**CANADIAN ASSOCIATION FOR DISABLED SKIING**

**NATIONAL CAPITAL DIVISION**

**ANNUAL REPORT**

**2012-2013**

**CALABOGIE-CAMP FORTUNE-CASCADES-EDELWEISS-PAKENHAM**

**For a change in pace this year I am going to let you see the end of season reports I received from my Program Coordinators. I would like to thank them for all their hard work and another great season.**

**Honorable mention goes out to our Bingo Organizers, Spring Bus Trip Crew, Great Pumpkin Charity Ball, Black Diamond and Race Team, Winter Sports Clinic, OCTC Day, Community Living Day and our Technical Committee.**

**Congratulations to Clay Dawdy - Karl Hilzinger Award , Carolyn Mitrow – National Administrator of the Year, Bob Gilmour - Instructor of the Year at Snowmass, Chris Holden - Canadian Paralympic Development Coach of the Year**

**Again my thanks to a wonderful Board of Directors who together gives their precious volunteer time to make this all happen year in and year out.**

**Calabogie Peaks**

**Past Season Review:**

**-Great Season with many successes.**

**-Congrats to award winners Calabogie Peaks Resort/Bob Gilmour/Clay Dawdy (see Attachment #1, Renfrew Mercury newspaper article)**

**-Good feedback from new volunteers regarding active engagement and team building**

**-Equipment room needs taping and drywall finishing. Other areas re new facility need to be addressed with Calabogie Peaks Mgmt including inside auto door openers (Bob has just received them), railing for hill wheelchair ramp, roof covers to prevent ice build-up on both ramps, additional stairs for parking lot ramp. (Bob, Clay & Phil to follow-up)**

**-Tandem Bicycle donated last year at Al Watson’s house. Bob will send email to Calabogie skiers to see if anyone wants it. If not Clay will offer it to NCD skiers at May 7th Board Meeting.**

**-All agreed to order new HOC Glide sit-ski funded by CPC grant and NCD. Clay will confirm ordering procedure with Bernie Simpson and get back to Phil. Cross country ski will be part of WSC budget,**

**-Bob Gilmour will follow-up with Techcom regarding the promised donation**

**-Updating Skier books by Instructors/volunteers was only completed 50% or the time. To address this issue, it was agreed that when a skier checks in with the registration desk each Sunday, his/her book would be taken out of the main file and place in a pending file. This makes it easier to visually track would has not filled out the skiers daily activity book at the end of the ski lesson. This procedure will be discussed both at volunteer registration and training sessions.**

**-Phil Cassidy volunteered to be the Calabogie representative on Louis Poirier’s Show/Display committee. Clay will inform Louis.**

**-WSC overview provided by Clay and Bob. National Defense Standing Committee presentation regarding “Care of Ill and Injured Soldiers/Veterans – CADS Participation” prepared and sent to committee secretary. New WSC Chair is Major Neil George, Vice Chair is Major Jonathan Inman. Separate committee formed. Will meet with Soldier On prime, Major Jay Feyko to present results/overview of this past season and request their participation this coming season.**

**Camp Fortune/Ski Hawks Ottawa**

**Summary of 2013 ski season:**

* **124 skier days over 8 program evenings and 1 Sat (including fun day)**
* **258 guide days**
* **36 guides at January training session**
* **14 guides/boarders attended the ski/ board improvement session 2 injuries;**
* **final fun day; 10 skiers  15 guides**

## Safety Questionnaire:

**All guides had to complete a safety seminar before beginning their guiding season. Anyone who did not receive 100% sat down with Mary to review their responses and ensure that they understood the proper techniques. This practice of completing a survey will now be done annually for new guides. The Board will discuss the frequency of the survey for returning guides at our next meeting**

## Recruitment:

**New guides are always needed as we do have attrition each year of approximately 5 guides. Also, each year we typically lose one or two of our skiers so we remain vigilant in getting the word out for new skiers in order to keep the program vibrant. Last year, 4 new skiers joined us.**

## Year-end survey:

**This year, we handed out the survey at the last two evening programs to ensure that we got more responses. The feedback has been positive and the Board will be meeting to discuss the results.**

## CADS NCD Registration process:

**Many people who filled out the year end survey highlighted the difficulties experienced when trying to complete the CADS NCD registration process. Ski Hawks Ottawa asks that CADS NCD express the need for CADS to improve this process so that volunteers and participants will have fewer problems registering this year.**

## Bi-laws update:

**Our new bi-laws have been approved by Ski Hawks members. The bi-laws have been submitted to CRA for approval. We hope to hear more this summer. Once we receive approval from CRA we will be able to send to Industry Canada.**

## Awards:

**Wally White award for most improved skier: Michael Routh**

**Ron Prince Award for rookie guide of the year: Bruce Sandhaber**

**Guide of the Year: Cory Miles**

**Bruce Meredith Volunteer of the Year: Carolyn Mitrow**

**Mont Cascades**

**CADS-NCD Mont Cascades 2012/2013 Program Report**

**Ski day stats**

**Volunteers/Instructors: 11**

**Students: 10**

**Program days: 8**

**Race day: All participated**

**Pre -season training day: all participated**

**Banquet: 30 participants.**

**Program Highlights: Amy our sit skier had a wonderful experience in a mountain man dual ski. This was her first year, her Mother tells me she is already looking forward to next year. All of our skiers showed a great deal of improvement and excitement throughout the year.**

**Ski Resort Improvements: The management finally figured out they required a cafeteria with better food options. The new manager this year did a wonderful job in providing us with the food for our year end banquet and the muffins for our first track ski improvement sessions. Luc the general manager of operations is certainly interested in hearing our suggestions with regards to improving the accessibility to the lodge. I would like to meet with him this summer.**

**Fundraising: Is still going on, we will certainly meet the shortfall.**

**Recruitment: We can certainly use some help. This year was interesting with the match-ups. We learned how to teach in groups! (not my first choice ).**

**Equipment Room/Storage: Once again we were given an equipment room to use for the season; Mont Cascades will also be storing our equipment this year.**

**Projects for next year: Find more volunteers, will require help with this. Changes to the ski lodge. I will be looking for someone to take over as coordinator…..pass the torch.**

**Edelweiss**

**Edelweiss 2013 Year End Report**

**Another year has come to an end. Our numbers all around were much lower than in previous years however that did not stop us from having a great year. We had 12 sit skiers on Saturdays and 23 stand up skiers. On Sunday we had: 7 sit skiers and 19 stand up skiers; giving us a total of 61 participants to 119 volunteers. We had several days in which we were able to send experienced volunteers out with our new volunteers to gain extra training. We also had several skiers able to have the 2:1 ratio or sometimes 3:1 if needed.**

**The Program:**

 **Ran for 8 weeks, Saturday and Sundays starting January 5 & 6
 everyone was typically out on the hill for 10am and skied till 3pm with a lunch break.
 We had a waiting list for sit skiers and the few stand up skiers, however when I phoned the stand-up skiers to notify them, that we would accept them into the program, they had changed their mind or found another activity to take part in.**

**Volunteer Recognition, Training and Orientation:**

 **Volunteers had the opportunity and encouraged to part take in our pre-season training which was December 15 & 16 2012. Both days were on and off hill. We covered a lot of the basics and assessed the new volunteers on their skiing abilities.**

 **Throughout the season we held Tuesday night training to every volunteer if they were interested. Joe offered ski improvement and senior volunteers offered sit ski training. We had several new volunteers come out to try sit skiing as well as tethering.**

 **We had several volunteers complete their CADS level 1
 We had 3 volunteers complete their CSIA level 1
 We had one volunteer complete the CADS 2A level**

**Budget/ Finances:**

**Budget was successful this year. Raffle was not as successful as in previous years, however it still rose over $15,000. Plans for the upcoming year: to purchase new radios for the supervisors, as a safety aspect.**

**Equipment/ Building/ Storage:**

 **There were several mountain man sit skies needing repairs over the course of the winter. We will be looking into getting a few replaced over the summer. Everyone seemed to enjoy the new look to the equipment shed and things were easy to find and put away. We have found a few things that we will need to change for the upcoming season but nothing too major!**

**Saint Sauveur Mountain Trip:**

 **The Saint Sauveur trip was a hit with our hill again. Great team work between Edelweiss & Pakenham to organize the trip.**

**Year-End Celebration:**

 **This years’ year end celebration was held at Tudor Hall. The live band did a great job, the food was excellent & everyone seemed to enjoy themselves. The silent auction pulled in over $1500 and there were some great prizes that were hard to put a value on! Including a homemade baby quilt and a trip up north.**

 **Accidents to report:**

 **There were two minor injuries the first weekend. Both injured returned to the slopes the second weekend with no hesitation! Later in the season we had one skier collide with a little racer on the hill, but no one was hurt.**

**All around it was a good year.**

**Lindsay Temple
CADS-NCD Edelweiss Coordinator**

**Mount Pakenham**

**CADS-NCD Mount Pakenham Adaptive Ski Program**

**2013 Program Year-End Report**

**Hard to believe another ski season has passed, and what a successful season! With a record 109 members (57 skiers supported by 52 volunteers), we offered 8 weeks of scheduled lessons. Word continues to spread about our program. We had a number of brand new volunteers, all of whom are very committed and will continue next year.**

**The Program:**

* **Weekly lessons were held Wednesdays through Sundays during the day and Thursday/ Friday evenings for eight weeks, starting week of January 1. Registration forms are sent out in early September and mailed back to a Registrar. Having a variety of lesson times available continues to work well for both our instructors and our participants.**
* **Most lessons are private/ one-on-one. As well as a Friday evening young adult group lesson, this year we were able to have a number our Sunday skiers working in a group situation. While not suitable for all participants, it adds to the social aspect for those who can handle it, and they enjoy skiing with others and working on new skills together.**
* **Our Race Program took place again on Tuesday evenings for 8 weeks, run by Ray Hemmerling. There were 3 participants supported by 5 volunteers. Next year we have interest from 3-4 new participants, so there is opportunity to start to grow this program.**
* **Mount Pakenham fees charged to us for lift tickets and rental packages went up. still a very fair price. Participant skier fees were $200, plus $30 for CADS registration. The $30 CADS registration fee was waived for our volunteers.**
* **We did have a waiting list of 8 people, including 3 sit skiers. We will have capacity to accommodate more sit skiers next season, with more trained tetherers and the addition of a new sit ski.**

**Volunteer Recognition, Training and Orientation:**

**The annual Volunteer Social/ Meeting was hosted December 2 at the home of Chris Baburek. It was well attended and a good way to reconnect and to introduce new volunteers.**

**While we still depend on the Calabogie Peaks CADS program for volunteer training, we are slowly building capacity in this area to be able to contribute to the training agenda and teaching modules. The Pakenham program thanks the Calabogie program for including us once again! The training dates:**

* **December 15-16 at Calabogie Peaks, General volunteer orientation**
* **December 29- CSIA Methodology clinic at Calabogie Peaks**
* **December 27- Pakenham Orientation Day**
* **December 29-30, Tethering Clinic at Calabogie Peaks**
* **January 16-17, CADS Level 1 at Mount Pakenham**
* **January 26-27- CADS Level 2 and 2A at Calabogie Peaks.**

**Some milestones for the season:**

* **Five volunteers completed CADS Level 1.**
* **Three volunteers completed CADS Level 2 certification.**
* **One volunteer completed CADS Level 2A certification**
* **Two volunteers completed CSIA Level 1.**
* **One volunteer completed the first portion (teaching) of CSIA Level 2.**
* **More than ten volunteers attended the tethering clinic offered by Calabogie.**

**Budget/ Finances:**

**Budget expenditures went as planned. NCD was recently the successful recipient of a CPC equipment grant. As a result, plans are in place to purchase a new Mountain Man Sit Ski, some new handheld outriggers and two sets of skis to replace those currently on our existing two Mountain Man units.**

**Skill-A-Thon was a big success, with over $6000 being raised by Pakenham members.**

**Equipment/ Building/ Storage:**

**Intended purchase of a new adult sit ski, hand-held outriggers and replacement skis for sit skis has been mentioned and is in the works.**

**Prior to 2014 season, we need to find a solution for repairing or replacing the shocks in our two adult Mountain Man units.**

**The addition to the CADS room was a huge success, doubling our storage space, not to mention room for instructors to make program notes, safely move equipment in and out, etc. There was a problem with a leaky roof which will be rectified this spring once the snow has gone and we can access the building.**

**We had 14 individuals using sit skis and will be able to accommodate more next year due to imminent purchase of new sit ski as well as additional trained volunteers who can tether.**

**Saint Sauveur Mountain Trip:**

**Nineteen participants (and five guests) attended from the CADS Mount Pakenham program. This is a highlight for many of our skiers who normally don’t get opportunity to ski anywhere other than our hill. This year Pakenham Allan Braun was one of the co-organizers of this Division trip.**

**Year-End Party:**

**On Sunday March 3, our skiers participated in a fun day that included Skill-A-Thon from 1-3pm at the ski hill and Potluck Dinner/ Social/ Awards from 4-6pm at the local community centre. As well as raising some much-needed funds for our program, families were able to enjoy a day of activities together.
We had purchased some create play equipment pieces (tossing games, etc.) that were very popular at the Skill-A-Thon. As well as some skills-based stations, there was a small race course set up on the hill. Mount Pakenham has offered to create a ‘real’ racecourse for the 2014 version of this event, complete with full gates, and roped off from the general public.**

**The party after the Skill-A-Thon was attended by approximately 160 people. A potluck meal was followed by awards (medals and certificates for all participants; certificates for all volunteers), a showing of the 2013 DVD (where ALL members are represented in photos and were given a copy of the DVD) and door prizes for all. This is an event that everyone looks forward to!**

**Program Promotion and Other Events:**

**The program display board purchased last season has been put to good use at various events. Where appropriate, we also bring the stand-up signage housed by Calabogie program, and also sit ski, outriggers, etc., where there is space to display.**

* **Autism Walk, August 5, 2012, our 2nd year participating (we had a booth)**
* **Carp Fair Trade Show, September 2012, our 3rd year participating (we had a booth)**
* **Pakenham Ski Swap, November 2012 (we held a bake sale and had a display set up)**
* **Article and posting in The Humm’s Volunteer edition, Fall 2012**
* **Registration Day in Mississippi Mills (Almonte), September 2012 (we had a table)**
* **Recreation Summit, offered by Lanark, Leeds and Grenville Health Unit, November 14, 2013 (we participated in Summit).**
* **Three Pakenham participants joined their volunteers for an ‘extra’ day of skiing at Calabogie on February 10, giving them an opportunity to try out some new terrain.**
* **Ten Pakenham volunteers assisted with Community Living Day at Calabogie Peaks on February 4**
* **Deanna Barry volunteered as an instructor at the Winter Sports Clinic held at Calabogie Peaks on February 10-15**
* **Ottawa At Home Magazine (winter edition)- feature article on Deanna Barry in ‘Giving Back’**
* **Deanna Barry and George Yaremchuk attended CADS National Festival at Sun Peaks, BC, March 25-29 as ski improvement volunteer instructors.**
* **Deanna Barry attended the U.S. Disabled Veterans Winter Sports Clinic in Snowmass Colorado, March 31-April 5, as a volunteer ski instructor.**
* **Volunteer Fair, Perth Chamber of Commerce , April 23 2013**
* **Three Newsletters went out to Pakenham CADS members.**

**Skiing in Schools**

**Once again, the Mount Pakenham CADS program provided support to school groups coming to Mount Pakenham with special needs students. Brian Sarsfield coordinated this support. A new process was put into place to ensure that skiers are covered by CADS liability insurance and also to ensure that our volunteers receive appropriate background information on the students they will be working with. The number of students participating in 2013 was much less than in previous years due to collective agreement issues between teachers and school boards. We expect the program to reach previous participation levels once again in 2014.**

**Plans are already underway for the 2014 season, including a more targeted campaign to high schools to attract youth volunteers.**

**Respectfully submitted,**

**Deanna Barry, Program Coordinator**

**April 2013**

**Sincerely yours,**

**Bernie Simpson**

**President CADS-NCD**