# **CADS-NCD ANNUAL REPORT 2014-2015**

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

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

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

Congratulations to Raymond Blimkie, National Administrator of the Year – Calabogie Peaks, Jacob-Emmanuel Doyle, National Skier/Snowboarder of the Year and yours truly Bernie Simpson, National Karl Hilzinger Award.

Again, my thanks go out to a hard working Board of Directors who together give their precious volunteer time and have made this all possible once again in 2014-2015.

Below please find reports from our program co-ordinators.

Sincerely yours,

Bernie Simpson

President, CADS-NCD

**CAMP FORTUNE**

**SKI HAWKS OTTAWA 2014-2015**

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| President’s Report |
| The Ski Hawks program has had another successful year with many new skiers and new guides. The program has never experienced so many new skiers with no previous ski experience. This presented our Technical Director Mary, with new challenges, and has led the Board to approach training for our next season with a new approach. The fall newsletter will outline our new training approach in more detail, but look out for a full day of training in December 2015 instead of our standard January training evening. The training will provide CADS instructors, CSIA/CSCF trained instructors and new guides with a level of training that will facilitate their guiding in the new season.  This season, three of our seasoned guides retired to pursue other volunteer activities. I would like to send a very special thank you out to Rick Pollack (11 years with SHO), Neil Martyniuk (28 years) and Mary-Ellen Connolly (27 years) for their many years of guiding with our program. Their contribution is greatly appreciated.  Every September I convene the Board to hold a plenary session to plan the ski season. We received some great feedback from the surveys sent to our new members this year and to anyone else who might have ideas for our program please email me. No idea is a bad idea! Look out this year for a different call-in system for the skiers, a new on-line registration system, and a new CADS manual which all volunteers will receive.  The annual CADS Festival was held in Mont Ste. Anne, Quebec this year and our program had more members than ever attend. Our program does budget some money towards assisting folks who will be attending each year, so put it in your plans to attend some year. It is the expectation that skiers find their own guides for this event, as is the expectation for weekend events. In 2016, the Festival will be held in Kimberley, British Columbia.  I must thank all Board members for their work this year. Murielle Arseneau, our Social Director, had a particularly difficult year co‑ordinating rides due to the increase in the number of new skiers we had who all required rides. I cannot thank her enough for her undying perseverance in organizing these rides for our events and for not losing her mind and throwing in the towel.  James Dicks Member at Large, once again was a force of energy and enthusiasm and has become very active with the CADS-NCD Board and very active in harassing me to send out information emails. In return though, I must say that he is always available and eager to assist.  Thanks to Bob Einarsson, Member at Large, for putting together our emergency plan this year, which was a new requirement for our insurance policy; and for agreeing to work on the on-line registration for next year with Alexa and Marius.  Adele Farough continues to keep on top of organizing the venues for our events and once again supported our hotline. As our Secretary she has also been very detailed in her minute taking, and ensuring that I am on task, which is very much appreciated.  We are fortunate to have a consistent presence at the CADS-NCD meetings with Dave Farough who continues to support our administration by representing us at the Board meetings. As past President of the program, he can provide insight into our activities and also bring back from the meetings ideas from other programs.  Bruce Meredith, our Treasurer and past President, is one of our long-time volunteers who is approaching 29 years with the program. As a member of the CADS National Board and CADS Technical Committee he has kept us very up-to-date on what is happening at the national level and also he was directly involved in creating the chapter in the new CADS manual for the visually impaired. Bruce is a retired civil servant and Professional Accountant and I must say that we are very fortunate to have him oversee our finances. Our program continues to run smoothly under his very watchful eyes. I must also add at this point the fact that the Ottawa Community Foundation has approved our recent application for funds, and Bruce has just deposited a cheque that will go towards the purchase of more safety equipment and training for our volunteers.  Finally, Mary Johannsen, our Technical Director, continues to provide strong technical support to our program and with the addition this year of several new skiers and guides, her skills were put to the test. But as always, she managed exceptionally well and was still smiling at the end of each evening.  I would also like to send out my thanks to Kim Leahy, Marius Parent, Paul Johannsen and Michael Cestnik who assisted the program this year. Kim co‑ordinated the weekend programs, Marius helped Mary at registration on Wednesday nights, Paul supported Mary and kept her smiling, and acted as our official photographer, and Michael was able to attend a marketing workshop on SHO’s behalf to bring us back ideas on how to better market our program to sponsors.  I will close with a big thank you to the volunteers who devote their Wednesday nights to the program, to the very dedicated Board of Directors and to the skiers who give all of the volunteers a chance to share their passion for skiing and riding. Have a great summer! |

**MONT CASCADES 2014-2015**

Hi All

Just a quick overview of Mt Cascades this year.

Our program finished on Saturday ... with much enthusiasm.  We had a beautiful sunny day which made standing at the bottom of the race course a pleasure instead of a hardship.

The race for our athletes was a "best guestimate" with all athletes getting a commemorative 10th Anniversary medal this year and all volunteers & athletes a 10th anniversary t-shirt .. we also ended with awards and luncheon banquet .. well attended by all and extended friends / family (27 people in all).

Our Saturday program was a mixture of returning volunteers / athletes and some new faces.  Of course a change in program directors as well.

We had 10 volunteers .. and 10 / 11 participants.  One participant dropped out .. and another one was only available sporadically for about 45 mins max due to her illness.  But she did have a great time as did her family.

Amy .. our sitskier .. has outgrown the junior sitski we have .. so we have ordered a new one for her in anticipation of more growth over the summertime .. we told her family and everyone is thrilled.

We partnered with Edelweiss for pre season PD day training which was well attended .. as well as the early January weekend before program started -- and during the season they also extended the invitation to those who wanted Tuesday night training.  I do have a couple of people that took them up on it.

We have had 2 people get CADS certification and 1 more is in the process.  Once she is certified 70% of our volunteer instructors will have certification of some sort be it CSIA / CADS or Track 3.

We have had much interest this year in expanding CADS skills with more people involved in tethering which will allow us to accept more physical handicaps or not have to worry should a tetherer be absent.

Despite the cold our program was very well attended with a number of people being there every single day of the 8 weeks.

Fundraising efforts went well to make up the difference between program costs and the revenue generated by the fees.

Projections for next year .. I have a participant that will be jumping the fence to volunteer status .. as well as 2 potential new recruits which will allow us to grow our program next year.

Mt Cascades, as always, has been extremely supportive both from the Director level .. to the ski school level (offering to us ski session participation) as well as the ski patrol level (who set up our storage area for us in the Fall).  Mt Cascades will again store our equipment except for the new sit ski which Edelweiss has kindly offered to store (we were worried about mice) ..

Over the summertime we are planning on having a volunteer meeting / bbq activity to reinforce relationships and do some brainstorming about the program next year.  We are also going to coordinate with Ski patrol for lift evacuation practice in the fall and help putting up the storage shack .. they mentioned that the hill now has changed the evacuation process to a more mechanical style so we want to participate with a sit skier (already have a live body volunteer) and discuss some of our atheletes needs (which may have to be first in line etc etc).

We also have come up with more ideas for fundraising and plan on discussing more over the summer months.

All in all this has been a very successful year .. the new blood has created a new dynamic and everyone is already talking about next year's program.

Theresa

**REPORT FOR MOUNT PAKENHAM ADAPTIVE SKI PROGRAM**

**MARCH 5, 2015**

Since our program runs from Saturday to Friday, our last program week ending on February 27. However, the following week was our make-up week and we were very busy because there have been so many cancelations this year due to cold weather. Our last make-up lessons will be on

Friday, March 6.

Our annual Ski-a-thon fundraiser and party is on Sunday, March 8. Most of the pledge forms were picked up so we hope to have a successful fundraiser.

Allan Braun

The CADS Festival is a fun filled ski week held annually at resorts across Canada. It is a week of adaptive ski improvement lessons, camaraderie, fun games, on-snow activities, and a wind up awards banquet. The 2015 annual festival was held at Mont-Sainte-Anne, Quebec in March.

My Festival Experience

This is the first time I have ever gone to the CADS fest and it was so much fun. The experience I had at the festival was amazing, I had so much fun skiing for a week and meeting new people. I had some pretty funny moments at the festival like when I crashed into a tree because I got distracted and when I went down a blue run that was so steep I held my breath most of the way. I got to meet the para-Olympian Kimberly Joines which was really cool. I had a lot of fun with Jamie Spencer and Phil the volunteers that were helping me.

I would like to say thank you to everyone involved in making the fest a huge success, and a huge thanks to all the volunteers who attended. I would also like to say thanks to Deanna Barry from the CADS National Division who really encouraged me to attend. I’m looking forward to the next Fest destination, where ever that be!

Thanks so much!

- Shaylagh Ley

For 2015, there have been 40 volunteers teaching about 60 participants in CADS. According to owner Joanne Clifford, the enthusiasm of special needs skiers and the realization that there are many local people who appreciate the opportunity to try the sport of skiing with the help of the CADS organization has made it easy to be very supportive of this program. Interest in the program grows every year, and the challenge for CADS is continually training new volunteers to keep up with the demand. From the business perspective, all new skiers, able-bodied or with special needs, bring families and friends and potentially, new skiers to the hill. As Joanne says, “this helps to keep our skier visits up and the company thriving. It’s a win-win for everyone”.

- Bob Robertson

**Calabogie Adaptive Skiing**

I can hardly believe that our adaptive ski season has flown by so fast and that we only have one more program week left. It has been an exciting year starting with hosting the Eastern Canada Pre-course for approximately 35 course conductors for the Canadian Association for Disabled Skiing.   
   
The Sunday ski program entered its 11th season with 40 disabled skiers assisted by 60 plus volunteers and 7 potential skiers on our waiting list (requiring more volunteers and/or equipment).  
   
Our annual Community Living Day held the first Monday in February is always a huge success with 23 disabled adults from Arnprior and Renfrew attending assisted by 26 instructors and volunteers.  
   
We continue to work with the Calabogie Peaks Snow School to provide volunteer support to school groups who have disabled children with them who would otherwise have to stay behind on these recreational outings. We have supported over 20 children this year.  
   
We believe that our 5th annual Winter Sports Clinic for Injured Soldiers has finally gained momentum with 21 Canadian soldiers attending this year.

Techcom's support for this season and since the inception of our program been a major factor enabling the delivery of these programs and I am proud to say that this program and its adaptive facilities are one of the best in North America. **On behalf our entire team including Bob Gilmour who passed away last year, our sincere thank you.**   
    
Sincerely,   
Clay Dawdy   
Director - Calabogie Adaptive Snowsports  
Canadian Association for Disabled Skiing  
613 752-1284

**CADS-NCD Technical Committee**

**Year End Report May 2015**

I would like to take this opportunity to thank all of our program coordinators in delivering the importance of additional training and certification. This year we saw a definite increase in the number of volunteers and instructors signing up for certification courses. This year the numbers were as follows:

CSIA 6 Hour methodology: 30 skiers

Level 1 Certification: 34 skiers

Level 2: 5 skiers

Level 2A: 4 skiers

Both Calabogie and Edelweiss offered continuous training as the year progressed. The on-hill discussions are very important to get the members active within their programs. I can certainly see this evidence with the number of volunteers we saw this year being certified.

Going forward we are going to be holding a second Level 1 course at Edelweiss in March of 2016. This will become a standard procedure so we can offer our volunteers the option of Pakenham in February or Edelweiss in March. If we do have interest and the numbers to support it, I will consider in offering the Level 2 and Level 2A on the same platform.

As most of you are aware the National Technical Group has come out with the new manual. This new manual will become our standard when delivering courses in the future. As of this date there are no definite changes to our course structure. Once these changes occur I will certainly pass this on.

I did make my way to Aspen, Colorado to take part in the Winter Sport Clinic. I would like to share with you the following:

Aspen Snowmass this year provided me the opportunity to be the lead instructor regarding the four students I taught this year. The students I taught were all sit skiers with various disabilities. I did have a second instructor who helped with the loading and unloading of the sit skis. All the students utilized Mountain Man sit skis with a combination of outriggers and fixed outriggers. I had one student who used the Hoc as his preferred sit ski. The Hoc skier required the Hoc because of its performance nature of quick response to edging.

As the week progressed it seemed to be equal amounts of Hoc and Mountain Men equipment being used with the odd Bi-Unique.

I would strongly recommend the Hoc for any of our programmes. The new Hoc’s will allow an easy transition from a bi-ski to a mono ski with the right accessories. This could save us from buying additional sit skis to provide a skier the mono ski option. I would also like to make it mandatory we clip in our sit skis on the chair lift. This would entail a shorter tether with a carabineer at one end which can be wrapped around the back of the chairlift and then clipped in and secured.

Every year I find this event to be informative from the new equipment perspective and the experience and knowledge I learn from the other instructors. The time I spent on the hill one on one in a teaching sit skiing role will definitely benefit the students I teach back at the local programs. Basically the lessons were set-up from 8:30am to 11:30am and 12:30 to 3:30am every day with a mandatory ski instructor meeting every day at 4:00pm.

I would encourage the individuals, who attended this year, remember what they learned and make sure this information gets back to their respective programs. I will definitely make it a point to discuss my experiences with my volunteers who will be taking their certification courses.

I would like to thank all of you in making this year’s courses a tremendous success and looking forward to a stronger next year.

Regards,

Mike Rochette

Representative

Technical Committee