**CANADIAN ASSOCIATION FOR DISABLED SKIING**

**NATIONAL CAPITAL DIVISION**

**ANNUAL REPORT**

**2013-2014**

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

As last year I am going to let you read the end of season reports received and some other highlights of the season past.

I would like to thank all our Program Co-oordinators for all their hard work and another great season.

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

Congratulations to Annette Cousens, National Instructor of the Year - Mount Pakenham

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**

**Skier Forecast – 2015**

Recognizing that sit-skiers require 2 experienced volunteers with tethering training and more sit ski equipment, it was agreed that all new registrants would be placed on a waiting list until we can determine volunteer and equipment capabilities. 45-50 disabled skiers are forecast for the upcoming season requiring approximately 70-80 volunteers. These numbers reflect existing capacity of the Calabogie Sunday program.

**2. Volunteer Training**

-It was agreed that more emphasis would be placed on tethering training and individual

volunteer ski improvement. This season, we will try to hold a 5 week ski improvement

program on Wednesday or Thursday evenings at Mount Pakenham. Clay will contact Keith Blimkie and Phil Cassidy to see if they will lead these sessions.

-It was agreed a TA coordinator is required for our younger volunteers. Deb Blimkie

co-ordinated some of this in the past season. Co-ordinator to be determined.

-Further emphasis in Volunteer Training sessions is required regarding communications

with student skiers.

1. **Skier Development**-Dan Fleming noted that a number of our skiers had improved this past year and that a more structured approach to skier development would prove beneficial. Clay and Dan will take this on as an action item.

**4. Administration**

-Deb Blimkie is the Calabogie representative on the CADS-NCD website project that is reviewing our existing Division website with the objective of a new design.

-Clay noted that under the new design, Management Team member’s duties and responsibilities may have to be defined (3 or 4 points).

**5. Banquet**

-Bernie stated that a better method of control of our forecasted number of banquet

attendees was required. We had to set up for approximately an additional 25 people who had not pre-registered to attend. He will institute a ticket approach this coming season.

**6. Equipment Room**

-Needs to be painted and a coat rack added (perhaps behind the door). Phil is prime.

-Raymond noted that a lockable ski rack would used in front of our equipment room

next season. Clay will follow-up with Paul Murphy.

**7. Calabogie Patron Appreciation**

-All agreed on regarding the positive feedback that the hot cider and cookies generated.

-We will co-ordinate with the Peaks to establish this PR program again this season. Clay and Bernie are prime.

**8. Misc.**

-We had purchased a Go-pro camera. Clay will follow-up with Alec Runge and Irene Gilmour to determine where it is.

-Raymond requested a copy of PDF writer. Clay note that Bob had purchased last year and will follow-up with Irene Gilmour or Dan Hurtubise to determine where it is.

-All agreed that our Theme days will be Hawaii and Valentines for this coming season.

**9. Budget**

-See attached draft dated April 13, 2014.

-All agreed to keep the raffle at the same numbers as last year.

-All agreed to keep the skier registration price the same as last year.

-Clay and Raymond will co-ordinate with Tom Abernethy on best method to pay for National registration skier and volunteer costs.

-Clay has sent an email to Sunita Hatrim at Techcom requesting this past season’s corporate donation ($ 10K) and will follow-up with her this week. He also plans to meet with Sunita this summer to discuss funding for the next 3 – 5 years.

**10. Schedule**

-see attached draft

**BOB GILMOUR R.I.P.**

I believe I mentioned that a little bit of Bob was left at the Magnetic North Pole thanks to Bjarne Neilson an injured soldier, a friend of Bob's, one of the first soldier in Ottawa to get the Bartlett leg, a "sport" leg that Bob was introduced to at an US Winter Sport Clinic the year he couldn't ski because of his hamstring injury.....B was part of the Pole expedition this pass April thanks True Patriot Love Foundation and Canadian Businesses.....there is a documentary done from this expedition which will be aired Nov11th at 9pm (Ottawa time) on the history channel (channel 249).....you will have to watch to the very end to hear B talk about Bob and see a picture of Bob, a little bottle of Wiser!! and a coin, all left there in the snow.....the coin is Bob and Clay's design/souvenir for the 4th Calabogie Winter Sport Clinic for Injured Soldiers (Feb 2014).....B had trained to do the trek as a stand up cross country skier but you will see that he had to do it as a sit skier....Stay Calm and Carry On....Be all that you can be....Leave no one behind.......it's all there in the documentary.

Please share the info.

Enjoy

**Camp Fortune/Ski Hawks Ottawa**

The program is running smoothly. We have not had to cancel for weather and we are averaging 18 skiers each night out and about 28 guides each evening.

We have 2 new skiers who are over the age of 60 who have never skied and have never had site. They are progressing very well and having a hoot. Both of them had family members who tried to dissuade them but they persevered.

Our final evening session is on March 12 and our final day of skiing will be on Saturday, March 15th.

**FEESTIVAL TESTIMONIAL FROM B1 AARON PREVOST**

Dear CADS committee, Thank you for giving me the opportunity to go to the CADS Festival. I really appreciate it. During the festival I mainly focused on ski improvement including learning things like how to keep my hands out front while skiing and how to do parallel turns. I enjoyed being able to try out such a different ski hill and having the opportunity to spend so much time working on my skiing. The full week of skiing helped me improve a lot and I also appreciate all the work done by my guides Pierre Beauchamp, Bernie Simpson, and Bruce Meredith. They were all very helpful and gave me many pointers on how to improve my skiing technique. On top of this I met many really great people. I am going to take what I have learned to improve my skiing next year and I hope to use these skills to improve my skiing enough to either do black diamond lessons or racer training. I am very grateful for the opportunity to have attended this years festival, it has made a huge difference in my skiing and I enjoyed every minute of it. Thank you and best wishes.

Aaron Prevost

**Mont Cascades**

**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**

We held our volunteer training weekend on December 14 & 15. Reports are that it went very well. We got several new potential skiers who are able to tether. There were also a few volunteers that attended the calabogie tethering clinic on December 28 & 29.

This year, we have 59 Skiers & approximately 67 volunteers. There are 16 sit skiers and 43 stand up skiers. From the stand up skiers we have a jr skier on a snow slider, we have an adult skier on a snow slider, two jr 4 track, two adult 4 track and a skier on a pole.

Our Tuesday night training has been successful for the last few Tuesdays thanks to Jeff Boucher and Tim Fitzgerald who are able to go to the ski hill.

Equipment – our new mountain man/banana skis have arrived, they’ve been waxed and mounted to our sit skis. Joe Beaudry has been very busy working on our equipment & getting the new skis ready to be used. We look forward to receiving our new parts for the mountain man sit skis in the next few weeks.

Fund raising- our raffle is on its way. There are already several books returned to us, fully sold as well as only 400 of the 2000 tickets left to sell. Our hopes are to have all tickets sold this year. Our 50/50 has been very successful thus far. Our first weekend a brand new volunteer won $145 and donated it back to the program. Our DiRenzo’s sandwiches have been a huge hit once again, making $1.50 per sandwich ordered.

The second scheduled weekend for the program had to be rescheduled due to the weather. Our plan is to have a sign up day for Saturday March 1. Skiers will need to sign up and arrange their volunteer for the day. It will be a combined day of Saturday and Sunday skiers.

Our banquet has been scheduled for March 22 and already we have had several people excited that its after both the school boards spring break! It will be held at the same location as last year, Tudor hall. We are looking into a new band or a DJ for this year. So far so good from Edelweiss!

**Mount Pakenham**

2014 Year-End Report

General

Another great season! We had a total of 105 members (49 volunteers and 56 skiers).

Skiers

We registered 56 students this season, ten of those brand new. Fifteen of the students were sit skiers. Over and above the CADS National registration fee, they paid $200 for eight 1-hour lessons, offered Thursday/ Friday afternoons and evenings, and Saturday/ Sunday daytime. The ‘race’ program took place on Tuesday evenings.

Volunteers

Two long-time volunteers retired and nine others didn’t return this season for various reasons—follow-up was done with all of them to ensure they left on positive terms. We recruited and trained 12 new volunteers, all of whom had a great experience and will return. A number of these volunteers started tethering. We have been actively recruiting to succession plan for volunteers retiring in the next few years, particular those who can tether.

Summary of volunteer certification/ training achieved:

\* 5 volunteers completed CADS Level 1.

\* 1 volunteer completed CADS Level 2A certification.

\* 4 volunteers completed CSIA Level 1.

\* 1 volunteer completed the first portion (teaching) of CSIA Level 2.

\* 14 volunteers attended the tethering clinic at Calabogie Peaks.

\* 5 volunteers attended the Eastern Pre-Course hosted at Calabogie Peaks.

\* 3 volunteers attended the CADS Festival in Kimberley, BC as SKIMP instructors.

Equipment

With the help of a grant from the Canadian Paralympic Committee we were able to purchase new stand-up and sit ski outriggers, two new complete adult Mountain Man sit skis as well as retrofit two existing ones with new skis and replacements shocks. They were well used this season amongst our 15 sit skiers.

One of our new volunteers took on equipment maintenance and ensured that everything was safe and in working order.

Fundraising/ Year-End Party

More than $5700 was collected through pledges to the Skill-A-Thon. While we thought this event was declining and had perhaps run its course, a few changes rejuvenated it and it would be worthwhile running it another year or two. As well as scheduling sit skiers in advance (as we did the previous year), we also scheduled in stand-up skiers, in 40-minute intervals over a 2-hour period. This allowed students to be matched up with at least one familiar person, as much as possible. It also ensured less waiting around for students and their families.

The Year-End Party continues to be a big success with over 150 people attending. The Community Centre Upper Hall in Pakenham has been the venue for three years, and with recently renovated handicapped washrooms, it is an ideal space for us. There is no cost to attend the party. Families are welcome. Dinner is potluck finger foods. All students and siblings get a door prize. We show our year-end DVD slide show. All students receive a medal, certificate of achievement, and copy of the DVD. All volunteers are given a volunteer citation and a copy of the DVD (they are not presented on stage, to save time).

Plans for Next Season

\* A new Management Team is being put into place, which will be headed by Allan Braun. About 80% of the positions have been filled, including all the key ones.

\* It has been a goal for a number of years to provide additional ski improvement sessions for our volunteers. In cooperation with the Calabogie Peaks program, we will offer Ski Improvement for five consecutive Wednesday evenings. Lift tickets (at CADS rate) will be paid for by our respective programs.

\* There are 6-10 skiers who have been with the program for a number of years, and/ or who have progressed to such a level as they don’t need one-on-one lessons. Small groups of these skiers have unofficially formed on Sunday afternoons. Next year we will pilot a Teen Ski Club concept, perhaps offered on Friday evenings and Sunday afternoons. They would come for 2 hours, and there would be a social aspect offered as well as skiing. There would be sufficient volunteers to ensure it is safe, and that all skiers get some ski improvement, but it wouldn’t be a one-on-one lesson. Informal talks with parents have indicated enthusiasm for this idea. It would free up some volunteers (which means additional skiers can participate), while allowing some of our more advanced skiers to stay involved.

\* We would like to work with CADS National to ensure that the national database has the ‘glitches’ worked out to ensure a smoother registration process for our members. We would also like to find a way to be able to register volunteers without them having to pay their registration fees individually.

\* We would like to work with other interested NCD programs to order volunteer ski jackets at a discount price, perhaps through National office or perhaps on our own. A request has been made to National to supply a women’s version of the Avalanche jacket and to also do additional embroidery.

\* New Management Team will meet in June/ July to finalize draft budget and schedule.

**Black Diamond/Race**

End of year report:

Black Diamond/Race went as well as can be expected during this unexpected “transition year”. Our athletes progressed well this year with instruction by our 2 official coaches, our 2 main volunteers, as well as one parent volunteer who gave generously of his time, providing physical support for some participants.

Carving the future: We had 4 participants from out of town who took part, as well as our own athletes; they got to do some gate training, as well as some coached free skiing. We hope that next year we will find out about the event in advance, and be able to get more CADS skiers to participate in this fun event.

Radios: There were some issues ordering them at the start of the season, so we used some loaned radios for the season. 4 radios have been ordered for the program & will be ready for next season.

Ontario Winter Games: After originally having 5 athletes sign-up, we ended up taking 2 female athletes to the Muskokas to train and compete in the Ontario Winter Games. The girls got to fore-run 2 races & completed each race successfully. Training alongside other athletes was a good experience for them and they had access to other coaches, enabling them to get a taste of what a camp, or competitive team environment would be like.

Injuries: We had one athlete report a concussion when they were “hit” by a chairlift passing over them. The athlete was asymptomatic after the incident, and recovered quickly being cleared by a Doctor to return to skiing only 7 days after the incident.

Budget: I need to get a final update from Tom once a few more cheques have been written, but I believe we will be in the black.

Next year: We are uncertain as to how we will proceed for next year. There will be some discussions with Lindsay, to see if Black Diamond/Race will still be able to work with the Edelweiss program for next year.

I would like to thank everyone on the Board for their patience, understanding, and assistance this season. Anytime I was uncertain as to what was required, or how to proceed, everyone was willing to lend a hand & I wouldn’t have been able to get through without everyone’s encouragement. I hope that whatever format Black Diamond/Race takes on next season, we can continue to build the relationships with all the programs and people of the Board.

**Sincerely**

**Bernie Simpson**

**President CADS-NCD**