



# Annual Report 2020/2021

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## **Message from The President: Being a Ski Club during a pandemic**

Since March 11<sup>th</sup>, 2020 when the World Health Organization (WHO) officially labelled the COVID-19 outbreak a pandemic, we have been operating the ski club amid frequently changing government health guidelines as we passed through the first wave, the second wave, and now find ourselves in the third wave. Initially, there was concern that our membership would shrink amid all the uncertainty. But the opposite happened and the club experienced a 25% increase in membership. This was a wonderful surprise to have more people discover our great sport and it challenged us to manage larger numbers and on-board new skiers amid constantly changing conditions.

For some programs, like Jackrabbit and Adult Learn to Ski, regrettably we were forced to completely cancel their year because the Outaouais region was a 'red zone' at the time their programs were to operate. However, the majority of our programs were able to pause and then restart, in large part thanks to everyone's support and creativity. In the cases of Biathlon 15+ and Nordic Race 15+, the training programs continued uninterrupted while all races and training camps were shut down for the full year. As we close this season, those athletes have now missed 2 consecutive National championships as they were cancelled due to the pandemic.

Yet our membership stays strong and motivated. Similar to last year, we are ending the year not knowing the full impact of the pandemic. But we have proven to ourselves that we are resilient and can adapt. We have run too-many-to-count video conference trainings, we have played Bingo and done Book Club, held distance challenges and Firetower skis, with weekly Motivational Mondays and Strength on Fridays. We continue to work to help all club members belong to the ski club as their community and weather this situation as best as possible. We are motivated to be a part of keeping everyone's physical and mental health in good shape. The club's administration is tackling this coming year with the experience of 13 months of pandemic and we hope we can continue to work with and for our membership to keep Chelsea Nordiq strong and thriving.

Carolyn Raab (President)

## **Appreciation: Volunteers & Sponsors**

We are volunteer run and it feels good to volunteer and be with others who share a common passion for Nordic skiing and Biathlon. All our programs rely on a huge amount of volunteer support for coaching, program leadership, and logistics. Thanks to everyone who helps out on a weekly basis, especially during this difficult stop/start/pause/restart year.

### **Remember how to be a Volunteer to support our club events**

This year we were not able to run a single race, fundraising event, or social activity. It will be too easy to forget what is involved. Luckily, iVolunteer is an established system in our club and it works well. It keeps an outline of what roles and tasks are needed to run an event and it makes it easy to sign up. It gives structure for organizers and it makes it very easy to volunteer. You can choose to be with your friends, you see very clearly what roles are still needed. It tracks volunteer hours and generates reports at the click of a button. We also have our volunteer policy (stipulating required volunteer hours for different programs) and it will help everyone understand that pitching in is so important once we get back to a more normal situation.

As we look to next year, we need to continue to get better at finding leaders for our events and within the events, like lead volunteers to head up different roles. We could try an apprentice program so members can see what is entailed for some of the more significant roles. Usually it's a surprise how it's not that complicated to take on responsibility and lead something!

### **Thank you to our Sponsors**

We have an amazing group of sponsors that contribute to the club. This year, we want to thank the following for helping make our programs run smoothly:



**Kunststadt Sports & Euro-sports**



### **Private Sponsorship (2 sponsors)**

## **Family Assistance Program (FAP)**

This year we introduced the Family Assistance Program (FAP) to support members in need with program fee support. This program's first year was a success with 2 program participants involved in the program. We want to extend a big thank-you to private donors who help make this program possible and we are committed to running it again next year where the club matches 1:1 all private donations to keep the fund healthy and sustainable.

## **Program Achievements and Performance**

### **Accolades & Awards**

Unfortunately, year-end awards from both municipal and provincial organizations did not happen this year due to the COVID-19 pandemic.

### **Jackrabbit Highlights**

Cancelled due to the COVID-19 pandemic. But we will be ready for next season to pick up where we left off!

### **Adventure Programs**

Chelsea Nordiq offers multiple cross-country ski adventure programs to our membership: Mini-Adventure: 8-9yr olds, Adventure Rabbits: 10-11yr olds, Adventure Explorers: 12-13yr olds, Nordic Adventure: 14-18yr olds, Senior Nordic Adventure: 18+, and Masters of Adventure: Adults

The total number of participants in our Adventure youth programs has grown steadily over the years as we have expanded our offering and now matches those engaged in the competitive programs. There is regular transition between the adventure and competitive programs and we believe this diversity of programming is what makes us stand out from other clubs.

Adventure Programs had a great season regardless of the restrictions we faced this year. The Fall started out with hikes to Lusk Falls, the Ramparts, Wolf Trail and King Mountain. Then, with the first restrictions in place, the Adventure programs went into challenge mode, with Trail Sign challenges, the Mount Everest Challenge, the Distance Challenge, as well as, picture and halloween scavenger hunts. One of the biggest highlights of the Fall was the Chelsea Nordiq Orienteering Challenge, which allowed us to see many familiar faces as we ran through the woods.

The snow conditions this year were fantastic and allowed us to ski many of our favourite backcountry trails. Skiers of all programs were seen on trails such as Skyline, Frank's and Highland, with many of the older groups taking on Western, Ogoogo and Merry Go Round. The latter half of the winter saw the youth coaches bring an amazing energy into the Mini, Rabbits and Explorers programs. Their enthusiasm

was infectious, the smiles and laughter could be seen and heard from Chalet des Erables all the way to Lac Philippe.

This set us up for a great finale to the ski season. The Mini Adventurers and Adventure Rabbits skied with their packs to earn their medals in the 2nd Annual Mini Ski Marathon. The Adventure Explorers took the Cookiebeiner all the way to the Firetower, Masters of Adventure were seen crust skiing near Huron, while the Sr. Nordic Adventurers were touring the entire park including finding the long lost trailhead #10, although rumour has it that the Sr. Nordic Adventurers are still adventuring around the Gatineau Park this Spring.

A great big thank you to all the coaches for keeping the adventure going this season and to all the athletes and their families for their enthusiasm and commitment in this challenging year.

### **Nordic Race (14+)**

For the fourth year the Chelsea Nordiq Nordic Race program worked together with the Skinouk ski club to create a larger training group for the nordic race juveniles and older athletes. This group is formally called Equipe Ski Outaouais (ESO).

Summer training activities for 2020 were very successful, with multiple local training camps, including a COVID-19 appropriate Super Camp with participation from Provincial Teams.

Throughout the season, the Team adhered to strict Covid Protocols, established with the help of medical professionals within the Club membership.

Due to Covid restrictions, camps were exclusively held in the Outaouais region.

As restrictions tightened in terms of group activities, Coaches adapted training locations and group sizes, including running Ottawa and Outaouais based sessions.

Coaches leveraged the use of technology to support and communicate with athletes using Zoom and the new Team App.

Unfortunately, all local, provincial and national races were cancelled for the season.

To keep athletes motivated, coaches organized several race simulations, based on allowed group numbers.

Other motivating strategies included, a one month distance ski challenge, one minute push up challenge, running challenges, etc.

Overall athletes responded/adapted well to the difficulties of the season. Coaches were very impressed by athlete's commitment, which included skiing over 80 to 100km in one day.

While athletes did not get to race, training outdoors either with a limited number of teammates or just with family, most certainly helped them cope both physically and mentally with the impact of Covid on their young lives.

### **Track Attack**

Track Attack encompasses the Nordic racing programs for 8 to 13 year-olds. Track Attack U10 and U12 were significantly impacted by the public health restrictions (social distancing in particular) which made it impossible to run safe practices. As a result, programs were paused on Oct.23<sup>rd</sup> and could only resume on Feb.9<sup>th</sup>. At the end of the season the youth coaching program brought welcome energy and excitement to the program getting these programs active again after having been paused for most of

the winter. These programs were able to participate in virtual club events like the orienteer challenge and the distance challenge. They also held one race before the end of the season. Even though the programming was challenging many young athletes skied long distances and explored new portions of the park.

U10 A year in review.

Covid definitely kept the U10 coaches on their toes this year. We had early season challenges during dryland training and programming was shut down early so coaches could rethink how we operate in a safe manner. The decision to shut down early was overwhelmingly supported by the U10 parents, who understood the difficulties of operating within Covid protocols for this age range.

Once the season started up again and we were on skis, the issues we faced during the fall sessions were gone. Being on skis help greatly in maintaining distancing and the smaller groups sizes made it easier to manage our young athletes.

We had a total of 28 skiers this year, and once we started back up on snow for practices and challenge races we would regularly see 23-26 skiers at every practice. In years past our average would have been closer to 50% turnout.

The introduction of the youth coaches was fantastic and the feedback that was received from parents and athletes alike was extremely positive.

While Covid presented definite challenges, it did present a silver lining in that we saw a lot of new to Chelsea Nordiq families and from the feedback we received all will definitely be back with us again next year!!

U12:

The U12 program for the 2020/2021 season was a success when it was able to run. During dryland training in the fall, we had most youth attending at all times. Highlights were one roller ski session, Vorlage Photo Hunt, and Camp Fortune scavenger hunt. Unfortunately we were not able to meet for a few months but did do virtual training with zoom workouts and yoga and weekly challenges during this time. This started off with great interest but quickly dwindled down to a key few after the first month.

Once we were able to start back up for the final 6 weeks, there was a lot of enthusiasm from coaches, parents and kids. It was a challenge coordinating timing of the various groups at the beginning but it seemed to work out. It was also a challenge having enough coaches but thankfully received the wonderful addition of the youth coaches. This not only allowed us to have enough coaches but gave us new vibrant energy inspiring the kids and the coaches. We are excited that this will continue.

Highlights when we could ski as a group were the time trial; the long distance ski day to the fire tower, wolf trail or western cabin; and the final obstacle relay. It was amazing to see all the smiles and eagerness in the kids.

Lastly, big thanks to all the coaches and helpers, myself (Patty), Leela Howitt, JP Doucet, Amy Ford, Akos Hoffer, and Victoria Bernard.

U14 RACE PROGRAM

A COVID-19 year marked by restrictions of group size and actual right to train as a group

Twenty (20) skiers were registered. Averaged about 12 participants per session. Participation was seen

by all throughout the season.

Main volunteer coaches: Tony Picard and Shona Moss Lovshin. Our fantastic volunteer coaching team was rounded out with Bob Arnold, Greg Caza, Martin Genier, Isabelle Touchette, Francois Nadeau, Manon Seguin, and Karina Carlson. In mid-February, we were fortunate to have two youth coaches join the group: Maisie Haddrell-Anning and Sienna Brennan-Raab.

### **Summary**

Year 2020-2021 for the U14 Race group saw athletes roller ski, run, strength train, and ski in order to enjoy themselves in the great outdoors during this year where a viral pandemic was underway and thus restricting the group's ability to train and race in conventional ways. Through creative ways to ensure prescribed social distancing, participants skied in a time trial and a club race, accomplished skiing many kilometers on a variety of ski trails, completed many intervals and sprints, and were able to work diligently on improving their technical ski capabilities through guidance from a variety of coaches through in-person and virtual means. Of importance though, this group offered an important social outlet for its athletes and coaches during this year of COVID-19 restrictions and lock-downs.

### **September 2020**

Start Sept 19: Roller skiing – technique & intensity, Running, strength training and flexibility/mobility, In larger groups

### **October 2020**

Mid-October – practices suspended – pursued guided individual workouts in pairs, Roller skiing priority – technique and intensity, On-line Zoom workouts, Monday Mobility sessions too, Distance challenges on the weekend – running and roller skiing

### **November 2020**

Guided workouts in pairs, Roller skiing priority – Circuit of exercises – technique and intensity, Race simulation, Trail run with strength and balance stations, On-line Zoom workouts, On-snow at the end of November – video technique analysis – followed up with Zoom call video analysis in December.

### **December 2020**

Guided workouts in small groups, Trail running with exercise stations – Sugarbush trail, P15, Heritage CEGEP, Parliament Hill run, Team distance challenges – Ski the parkway loop & Triathlon weekend

### **January 2021**

Cessation of group training – January 9 – due to public health directives that included a 8pm curfew. Focus on skiing within family groups. Club “Distance Challenge” – high participation rate by U14 Race athletes. Provided tailored practice recommendations based on snow and temperature conditions within a high level overall training plan containing suggestions for intensity and distance. Tailored practice suggestions provided a diversity of ski trails. January saw U14 Race skiers out skiing individually and with their families. Lots of good skiing accomplished! Video technique analysis offered on videos

submitted by athletes. Approximately 8 athletes took advantage of this offer.

### **February 2021**

Resumption of group training (groups of 4) on February 10. Continued club “Distance Challenge” – good participation resulted in athletes skiing lots. Some athletes participated in Gatineau Loppet Virtual Edition. Continued tailored practice recommendations as per January. Video technique analysis continued. Youth coaches – Sienna and Maisie – joined U14 Race. Their presence added a renewed energy, opportunity for good technique modelling and instruction, and a very positive social dynamic. Time trial at end of February on the Camp Fortune race course trails – 5 km skate.

### **March 2021**

Group training - groups of 8 permitted, Quebec school break week – mini-ski camp offered by Chelsea Nordiq – participation by some U14 Race participants. Youth coaches leading many practices – technique, intervals, games, just fun skiing (e.g. skate ski down Burma). Nakkertok North to South classic ski trip. Club race on Camp Fortune race trails – skiathlon (13 km) or classic (5 km). Agility obstacle course games evening. Swamp crust skiing from Chalet des Erables.

## **Biathlon**

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### **Biathlon Bears and Racing Bears - Air Rifle**

Over the course of the 2020-2021 season, 35 athletes participated in Chelsea Nordiq’s Air program (14 in spring/summer, 35 in fall/winter), and for the first time based on Biathlon Canada’s new training model - Black, Grizzly and Polar Bears. While still under the leadership of Martin Leguerrier, and supported by a number of volunteer parent coaches, this year saw the addition of youth coaches, which provided the Air Program with some much appreciated technical shooting knowledge.

In spite of ever changing Public health safety measures brought in due to the COVID-19 pandemic, the Air program managed to keep both the Grizzly and Polar Bears programs running without any major interruptions. Surprisingly, COVID brought a number of benefits to the Air Programs: 1) athletes learned to train more autonomously; 2) groups were organised more in a peer oriented way; and 3) a number of informal “race simulations” were organized that allowed athletes to practice racing in a less stressful environment.

Although Black Bears were temporarily suspended due to public health restrictions, the Club was still able to successfully complete their training season, giving our new Air athletes an opportunity to get initiated in biathlon. It is our hope that all of Black Bears will rejoin the program in Fall 2021.

Working in collaboration with Biathlon Ontario (BiON), four Air Program parent coaches and one youth coach were trained in the Introduction to Competition stream of the NCCP, which is a long-term investment for the Club and Program.

As always, its people power that really drives the Club and this year was no different; in a topsy-turvy year strong parent support was critical to the success of the Air Program. Parent volunteers ensure the smooth running of practices and especially crucial with setting-up and tearing-down of the range. General feedback from parents and athletes in the end of season survey was super positive.



## **.22 Program**

Building off the success that was 2019-2020, the .22 Program continued to flourish under the tutelage of biathlon head coach, Tim Hurley. This last year also saw the return of Dave Bradley to the coaching fold, as the Club put into action its emphasis on improving technical shooting skills.

2020-21 saw a record number of registrations (16 in spring/summer, 24 in fall/winter), with a large cohort of new .22 biathletes coming from Kanata Nordic's air program (congratulations to James McAvoy). The .22 program retained many of its existing biathletes at the older age groups – and we even saw a bump in our Masters program!

While Club expectations for the 2020-21 race season were high, COVID had other plans for us; as was the case for most sports federations, and the entire biathlon race season was cancelled due to COVID. Despite this reality we are still living through, the .22 program soldiered on and found a way to run its training programs throughout the year. The Club's quick adoption of virtual platforms to compensate for the lack of in-person training early in the season was frankly instrumental, something that will be carried forward into 2021-22.

With priority emphasis on technical shooting progression this last year, all our athletes benefited from a structured training program that included multiple national shooting tests, informal time trials and mock races. In addition, the purchase of SCATT shooting simulators for training helped with stay-at-home training. It was evident from the data gathered by the end of the Spring/Summer season that most of our athletes made strong progress. A major Club highlight last summer was hosting the first-ever "August Super Camp" that saw Nordic and Biathlon federations, clubs and athletes from all over Ontario and Quebec coming to Chelsea for a 6-day training camp.

Once it became clear that the entire race season was cancelled, the .22 program moved quickly to focus on in-house solutions in order to provide athletes with opportunities to race in "near real conditions", which had the indirect benefit of ensuring the Club could generate useful athlete progression data.

One major highlight from last year was the nomination of two active Chelsea Nordiq biathletes, Shilo Rousseau and Zoe Pekos, along with alumni member, Alex Dupuis, to represent Canada on the abbreviated IBU Cup circuit. Unfortunately, due to COVID issues, their participation on the tour was cut short.

It's safe to say that this past year was one of the most difficult, dynamic, frustrating and somehow rewarding years for biathlon. Like the saying goes: "If life gives you lemons, you make lemonade", this year's brew was, indeed, bitter, but nonetheless refreshing in a weird way.

## **Chelsea Nordiq Mountain Bike Program**

Cancelled due to COVID-19 pandemic. But we will be ready for next season to pick up where we left off!

## **Experiences Canada Exchange**

No exchange due to COVID-19 pandemic. But we will be ready for next season to pick up where we left off!



## **Chelsea Nordiq at the Canadian Ski Marathon**

The CSM went virtual this year due to the pandemic. Many Chelsea Nordiq members participated by skiing their own distances during a prescribed time period.

## **100 Years of Night Riders: Social Skis For Adults, including Alumni**

The pandemic interrupted the Night Riders ability to celebrate 2020 as 100 years since the original riders started in 1920. Hopefully next year this can pick up again.

# **Club Events**

## **Ski Swap**

Cancelled due to COVID-19 pandemic. But we will be ready for next season to pick up where we left off!

## **Coupe Québec Biathlon Race in Chelsea**

Cancelled due to COVID-19 pandemic. But we will be ready for next season to pick up where we left off!

## **Super Sprints**

Cancelled due to COVID-19 pandemic. But we will be ready for next season to pick up where we left off!

## **Cookiebeiner Event**

Due to the pandemic, this event was run as a family lead 'virtual' Cookie Beiner.

# **Facilities & Equipment**

## **The Range and Rider's Roost get some TLC**

Thanks to \$10,000, a combination of Biathlon fundraising with matching funds from Placement Sports (through the FQB), we were able to do work on the range (levelling, maintenance to the area) and inside The Roost. This was the first of three ~\$10,000 grants with #2 arriving for 2021-2022 and #3 for 2022-2023. This infrastructure improvement helps everyone. As our club house, The Roost is a place for all. All programs are invited to use this facility at any time of year. It's yours to enjoy and is a beautiful spot nestled in behind Camp Fortune that makes the perfect jumping off point for exploring. (\* pandemic occupancy rules apply)

### Grooming

Kubota sold and the proceeds were put towards the purchase of a used all-terrain machine to do the grooming job. The new ATV is lighter, more powerful, faster and floats better over the snow making the grooming faster and safer.

## Board Activities

### First Year with Amilia and Team App

This was our first year on the new program registration portal and it was fantastic. Easy for users, easy to track registrations and manage the accounting. Given all the refunding and crediting that happened this year because of the pandemic, we were very happy with the back-end and how it integrated with our books. A big thumbs up.

We also moved to an app-based method for day-to-day program communication: TeamApp. Make sure you are on it for the next season because it is now being used by all programs. Looking ahead, Amilia is still working on integrating with a 3<sup>rd</sup> party communications tool and this will be a nice next step when the time comes.

For club wide email sends, Amilia has partnered with Activity Messenger. This link between the two tools keeps email databases up to date so we always have current email lists. As a member, please make sure to keep these emails out of your spam folder and make sure your contact information (for primary and secondary account owners) is correct in Amilia.

### Coach/Volunteer Screening

The club introduced a new screening policy for any adult involved in coaching or leading programs. This brings us up to date to comply with new safe sport regulations from Nordiq Canada. Almost 50 volunteers are involved in our programs across the club and we benefited from a subsidy offered by Ski de Fond Quebec and Loisirs Outaouais which covered the police check fees. Going forward, all volunteer coaches and program leads will need to conform to our club's Screening Policy which includes having a valid police check. The club covers all costs of this and the process is done in a few minutes online via a 3<sup>rd</sup> party (secure) portal.

### Newsletter

The newsletter has been going strong for over 3 years. This is an important communication tool sent via email for the club and we get a 70% open rate on our emails. If you aren't opening it, you are missing out on key communications – please keep an eye out for the monthly send and check your Amilia account information and spam folder if you aren't getting it.

### Member Survey

The Board of Directors surveyed members during the season to get feedback on how programs were proceeding (or not) during the pandemic. Survey findings can be summarized as:

- Members were extremely pleased to have themselves/their children active outdoors with their respective programs amid all the challenges of the pandemic: coaching, communication, value all scored high.
- Members were extremely pleased with the youth coaching that took place in February and March and would like to see it in future years

### Volunteering

We appreciate our volunteers who step up in so many different ways, even more so this year. It was a tough one but everybody rallied and programs benefited. We have over 50 coaches and program leads, over 10 key roles that include registrar, uniforms, program support, website, social media,

range/infrastructure management and the 100s of you that regularly pitch in (like this year being the “COVID-19 Concierge” at practices). Thanks to all of you, it wouldn’t be possible without you.

## **Sponsorships**

The pandemic saw record sports equipment sales but this was not anticipated. At the time of our sponsorship drive, our usual sponsors were very busy managing their business and we were not able to get out in person to secure the levels of previous years. Fortunately we had kept our budget expectations at \$0 so the ~\$5000 that we did raise was a bonus.

## **Placement Sports**

The club has ~\$29,000 under the care of Placement Sports via the Federation Quebecoise du Biathlon (FQB). The first release of funds was \$10,000 for this past year (see update on Range and Roost). The 2nd \$10,000 arrived in March 2021 and then a final \$10,000 in 2022. To date, we have spent the first \$10,000.

## **Partnership with Camp Fortune**

We have a long term agreement with Camp Fortune to have access to the Roost and Range area with a set number of parking spots near the sea container at the western edge of Camp Fortune. We also rent Chalet des Erables during the winter months.

## **Gatineau Park**

The NCC released their revised Gatineau Park Master Plan this year. The park sold a record number of annual ski passes (~15,000) almost 30% more than the year before and it put lots of pressure on the park infrastructure. The club shifted practice times and coordinated with other clubs to avoid periods of high congestion and help reduce the load on parking lots. As active users of the park, club members are encouraged to continue to act as stewards respecting the natural condition of the park as well as other users. We are very fortunate to have Gatineau Park as our ‘playground’ and it’s important we always respect it!

## **Canadian Championships (Hosted by ENGNE)**

Cancelled due to the COVID-19 pandemic.

# **2021 Board Elections**

## **Board members**

Board members don’t have to be super-fast skiers. If you are passionate about skiing and love spending time outdoors and are not shy about setting directions and taking decisions for the club, the club would benefit from you being a Board member.

If you bring a specific professional skill (finance, legal, policy, proposal writing) we can easily align responsibilities with your personal skills and preferences. The Board meets once a month for 2 hours year-round.

There are specific roles on the board (openings are outlined below). In addition, here is a list of club-related activities, for which the club could use Directors:

- Director, Volunteering.** This Director would implement our new volunteering vision and manage activities and tools to facilitate volunteering and to recognize volunteers.
- Director, Grants & Fundraising.** This Director would create teams of visionaries, writers and senior club members to search out grants to support our current and future club activities – and to write winning proposals for these grants. There are plenty of grants and funding possibilities out there to help the club with our awesome program, coaches and infrastructure.
- Director, Trails & Facilities.** This Director would coordinate with other club members the work necessary to maintain and upgrade the roost (Chalet des bénévoles), the stadium, the biathlon range & trails.
- Director, Communications & Marketing.** This Director would work with other club members and coordinate the club’s public relations needs (get our name out there and make us more visible in the community) and to give direction as to which kind of content is needed on the CN website, social media and in a newsletter and maybe write a few articles in local papers.

## Elections

The pandemic made this year quite extraordinary for the club’s directors. This past year’s board had many members extend their term because the pandemic had everyone distracted and it made it hard to bring new members on board in May 2020. As a result we have many openings this year as terms are completed!

This year’s Annual General Meeting (AGM) will be held on May 12<sup>th</sup> at 7pm (via video conference call). At the AGM you will have the chance to elect new Directors or re-elect current Directors. The table below lists the current members of the Board, their functions and their status with regards to this year’s elections. This year we are saying a big thank-you and good-bye to a number of people who have contributed significantly over the last while: Manon Desjardins (Treasurer), David Fairchild (Biathlon Director), Chris Lawson (Director at Large; Club digitization), Annie-Claude Michaud (Director at large; Grants), and Carolyn Raab (President). We also must thank the board as a whole for their time and service, especially with this year’s extenuating circumstances.

Board members are elected for 2 year terms and asked to renew their commitment every year. Our charter stipulates that – besides the 4 Executive Positions (President, Vice President, Treasurer and Secretary) and the 3 Program Directors – the Board has to have at least 3 additional Directors but can have up to 5 additional Directors. Below you can see the Board positions available this year.

This is a good time to consider your candidacy. Please let the Secretary, ([secretary@chelseanordiq.ca](mailto:secretary@chelseanordiq.ca)) or the President ([president@chelseanordiq.ca](mailto:president@chelseanordiq.ca)) know if you are interested to serve on the Board.

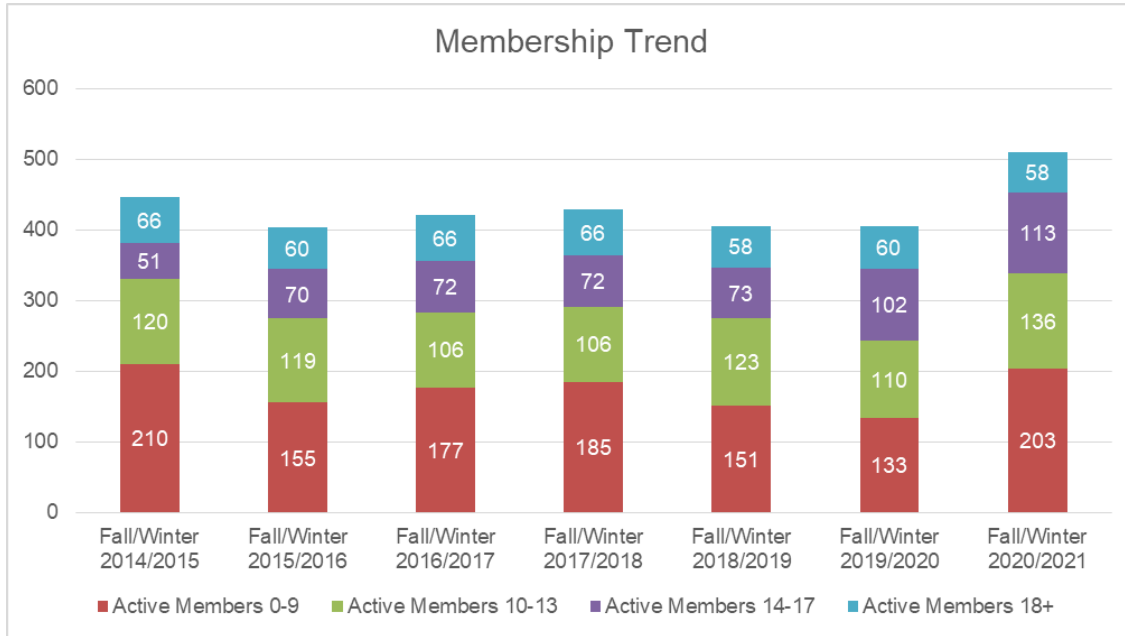
**We need one week notice ahead of the AGM for your application – please indicate which positions you are applying for.**

Current Member		Position	Status for 2021-2022 Season	
1	<b>Carolyn Raab</b>	<i>President</i>	<i>term completed</i>	<i>position available</i>
2	<b>Sean Kennedy</b>	<i>Vice President</i>	<i>term completed</i>	<i>position available</i>

3	<b>Manon Desjardins</b>	Treasurer	term completed	position available
4	<b>MJ Lavergne</b>	Secretary	term completed	position available
5	<b>David Fairchild</b>	Program Director - Biathlon	term completed	position available
6	<b>Pierre Trudel</b>	Program Director - Nordic	term completed	position available
7	<b>Sven Bouwen</b>	Program Director - Adventure	Year 2 of 2-year term	
8	<b>OPEN</b>	Program Director - Jackrabbit		position available
9	<b>Annie-Claude Michaud</b>	Director	term completed	position available
10	<b>Chris Lawson</b>	Director	term completed	position available
11	<b>Jay Onysko</b>	Director	Year 2 of 2-year term	
12	Vacant	Director		position available
13	Vacant	Director		position available
	<b>Maurice Samm</b>	Exec. Director & Headcoach	Ex officio	N/A
		Past President	Ex officio	N/A

## Membership

There was trepidation going into this season that we would drop in membership. How wrong we were! Membership increased by 25% in a single year. We had 510 program participants compared to 405 last year for fall/winter programs. Our summer programs saw an increase of 15% growing from 85 to 97 participants.



	2020-2021 participants
<b>2020-2021 FALL/WINTER MEMBERSHIP BREAKDOWN</b>	
<b>Club Memberships</b>	225
<b>Bunnyrabbits</b>	28
<b>Jackrabbits</b>	113
<b>Mini-Adventure (8-9)</b>	19
<b>Adventure Rabbit (10-11)</b>	34
<b>Adventure Explorer (12-13)</b>	34
<b>Nordic Adventure (14-18)</b>	33
<b>Senior Adventure (18+)</b>	16
<b>Masters of Adventure (18+)</b>	22
<b>U10/Atoms (8-9)</b>	30
<b>U12/Peewees (10-11)</b>	25
<b>U14/Midgets (12-13)</b>	20
<b>Nordic Race (all)</b>	56
<b>Biathlon .22 (all groups) - includes masters</b>	24
<b>Biathlon Black Bears</b>	13
<b>Biathlon Grizzly and Polar Bears (10-14)</b>	23
<b>Adult learn to ski lessons (18+)</b>	20

## Financial Report

Our fiscal year runs April 1 to March 31.

The pandemic had programs starting, pausing, being cancelled, restarting and changing constantly. This meant that budget scenarios, extreme care in running the finances of the club, and refund/credit policies were top of mind. It allowed us to make it through the pandemic with satisfied members and a strong financial position for whatever new angles the pandemic creates and any strategic initiatives that future boards wish to take on. And despite the caution, we still managed new initiatives like the range and Rider’s Roost work and youth coaching.

A number of elements of the finances were different this year. The table below breaks down how revenues and expenses were affected by the pandemic:

DIFFERENT REVENUES (during a pandemic)	DIFFERENT EXPENSES (during a pandemic)
+ COVID support dollars (SFQ, FQB, BiON)	No program spending
+ 25% program registration	No trip costs
+ Refunds and credits strategy	No exchanges
+ Accelerated Placement Sport (year 1 + year 2)	COVID supplies (sanitizer, masks, etc...)
- No fundraising	No club social events
- No sponsorship	More pro coaching (groups size limits of 2, 4, 8)
	Youth coaching

### How your Fees are Used

All program participants pay a fee for their program. Here is an explanation of how fees are used for recreational programs and for competitive programs.

#### Recreational Fees and how they are used

Each participant contributes a fixed (per capita) amount towards the operation of the club in the following categories: facility rentals, hydro for Roost, trail maintenance, repairs, volunteer recognition, coaching courses, social (year-end and events), budget programming, bookkeeper, office supplies and software, bank fees and processing charges, contingency. This is an identical amount to what a competitive program participant pays. For recreational programming, there is also allocation of costs of a recreational SFQ license, 5% of the head coach, and 15% of overall ski club admin, insurance and operations.

As an example, a recreational program fee of \$220 (Adventure) is broken down in the diagram below to show the allocation of this fee to all the budget areas.

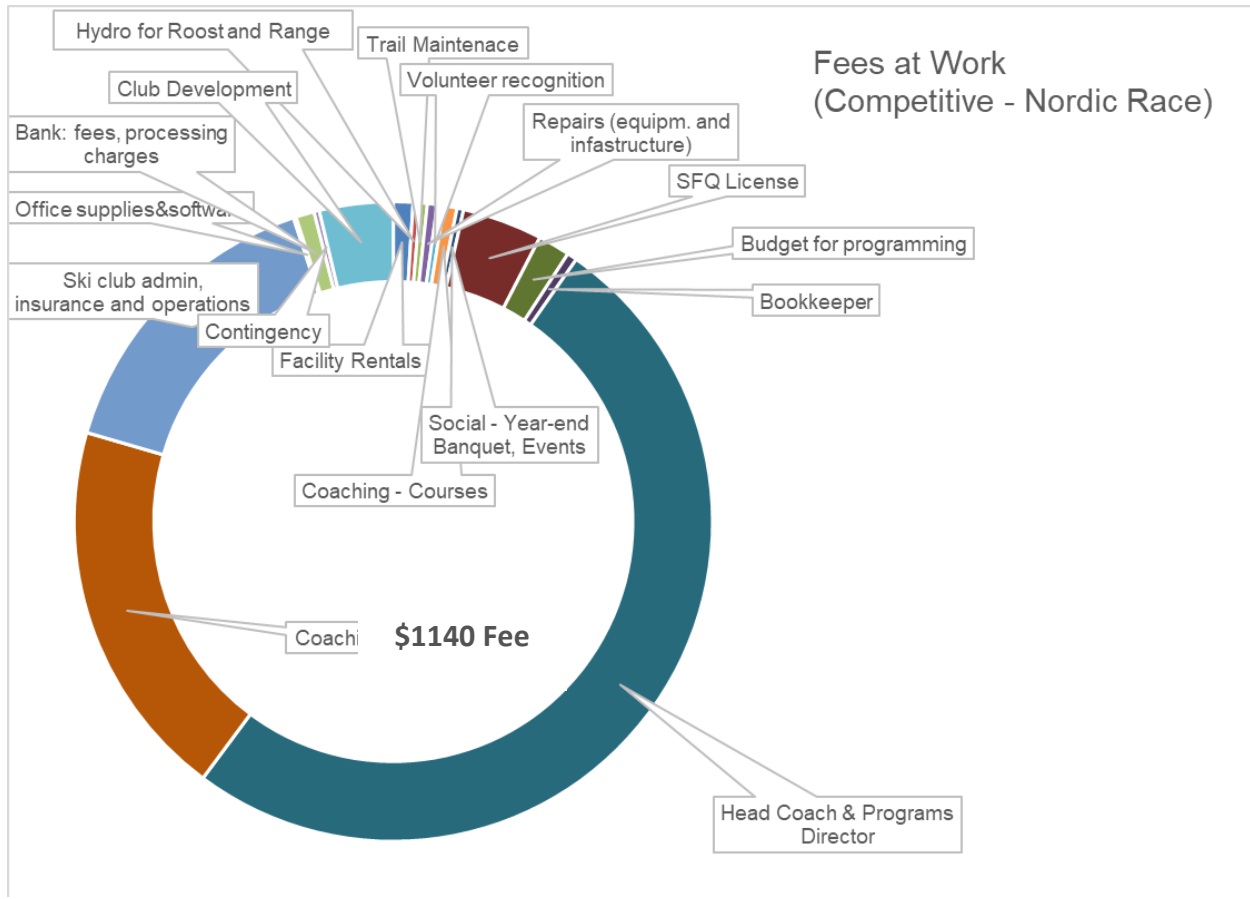




### Competitive Fees and how they are used

Competitive programs are Nordic Racing (age 8-18+) and Biathlon (age 8-18+). Each participant contributes a fixed (per capita) amount towards the operation of the club in the following categories: facility rentals, hydro for Roost, trail maintenance, repairs, volunteer recognition, coaching courses, social (year-end and events), budget programming, bookkeeper, office supplies and software, bank fees and processing charges, contingency. This is an identical amount to what a recreational program participant pays. For competitive programming, there is also allocation for racing SFQ licenses, 80% of the head coach cost, and 50% of overall ski club admin, insurance and operations costs.

The example below is Nordic Race (14+) to show a racing program fee of \$1140 and the allocation of this fee to all the budget areas.



**Club Membership Fee:**

Everyone participating in our club programs must be a club member. This annual fee contributes to the overall operation of the club and is used for in-year specific projects, infrastructure and equipment depreciation and to save towards larger, long-term initiatives.

## Acknowledgments

Thank you to everyone who contributed to this report and the information contained herein:

*Carolyn Raab (president), Manon Desjardins (treasurer), Matthew Ng (registrar), Chris Lawson (Amilia), Maurice Samm (head coach), Patty Chevalier (coach, JR coordinator), Tim Hurley (coach), Martin LeGuerrier (coach), David Fairchild (Biathlon director), Pierre Trudel (Nordic race director), Shona Moss (coach), Sven Bouwen et al (Adventure coach), Track attack coaches, Melanie Tan (newsletter) and all of the other caring and committed people that have added to this report and to our year.*

Sincerely,

**Carolyn Raab**

*President, Chelsea Nordiq, Ski & Biathlon Club (April 23<sup>rd</sup>, 2021)*

## En Français

# Un message de la présidente : Être un club de ski pendant une pandémie

Depuis le 11 mars 2020, lorsque l'Organisation mondiale de la santé (OMS) a officiellement qualifié l'épidémie de COVID-19 de pandémie, le club de ski opère au milieu des directives gouvernementales en matière de santé qui changent fréquemment alors que nous passons par la première vague, la deuxième vague et maintenant nous retrouvons dans la troisième vague. Au départ, on craignait que le total de nos membres diminue au milieu de toute l'incertitude. Mais le contraire s'est produit et le club a connu une augmentation de 25% de participants. Ce fut une merveilleuse surprise de voir plus de gens découvrir notre grand sport et cela nous a mis au défi de gérer un plus grand nombre et d'embarquer de nouveaux skieurs dans des conditions en constante évolution.

Pour certains programmes, comme Jackrabbit et Adult Learn to Ski, nous avons malheureusement été contraints d'annuler complètement leur année parce que la région de l'Outaouais était une «zone rouge» au moment où leurs programmes devaient fonctionner. Cependant, la majorité de nos programmes ont pu s'interrompre puis redémarrer, en grande partie grâce au soutien et à la créativité de tous. Dans le cas du Biathlon 15+ et de la Nordic Race 15+, les programmes d'entraînement se sont poursuivis sans interruption tandis que toutes les courses et les camps d'entraînement ont été annulés pendant toute l'année. Alors que nous clôturons cette saison, ces athlètes ont maintenant raté 2 championnats nationaux consécutifs car ils ont été annulés en raison de la pandémie.

Pourtant, nos membres restent forts et motivés. Comme l'année dernière, nous terminons l'année sans connaître le plein impact de la pandémie. Mais nous nous sommes prouvés que nous sommes résilients et que nous pouvons nous adapter. Nous avons organisé des séances de vidéoconférence trop nombreuses pour compter, nous avons joué au bingo et créé un club de lecture, organisé des défis à distance et des skis Firetower, avec des lundis de motivation et l'entraînement de force les vendredis. Nous continuons à travailler pour aider tous les membres du club à faire partie du club de ski en tant que communauté et à faire face à cette situation le mieux possible. Nous sommes motivés à contribuer au maintien de la santé physique et mentale de chacun. L'administration du club aborde l'année à venir avec l'expérience de 13 mois de pandémie et nous espérons pouvoir continuer à travailler avec et pour nos membres afin de maintenir Chelsea Nordiq forte et prospère.

Carolyn Raab, présidente

### Traduction en cours....

Désolé pour le délai. Si vous voulez une traduction de ce rapport annuel, veuillez contacter Carolyn Raab president @ chelseanordiq.ca