



## Track 3 Fall 2010 Newsletter

### From the President

I would first like to thank Brian Van Heteren for the excellent leadership he provided the London Track 3 Ski School over the last several years. Brian is remaining on the board as Past President and his expertise and input has been invaluable to me.

I would also like to thank Tabetha Burley for her many years of Board work. Tabetha took the lead on fundraising and was the board secretary. Her insight and passion for the organization are obviously missed. Tabetha, did a great job on the revamp on our webpage is continuing as Web Master for the program.

Kathleen Vander Horst has been an active and invaluable board member for several years. She has been involved in registration and IT. Kathleen will continue to be the Wednesday night coordinator.

We have two new board members, Ann Jones and Danika Daykin. Ann Jones has graciously accepted the position of Vice President. Ann has a Human Relations background and works at UWO. Danika Daykin is the new Board Secretary. She is a teacher and has previous board experience specific to union work. Thank you both for stepping up and helping out.

As your new president, I think it fair to let you know a little about my leadership philosophies. First, I believe in the importance of a having a structured organization with a clear mandate and organizational structure. To that end, the Board of Directors has developed a mission and a vision as well as a statement of values that will serve as the lens by which all future decisions will be viewed. As an organization, these statements re-define who we are and where we are going. While our original mandate of providing a safe, enjoyable and rewarding downhill skiing or snowboarding experience for persons with a variety of physical and/or intellectual challenges remain, we have taken that one step further to acknowledge the importance of offering

an enriching volunteer experience for students and adults alike. We also understand and want to promote the important social experience that the program provides to both our students and volunteers.

Secondly, I believe in the importance of empowering people to take leadership roles, who will in turn, utilize working teams to complete specific tasks. For example, we now have a fundraising team which organizationally falls under the Financial Management portfolio. Michelle Gellatly has volunteered to lead the team. She has an MBA and extensive corporate fundraising experience. She will be working with Leela Sharma, another fundraising professional who will focus solely on writing Grants. Leela has two UWO students working with her who are grant research assistants. Leela recently submitted a grant request to Trillium for funding to purchase 40 pairs of skis in addition to a new sit ski. Cross your fingers.

Lastly, Janice Strickland has taken on the Halloween Haunting Run. She expanded the focus of fundraising to the running community and build in a strong incentive program. As a result we enjoyed a 50% increase in funding as a result of the run. I think you will agree with me that a fundraising team fits within our mission and furthermore, will ultimately provide us with enhanced funding that will enable the expansion of our programs, equipment and facilities.

The Board and I are excited to tell you about some of the other changes that are happening within our program.

#### *Integration of Injured Soldiers to Track 3:*

The board recently approved a pilot project and named Ray Morris as Coordinator for Injured Canadian Military Personnel. Ray is a Reservist with the Canadian Military and a Track 3 Instructor. He is now awaiting approval from the Military to integrate injured soldiers into our program. Ray has aggressively taken on his new assignment and if all goes well, we will have several injured soldiers on the hill this year, with the ultimate goal of Track 3 assisting in their physical and emotional recovery.

### Technological Changes:

Dan Elliot took the lead on developing a database that will manage the entire London Track 3 Ski School registration process. For those of you that have already signed up as instructors, you have seen first hand our new instructor registration program which we now own and manage. Also, make sure you read Grant Ushers newsletter installment for even more information on how the registration database will work hand in hand with the training program.

I am excited about being the new London Track 3 Ski School president and about the many new initiatives that are coming to fruition. In closing, I want everyone to know what a fantastic board of directors you have. The board is comprised of dedicated volunteers who want nothing but the best for the London Track 3 Ski School. As you continue reading this newsletter, you will get a glimpse of the passion that everyone has for the program.

I look forward to seeing everyone on the hill.

Nigel Stuckey  
President

## **Instructor Training**

Our student instructors are a fantastic group of people that selflessly dedicate their time and enthusiasm to provide our students with a wonderful skiing experience. Without our volunteers, the program would not exist as we know it, so a great deal of gratitude goes out to them.

Through the efforts of these wonderful people, our students not only get to experience a fun part of winter, they also gain something of incredible value; a sense of accomplishment and belonging.

Of course, matching up students to these great people is only half the story. The other half is ensuring they have the training necessary to deliver the instruction in a safe manner. This is accomplished through 2 mandatory training events we hold each year; Off-Hill & On-Hill training.

The Off-Hill portion provides the instructors with the theoretical aspects of instructing the students and focuses on safety and other aspects of providing the students with a great skiing experience. The ON-Hill training is the hands-on portion that takes place on the ski hill in early January that assesses the instructor's skiing ability and provides the hands-on opportunity to learn how to use all the adaptive equipment.

Needless to say, the instructors not only give of their time during the 6 weeks the program is operating, but they are required to set aside 2 full days for the training as well. For many of them, this presents challenges with their schedules and other commitments during what is, a very busy time of the year.

To help in this regard, we are going to implement the wonders of technology to make it easier on our instructors, and at the same time, improve the quality of the training delivered. So beginning this year, the Off-Hill portion will be going to an on-line, web-based system so the instructors can work through the training based on their own schedule from wherever they want, even if they're out of town and want to take advantage of a free moment.

This is all part of continually improving the program for the benefit of our volunteers and of course our students!

Grant Usher  
Instructor Training Director

## **Fundraising**

Track 3 had our 8<sup>th</sup> annual Halloween Run in Springbank Park on Sunday October 31, 2010. The day was cold, but everyone was in good spirits. We set a record with over 700 runners!

This year we ran a promotion for both runners and track 3 participants. For those runners that raised \$300.00 in pledges, they received a \$150.00 gift certificate from Runner's Choice. 10 runners received gift certificates.

For our Track 3 participants we offered the following: for every dollar pledged we would give back 50% toward their ski registration - and they didn't even have to run!!! The amount raised ranged from 25.00 all the way to over \$3000.00! There were approximately 19 members that will get money back!! Hopefully we will get more participation from our members next year as it benefits everyone.

We would like to give a big heart felt thank you to a few people, without them, the run could not be successful.

Janice Strickland for all her effort and coordination of the day. She did a fantastic job.

Jordan Strickland, a Track 3 student, who put forth a challenge to all runners to get pledges and help support Track 3. Based on the attendance I think his challenge was met - way to go Jordan. In addition, Jordan raised over \$3000.00 - fantastic!

Kevin Hewitt, a Track 3 student for raising over \$600.00 and he didn't even run!!! Great job Kevin.

To all the members and their families that raised money for the run, we are truly gratefully, and, Paul Roberts of Runner's Choice, the volunteers, and the almost 700 participants.

Next years race will be even better, lets raise the bar for all of us.

Kim Pryslak  
Communications Director

## **Equipment and Boot Fit**

On Saturday Dec 4<sup>th</sup> from 10 am til 2 pm, we will be holding our Boot/Equipment Fit. This is the time when we fit our students with boots and skis. This is very helpful to getting the program going first class.

I need to fit new and returning students. If you are a returning student, have not changed height, weight or shoe size, let me know prior to Dec. 4<sup>th</sup>, so I can reserve equipment & save you the trip.

We are limited in sizes so your attendance or confirmation of "no change" is very important!!!

I will also need volunteers during the day. You can come for a short time or stay for the entire time, just contact me at 519-672 -2998 or [robriw@hotmail.com](mailto:robriw@hotmail.com) to let me know if you can help.

Remember don't eat the snow, we ski on it!

Rob Williamson  
Equipment Director

## Sit Ski Program

Welcome back to all returning instructors and a warm welcome to all new instructors. The sit ski program is the part of Track 3 that provides the downhill experience for our students who are unable to enjoy skiing using conventional equipment. Because of its specialized nature, we usually have less than 2 dozen students, but each student requires two instructors to ensure a safe environment. Do the math... that means we'll need up to 48 level 2 sit ski instructors. Needless to say we're always short of sit ski instructors.

If you are interested in becoming a sit ski instructor please let us know now. If you are a level 1 instructor with one year of Track 3 experience, we can train you to be a level 2 sit ski instructor before this season starts. If you are new to the program and are interested in the sit ski program, we can fast track your training so you can work with an experienced sit ski instructor and their student this year.

**Now is the time to let us know.** If you are interested in becoming a sit ski instructor for this season. please send an email right away to [neligh@rogers.com](mailto:neligh@rogers.com) or [ppoole@oxfordlearning.com](mailto:ppoole@oxfordlearning.com). We'll make the necessary arrangements to get you trained this year.

In the meantime... Think Snow!

Norman Eligh & Pam Poole  
Sit Ski Coordinators

## Sunday Morning Program

Welcome to all students. I hope everyone had a great summer! Lots of safe fun in the sun! I am looking forward to seeing all the new smiling faces of those students returning, and the new ones. I am looking forward to another great up and coming sunny, Sunday program.

Skis and boots are all ready! are you? All we need is snow!!! Lots of white fluffy snow to ski down the hills on. (INSERT PICTURE OF SNOW FALLING HERE!)

If you have any questions or concerns please feel free to contact me at any time. [fostersa@hotmail.com](mailto:fostersa@hotmail.com) I will be in touch with your instructors at the end of December when we can start planning the January lessons.

Miss you all, See you in January  
Shannon Foster

## Saturday Morning Program

The end of 2010 is almost here - wow. Let's ring in 2011 with gusto and have the best ski season yet!!! I predict this winter's weather is going to be better than last year. I don't know about you, but I am looking forward to seeing all of you and welcoming new students and instructors to our great Saturday program!! See you on the slopes.

Kim Pryslak

## Saturday Afternoon Program

Saturday PM is once again looking forward to another great year of skiing under the afternoon sun.

Captains Jake and Sarah are ready to steer the Good Ship PM'ers towards a course of fun on the snow and big surprises under the roof at our ski centre.

They look forward to welcoming back many familiar faces while at the same time extending a mug of hot chocolate and a plateful of cookies to our new students and instructors.

One of the major activities this year will be a field trip to our new hill which a little over a year from now we should be skiing on, Hooraaahhh!!!

Sara Milne - afternoon

Jackie Pugh

Tom Creech

