

December 2024

Level III/IV Workshop Provides Perfect Start to the Season

Another season of skiing and instructing is upon us. Where I live, Yellowknife, NT, it is remote and with few opportunities to build on my skiing and teaching skills with other ski professionals. I took the opportunity to travel south and join the CANSI XC Level III/IV workshop in late November at Sovereign Lake, B.C. I do not think I could have made a better choice to start off my season.

Surrounded by 30 Level III/IV colleagues, perfect temperatures and “Okanagan champagne” snow, I thought I had died and gone to ski heaven.

The course conductors and fellow participants represented an incredible depth of experience and knowledge. Each course conductor brought a different approach and style to their sessions, but everyone was speaking the same language. This was incredibly helpful for integrating the shifts in technique in the various manoeuvres presented. Participants brought their unique experience and suggestions on how to get our own skiing and our students’ skiing around to the new refinements in technique – helping us become more efficient skiers and up to date in the content we are delivering. We all had something to offer.



Skiers brought a wealth of experience and suggestions to the recent Level III/IV workshop at Sovereign Lake, B.C.
Photo: Cyd Fraser

The “social” pace of the first ski showed sensitivity that most of us were still skiing off the rust of the summer and getting our ski lungs back. Then it was off to work.

I have done both online and on-snow refreshers every year since my Level II certification. Were there changes again? Yes. Is that somewhat annoying? Yes. It is hard to undo body learning and brain approaches. Do hard things. It is worth it.

I feel excited for the season ahead and have more tools in my toolbox, especially for helping intermediate skiers. I think that most of us spend the majority of our teaching time introducing XC skiers to this incredible sport. Honing my ability to evaluate better skiers and provide tasks that will improve their journey was so beneficial.

If you can take the opportunity to attend the workshop being offered in your region this season, jump on board. It is a great way to start your season.

Jennifer Stranart, XC Level II