plains Tour (F) 2.5/5/10	Falls Creek	Len Budge	0417 352 845
Sat 13	1:00pm	Come & Try XC Skiing open day	Perisher	wolsen@skiandsnowboard.org.au	
Sun 14	11:00am	YMCA Howmans Gap Vic Relay Champs (C/F) 2.5/5	Falls Creek	Len Budge	0417 352 845
Sun 14	11:00am	Lake Mountain Mini Series 2 (F) 0.5/1.5/2.5km	Lake Mountain	Ray Malins	03 9728 1894
Sat 20	9:30am	<b>Vic Junior Sprint Champ's (F)</b>	<b>Falls Creek</b>	<b>Ben Derrick</b>	<b>0400 110 046</b>
Sat 20	9:30am	<b>ACT Sprint Champ's (C)</b>	<b>Perisher</b>	<b>Peter Cunningham</b>	<b>0477 356 835</b>
Sun 21	10:00am	<b>Vic Junior Distance Champ's (C)</b>	<b>Falls Creek</b>	<b>Ben Derrick</b>	<b>0400 110 046</b>
Sun 21	10:00am	<b>NSW Distance Champ's (F)</b>	<b>Perisher</b>	<b>Peter Ward</b>	<b>0409 338 978</b>
Sat 27	9:30am	<b>AUS Open Sprint Champ's (C) * CC/FIS</b>	<b>Falls Creek</b>	<b>Ann Bellingham</b>	<b>0427 006 246</b>
Sat 27	10:00am	Canberra X-C Ski Club Kosciuszko Tour (C/F) 18km	Perisher	Rowan Christie	0418 241 496
Sun 28	9:30am	<b>AUS Open Champ's 10/15 (F) * CC/FIS</b>	<b>Falls Creek</b>	<b>Ann Bellingham</b>	<b>0427 006 246</b>
Sun 28	11:00am	Lake Mountain Mini Series 3 - Classic (C) 0.5/1.5/2.5km	Lake Mountain	Ray Malins	03 9728 1894
Sun 28	1:00pm	Lake Mountain Mini Series 3 - Freestyle (F) 0.5/1.5/2.5km	Lake Mountain	Ray Malins	03 9728 1894
<b>August</b>					
Sat 3	9:00am	Female and Fast	Perisher	fastandfemaleaus@gmail.com	
Sat 3	11:00am	Cooma Open (F) 10km	Perisher	Bolt	0456 559 686
Sat 3	11:00am	Hotham to Dinner Plain (F) 12km	Hotham	Mick Sinclair	0408 127 325
Sun 4	11:00am	Snow, Trek & Travel Mini Series #3 (C) 0.5/1.5/2.5 k	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sun 4	10:30am	City Tatts Boonoon Open (C/F) 5km	Perisher	Michael Sterndale	0412 043 900
Sun 4	9:00am	Vic Interscholar XC Championships	Mt Buller	David Speirs	1300 853 633
Mon 5	11:00am	Charlotte Pass Open (C) 5km	CharlPass	Chris Hegarty	02 9411 5974
Mon 5	6:00pm	NSW Night Relays (F)	Perisher	Peter Ward	0409 338 978
Wed 7	10:00am	KAC X-C Classic (C/F) 8.5km	Perisher	Chris Hegarty	02 9411 5974
Wed 7 - Fri 9		AUS Secondary Schools Ski Team Championship	Falls Creek	Heath Matheson	03 5754 4005
Thu 8	11:00am	Sundeck Handicap Race (F) 7.5km	Perisher	sundeckhotel.com.au	
Sat 10	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km	Perisher	Peter Cunningham	0477 356 835
Sat 10	10:00am	Ski de Femme (F) Fun Race 1, 2.5 & 5km	Falls Creek	Ronice Goebel	03 5754 4910
Sun 11	9:00am	NSW Ski Orienteering Champs	Perisher	Marina Iskhakova	0412 308 310
Sun 11	10:30am	Rocky Valley Rush/Sun Val Ramble (15/7.5km) (F)	Falls Creek	Ann Bellingham	0427 006 246
Sun 11	10:30am	Tullacoutty/St Phillack Cup (F) 5/8km	Baw Baw	Paul Proctor	0417 352 052
Sun 11	11:00am	Bullfight Charge (F) 3.5/8km	Lake Mountain	Ray Malins	03 9728 1894
Thu 15	11:00am	North East Primary School Relays	Falls Creek	Ronice Goebel	0409 332 642
Sat 17	9:30am	<b>AUS Open Sprint Champ's (F) *** CC/FIS</b>	<b>Perisher</b>	<b>Peter Ward</b>	<b>0409 338 978</b>
Sun 18	1:00pm	Amelia Time Trial and Team Sprints	Perisher	Leslie Ludwig	0459 642 222
Sun 18	10:00am	<b>AUS Open Champ's 5/10 (C) *** CC/FIS</b>	<b>Perisher</b>	<b>Peter Cunningham</b>	<b>0477 356 835</b>
Thu 22	9:00am	NSW Interscholar Races	Perisher	Peter Ward	0409 338 978
Thu 22	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045
Sat 24	9:30am	<b>Kangaroo Hoppet (F) 42km CC/FIS</b>			
Sat 24	9:40am	<b>Australian Birkebeiner (F) 21km</b>	<b>Falls Creek</b>	<b>Race Secretary</b>	<b>03 5754 1045</b>
Sat 24	9:50am	<b>Joey Hoppet (F) 7km</b>			
Sat 31	9:30am	<b>AUS Junior Championships Sprint (C) ** FIS</b>	<b>Falls Creek</b>	<b>Ann Bellingham</b>	<b>0427 006 246</b>
Sat 31	pm	TBC Aus Junior XC-Cross event			
Sat 31	11:00am	<b>NZ Merino Muster</b>	<b>Snow Farm</b>	<b>www.snowfarmnz.com</b>	
<b>September</b>					
Sun 1	10:00am	<b>AUS Junior Championships Distance (F) ** FIS</b>	<b>Falls Creek</b>	<b>Ann Bellingham</b>	<b>0427 006 246</b>
Tue 3		<b>ANC NZ Continental Cup 5/10km (F) CC/FIS</b>	<b>Snow Farm</b>	<b>www.snowfarmnz.com</b>	
Wed 4		Australian Interscholar XC Champ	Mt Buller		
Wed 4		<b>ANC NZ Continental Cup Sprint (F) CC/FIS</b>	<b>Snow Farm</b>	<b>www.snowfarmnz.com</b>	
Thu 5		<b>ANC NZ Continental Cup 10/15km Mass (C) CC/FIS</b>	<b>Snow Farm</b>	<b>www.snowfarmnz.com</b>	
Sat 7	11:00am	Snowy Mountains Nordic Family Cup	Perisher	Tim Greville	0428 159 336
Sat 7	11:00am	Snow, Trek & Travel Mini Series #4 (F) 0.5/1.5/2.5 k	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sat 14 / Sun 15		Perisher Cup	Perisher	Kim Easdale	0412851615

Online entries: <https://ausxc.com/race-calendar/race-calendar/>



#### RACE SECRETARIES

**National**  
Peter Cunningham  
29 Redwood Ave  
Jerrabomberra NSW 2619  
M 0477 356 835  
[peter.petercunningham@gmail.com](mailto:peter.petercunningham@gmail.com)

**Northern Region**  
Peter Ward  
M 0409 338 978  
[nswxc1@gmail.com](mailto:nswxc1@gmail.com)

**Victoria**  
Andrew Walker  
0407 072 152  
[awalk347@gmail.com](mailto:awalk347@gmail.com)

#### LEGEND

F Freestyle Race  
C Classic Race  
\* Senior Selection  
\*\* Junior Selection  
CC Continental Cup  
FIS FIS Race

Event details, times and dates may be subject to change without notice. Skiers should confirm details with race organisers. Updates will be posted at [www.ausxc.com/](http://www.ausxc.com/)

## Birkie bits by Nordic Ned

### Mid Season dinner - Roi's Restaurant, Tawonga

The date is set for Thursday 25th July from 6pm for a 7pm dinner. The night will also include a short presentation from our Birkie coach, Erin Yungblut from Canada. BNSC will subsidise the 2 course dinner, with members to pay \$30 p/p.

Please RSVP to Michelle on 0417206672 or [mishforrer@gmail.com](mailto:mishforrer@gmail.com) by Sunday 21st July and be sure to include any dietary requirements.

### Find out all about the history of skiing in Australia and story behind Birkebeiner

<https://www.birkebeiner.org.au/ski-history/>

### Winner of the 2019 Ian Ryan Award – Blair Hume



From Left: Ann Bellingham (2018 winner), Julie Ryan, Ewan Silvester (president) & 2019 winner Blair Hume

### Remember to renew your Birkie Membership for 2018!

Winter is a season to be excited for and will be great to catch up with everyone again out on the snow!

**For you and your family to stay as members of Birkebeiner Nordic Ski Club, your fees are now due.** To be covered by our club insurance and to use the Clubhouse facilities, you need to be a current financial member.

We have a new Online Membership Database this year, which can be accessed via the Birkie website <https://www.birkebeiner.org.au/membership-2/on-line-membership/>



# Get ready for the Hoppet

## **Valerio Leccardi's four week Hoppet training program**

Valerio has put together a four week training program that can be followed leading up to this year's Hoppet on Saturday 24th August.

Valerio is a Swiss Winter Olympian, a three time Kangaroo Hoppet winner and is currently the coach of the Australian Cross Country Ski Team.

**The training program on the Birkebeiner Nordic Ski Club's website:**

<https://www.birkebeiner.org.au/wp-content/uploads/2019/06/Hoppet-Training-program3.pdf>



July 2019

# Ski De Femme



Saturday August 10th 2019

Birkebeiner Nordic Ski Club presents

**A community cross country ski event for women at Falls Creek**  
Free coaching clinics - classic and skating.

10am Start Meet in the Nordic Bowl  
12pm 1km, 2.5km and 5km races

Presentations at Nordic Bowl or Windy Corner Day Shelter after the event.

**GREAT SPOT PRIZES TO BE WON!!**

**NO RACE FEES**

**IT'S COOL AND IT'S FUN!!**

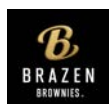
**BEGINNERS WELCOME!**

Registration preferred. Register at  
[alpinetiming.com.au/rg109](http://alpinetiming.com.au/rg109)

For more information:

Ronice Goebel: 03 5754 4910 or 0409 332 642 or  
Ann Bellingham: 0427 006 246

[www.birkebeiner.org.au](http://www.birkebeiner.org.au)





# Lots on for our junior xc skiers

## Junior Joey/Gliders

For beginner/primary aged skiers

All lessons will be an hour in length and commence from the Nordic bowl. The sessions will be run by experienced YMCA Windy Corner instructors along with our junior club volunteers. Participants will learn basic skills and earn awards in the Aussie Possum program.

Sunday 14th July 10am

Sunday 28th July 11am

Sunday 4th August 10am

Sunday 11th August 11am

Sunday 18th August 10am

## Junior Birkie Program

For experienced/secondary school students

All sessions will commence in the Nordic bowl at 1.30 and run between 1 to 2 hours. Erin Yungblut, along with another experienced Birkie member will run these sessions.

- Please register by filling in a form located on the club house junior pinboard.
- For further details contact Michelle Forrer 0417206672





# 2019 Mini Series

## Falls Creek Event Dates

Date	Start Time	Technique
Sunday 23-06-2019	11:00am	Classic
Saturday 06-07-2019	1:00pm	Freestyle
Sunday 04-08-2019	11:00am	Classic
Saturday 07-09-2019	11:00am	Freestyle

### Note:

- Classic technique is permitted in Freestyle events
- All age classes will be mass started at various intervals
- Race registration from 9:15AM Windy Corner Day Shelter at Falls Creek
- **NOTE:** Race registration on the 06-07 is from 11:30AM
- Coaching/Course inspection 45 mins before race start

## Distances and Age Grouping

Under 8	.5km
Under 10	.75km
Under 12	1.0km
Under 14	1.25km
Under 16 and Under 18	2.5km
ADULT	2.5km

## Entry Fee

Child \$10 per event  
Adult \$10 per event

**OPEN TO:** All children under 18 years of age at the 31/12/2019 who are NOT members of the National X-C Ski Team. All Adults from beginners to seasoned tour skiers welcomed.

- At the last mini series event a diploma will be awarded to all participants and a medal for those who complete all 4 events
- **Contact/Enquiries:** Lynn-Maree Cullen – 0409592226 or lmc0511@gmail.com  
[www.tnsc.com.au](http://www.tnsc.com.au)





## BIRKEBEINER NORDIC SKI CLUB

### JUNIOR CROSS COUNTRY SKI DEVELOPMENT CAMP 2019

Saturday 13th – Sunday 14th July

This camp is for YOU if you are in Grade 5 to Year 8 and want to:

- ❖ learn to Cross Country Ski
- ❖ improve your skiing to ski smoother and faster
- ❖ pick up some tips for the Joey Hoppet
- ❖ have some fun with other Birkie juniors



The cost will be \$50 (Non members \$75, includes \$25 student m'ship fee to BNSC)

Accommodation is at Outdoor School Bogong for Saturday night. Parents will need to arrange to meet us at Bogong Village or Birke Hut, Falls Creek Saturday morning. The camp will finish at Bogong Village on Sunday approx. 3.30pm. Meals (except Saturday lunch) will be provided and the club will provide great instruction. Cross Country skis can be hired from Mount Beauty Secondary College or YMCA Windy Corner, and transport will be the Bogong mini bus.

NUMBERS ARE LIMITED - Please register your interest to Bron Gray ASAP ([bron.gray.ibag@gmail.com](mailto:bron.gray.ibag@gmail.com) or 0402 105 237)

Application forms and payment due by Friday 28<sup>th</sup> June. More information and application forms are on the BNSC website [www.birkebeiner.org.au](http://www.birkebeiner.org.au) (click programs then junior camps).





## BNSC NEEDS YOU!

If you enjoy being part of our ski club PLEASE volunteer to do “something” this season to help out. Our club is GREAT because our members are GREAT

EVERY LITTLE BIT HELPS: WHAT YOU CAN DO

JUNIOR PROGRAM	Joey's, Gliders, Junior Birkies – assist coach, admin, come up with a 'special fun' game etc etc
JUNIOR BIRKIE CAMP	Planning, Organising, Instructing, cooking, driving
SKI DE FEMME	Coaching clinics, help run race, organize morning tea and spot prizes, make scones
CLUB HOUSE	Vacuum, tidy, sweep, wash tea towels, take rubbish, wipe fridge, benches,
RACES	Timing, race official, marshals, set up, clean up, drive skidoo, take photos, First Aid, Bib washing
SUMMER WORKING BEE	All day or a few on the tracks and trails
KANGAROO HOPPET	Lots of choice!
SEARCH AND RESCUE	Training and searching
ROLLERSKIS/UNIFORMS	Maintenance
BNSC COMMITTEE	Membership, Social, Snow mobile, Newsletter, Website, Treasurer, Club House Maintenance, Race Hut Maintenance, Governance, Grant applications etc etc

## Another successful working bee...

Thank you to everyone who turned out for this year's working bee. We had our biggest volunteer turn out, many families with kids in tow...around 36 people in total. The clubhouse had an amazing spring clean and the trails have never been in better shape to hold snow in marginal conditions thanks to the work of FCRM, Parks Victoria and our heavy hitting team from Birkebiner Nordic Ski Club - Poles were realigned, new poles were installed, vegetation was trimmed and the ski racks fixed. Each day we had a fantastic BBQ and it was a very social affair. Looking forward to another successful working bee next year!



Brian Keeble & Peter Smith



Ewen Silvester  
& Andrew Kromar  
(Parks Vic)



Ronice Goebel & Jim Gargan



Tony Pammer &  
Peter Burgess





Paul Gray & Mish Forrer



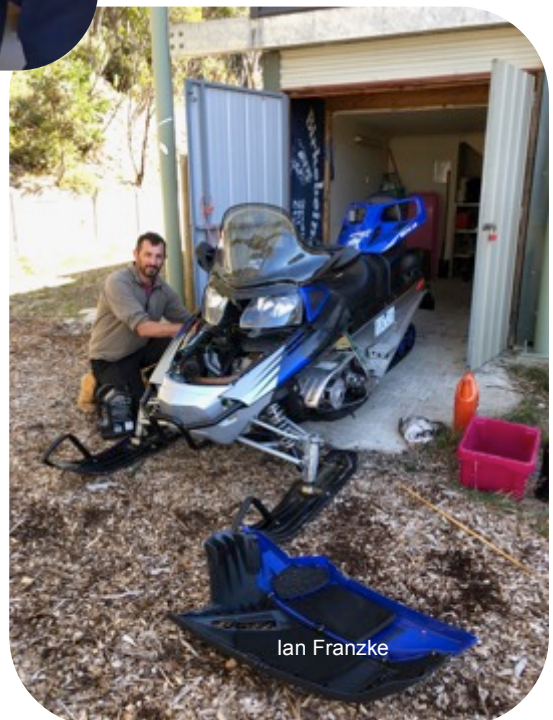
Geoff Sorenson



Cath Richardson & Ewen Silvester



Stuart Richardson & Kevin Coscriff (Parks Vic Head Ranger



Ian Franzke



## SKILLING UP OUR COACHES PROJECT

### SPORTING CLUB GRANTS PROGRAM 2018/19 - ROUND 2 : SKILL DEVELOPMENT for parents, older students, skiers and coaches

GREAT NEWS -BNSC has been granted Victorian government funding to support future involvement and commitment to developing a pool of assistant coaches and coaches.

Coaching accreditation will increase the confidence of volunteers and develop the skills and knowledge to assist our coaches and to be an effective coach. Providing this opportunity will support junior development and other club programs in our community.

We recognize there are significant costs to volunteers in turning up each week to help, so providing funding to cover training costs is a huge incentive that sends a message that the volunteers are valued, especially to students on low incomes. Ski and Snowboard Australia is restructuring coaching pathways and providing a new entry level course which targets older junior athletes and parents. We envisage this government grant will support future involvement and a willingness to take that first step to helping out!

### NEXT STEP?

If you are interested BNSC will cover 60% of your course costs. Note you do NOT need to be a racer or great skier – a passion for xc skiing, people, and a willingness to help out at some level is sufficient. Contact Ronice if interested for more info. You can register for any of the courses listed in this newsletter. Further courses and workshops will be offered as the year progresses.

### FREE ONLINE TRAINING AND LEARNING OPPORTUNITIES

The following are recommended for club members involved in club programs. Some of these will contribute to coaching accreditation if you are interested.

- Sport Australia Community Coach General Principles  
[https://origin.sportaus.gov.au/coaches\\_and\\_officials/coaches](https://origin.sportaus.gov.au/coaches_and_officials/coaches)
- Community Officiating General Principles  
[https://origin.sportaus.gov.au/coaches\\_and\\_officials/officials](https://origin.sportaus.gov.au/coaches_and_officials/officials)
- Play By The Rules (PBTR) Child Protection  
(<https://www.playbytherules.net.au/online-courses/child-protection-online-course>)
- ASADA online Coach module (ASADA eLearning) <http://elearning.asada.gov.au>

## LEVEL 1 XC COACH ON-SNOW TECHNIQUE WORKSHOPS

**Looking to update your knowledge of ski techniques or tick off another component of your XC ski coaching qualification?**

Two Level 1 XC Coach On-Snow Technique Workshops will be held at FALLS CREEK

DATES : Wednesday July 10 and Thursday July 11 9am -12am

The workshops will be presented by National Team Head Coach Valerio Leccardi and Lauro Brandli.

These workshops cover the basics of teaching classic and freestyle cross country skiing techniques, what to look for when assessing skier technique, using games and other activities to develop agility, coordination and balance. For past coaches it will also be an excellent opportunity to refresh your understanding of ski technique and see if much has changed in recent years.

### **COURSE DETAILS:**

Coach Level 1 – Classic Technique Workshop (on-snow): diagonal stride, double pole, kick-double pole & herringbone  
Falls Creek Nordic Bowl  
Wednesday 10th July- 9:00am-12:00pm  
Registration Fee: \$66

Coach Level 1 – Freestyle Technique Workshop (on-snow): offset, single-time, double-time & free skate  
Falls Creek Nordic Bowl  
Thursday 11th July- 9:00am-12:00pm  
Registration Fee: \$66

Please note that a basic understanding of the different ski techniques is required in advance of the course.

REGISTRATION LINK : <https://www.skiandsnowboard.org.au/events/43329/>

# Learn to Cross Country Ski!

For families of all abilities

9 – 12 July



## The adventure starts here!

Love your sport? This is the chance to introduce another family to the sport you LOVE!

Come and join us for 4 days of coaching, activities and learning as part of XC Family Week 2019!

It's suitable for children through to families of all capabilities – we will be organising groups based on experience levels.

### Activities during the week will include:

- Suitable for beginner to intermediate skiers
- Telemarking introduction
- Technique improvement and skills
- Australian and Vic team presentation night

Accommodation available through Howman's Gap – 03 5758 3228

### Interested in joining us?

**\$190 per person with discounts for larger families**

Book via the event on our Facebook page **Falls Creek Cross Country & Windy Corner Cafe** or email [fallscreekxc@ymca.org.au](mailto:fallscreekxc@ymca.org.au).

Enquiries? Please call (03) 5758 3408



FALLS CREEK

**CROSS COUNTRY**





*By Tony Keeble  
& Megan Benne*

## Clubhouse Rules

The Clubhouse is for Day Use only. And for the comfort of others the committee asks all members to please observe the following rules:

1. *No skis or waxing inside the building. (Waxing can be done in the skidoo shed next door, or in the Windy Corner Day Shelter waxing room.)*
2. *Use the shelves and hooks for your belongings, keep the downstairs benches clear for people to sit.*
3. *No outdoor footwear or wet clothes upstairs.*
4. ***Clean up after yourself - no dishes to be left on the sink.***
5. *Take all your rubbish home. We do not have a rubbish bin in the clubhouse.*
6. *If you are the last person to leave the clubhouse please ensure all lights are off and the upstairs electric heater and kettle are off*
7. *Lock the door if are the last person to leave, even in the middle of the day, to keep our belongings safe while we are out skiing.*
8. *On busy weekends, space is at a premium - it helps if you bring a pre-prepared lunch.*

## Newsletter of the Birkebeiner Nordic Ski Club

PO Box 192  
Mount Beauty VIC 3699

Secretary: Ronice Goebel  
Email: [secretary@birkebeiner.org.au](mailto:secretary@birkebeiner.org.au)  
Website: <http://www.birkebeiner.org.au>