



Wasi Cross Country News

February 2004

The Waxing /Technique Clinic

February 14th was our waxing and ski technique clinic. A good sized group joined Martin Nighbor, a level 3 coach, for the two sessions. They were both excellent and a lot of expertise was shared by Martin. Many thanks go out to Martin for graciously running this day and to Jonathan Tyson, from our club, for coordinating everything. Job well done.

We're still on the lookout for a secretary for our exec. committee. There's not much involved and it will give you a chance to meet the others who look after the goings on.

Also, we need a few interested people to help complete a grant application this spring so that we can continue doing great work at the club. Let Brenda Holbein know if you're interested.

Fun (d) Raiser Coming Up

Remember this **Sunday February 29th**. We're having a **Poker Run and Scavenger Hunt** to raise some much needed funds for the club. Only \$8.00 for single and \$15.00 per family, what a deal.

Contact **Brenda Holbein** for registration info. Also if you have a contact who would be willing to donate articles for the silent auction, give Brenda a call, 474-6487.

Next Meeting

Our next Wasi Cross Country meeting will take place on Tuesday, **March 9th - 7:00 p.m.** at the East Ferris Public Library in Astorville. All members or interested parties are welcome. Come on out and join in the fun.

Come On Out and Have Some Fun

Here's a great way to meet other club members and contribute your energies towards a common goal – the ski club. We can always use help with the following:

- **Social - call Brenda Holbein at 474-6487**
- **Trails - call Mogens Christensen at 752-1343**

Excerpts from Jonathan Tyson's Recap of the Ski Clinic

Those at the clinic learned all about what wax to use for what temperature, where to use glide waxes, where to grip waxes, how to find your kick / grip zone, proper application techniques, how to remove waxes, and more..... Martin's knowledge and experience came through as he ably demonstrated the classic diagonal stride technique, discussed the proper use of the arms and poles, how to 'hold' the poles (i.e. putting the strap of your poles on the right way), hill climbing, and single kick / double pole and double polling techniques. Martin watched us try each of the different techniques and provided valuable pointers on how to improve our technique, while also pointing out what we were doing right.

NEW Web address!!! Visit <http://www.wasiski.com> for the latest info on what's happening at your club. Also, if you have any questions or concerns about Wasi Cross Country or any of its events, please feel free to contact Dianne Labrecque at 752-2822 or Diane Decaire at 752-3950.