

December 2024

Senior Instructors Meet and Learn at Level III / IV Seminar



The CANSI team takes a break for a photo op at Sovereign Lake.

On November 23 and 24, 2024, CANSI held the Level III and IV seminar at Sovereign Lake, B.C. The weekend workshop was an opportunity for CANSI's senior instructors to discuss and practice the latest teaching pedagogy, skills and techniques.

Participants were split into three groups and rotated through sessions with leaders Guy Paulsen, Jessica Stichelbout and Andy Pohl.

Individual sessions focused on downhill techniques, uphill classic, step and skate turns, free and one-skate, double pole and one-step double pole.

On the second day of the workshop, groups were reorganized, allowing participants to meet and ski with different people. The format allowed for detailed explanations of technique and the chance to tutor one another. It was challenging and fun for instructors (some of whom are quite loquacious!) to try to give tips to each other in seven words or fewer.

Participants were also lucky to receive input from a visiting Professional Ski Instructor of America (PSIA) instructor.

All CANSI members will benefit from this seminar as the information is shared in refreshers and courses over the season. We look forward to sharing the learning and the passion of this amazing sport.



Gary Chambers and Michelle Deacon

*With information from **Sandy Cook**, XC instructor Level IV, Telemark instructor Level I, and **Henry Madsen**, XC instructor Level IV, XC course conductor Level IV, Telemark instructor Level I
Photos by Henry Madsen*