



The Southern Idaho Region Pacific Northwest Division

Is very honored to present a

Senior Nordic Clinic

On December 11, 12 and 13, 2009

At the Anthony Lakes Ski Resort
Haines, Oregon

For Senior Nordic Patrollers and qualified Senior Nordic Patroller Candidates

Please plan to attend this dynamic, motivational and fun Nordic Clinic for the enhancement of all skills used by Nordic Patrollers at the Senior level. Class sessions include extensive training in Classic Nordic technical skiing, Nordic downhill skiing techniques, rope work, emergency shelter building, Nordic toboggan, Senior Emergency Management Module, locator beacon drills, probe line practice and "V" shoveling/ burial rescue techniques, "Training the Trainer" session, gear/pack show and tell sessions, motivational team building and the camaraderie of meeting new friends from throughout the Division.

Please contact Randy Harrison, Regional Nordic Advisor, NORDICSKIPATROL@cableone.net or 208. 342.2320 to RSVP. The class does need to be limited in size and is nearly full already; please respond by December 5th, 2009. There is no cost for this clinic, but donations to the Elkhorn Grange will be very helpful for the Grange!

Bring a full patrol pack that you would usually use in your area. Please read the attached daily schedule and plan to bring the appropriate gear and supplies to ensure an active and safe participation in the Clinic.

Lodging is at the Elkhorn Grange Hall, Haines, Oregon and is hostel type. Shower (one) is available at the Patrol Building at Anthony Lakes (19 miles away).

Please, no pets (in the shower or otherwise).

With Sincere Thanks to:
Elkhorn Grange, Anna Dean, Grange Master
Anthony Lakes Ski Patrol, Marinus Tromp VanHolst, Director



Senior Nordic Clinic

Friday, December 11th, 2009

- 3:00pm Registration Begins and Check-in
5:00pm Pre-order Dinner from Anna's Menu (attached) or
Bring your own dinner- kitchen facilities are available.
(If you wish breakfast from Anna's Saturday morning, pre-order now)
6:00pm Dinner:
Introductions – Harrison, Regional Nordic Advisor
Announcements and overview of the Nordic Clinic
Group discussions of Patrol activities from around the Division
7:30pm Show and Tell of Patrol Pack contents, new gear and techniques
9:00pm Personal free time
10:00pm **Lights out!**

Saturday, December 12th, 2009

- 7:00am Breakfast- Provided by the SI Region or order from Anna's menu.
7:30am Late Registration/ Introductions/ Overview of the day's activities
8:00am Pick-up and travel to the area (Anthony Lakes Ski Resort) (19m)
9:00am Gather up for group calisthenics, stretching and warm-up exercises
9:15am Divide into pre-assigned groups and begin the clinic!
Group A – Nordic Downhill Ski Technique, Joseph Calbreath, Inst.
Group B – Ropework, knots/Raising/lowering and much more...
Franck Nyberg, Mike Gooderham, Bill McKnight, Instructors
11:00am Lunch on the trail – bring your own
11:30am Group B – Nordic Downhill Ski Technique, Joseph Calbreath, Inst.
Group A - Snow Shelters, Joe Mabbutt, James Hasse, Instructors
1:30pm "Train the Trainer" session, Dan Miller, Instructor (ends at 4:30pm)
1:30pm Senior Emergency Management Module, Harrison, Instructor
2:30pm Group A – Nordic Toboggan, Harrison, Instructor
Group B– Beacon location, probe line practice and "V" shoveling
3:30pm Group – B – Nordic Toboggan, Harrison, Instructor
Group A– Beacon location, probe line practice and "V" shoveling
4:30pm Pick-up and return travel to the Elkhorn Grange Hall.
(Only time to shower is now at Anthony Lakes Patrol Building)
5:30pm Re-assemble at Elkhorn Grange Hall
(pre-order dinner from Anna's menu if desired)

- 6:00pm Dinner – Provided by Region or ordered from Anna’s
 Introductions- Harrison
 History of the Grange and area, Anna Dean, Grange Master
 History of the National Ski Patrol, Harrison
 Appreciation Awards, Mayor, Town Council and Dignitaries
- 7:00pm Musical Jam session with local musical groups and patrollers!
- 9:00pm Personal free time
- 10:00pm **Lights out!**

Sunday December 13th, 2009

- 7:00am Breakfast- Provided by the Southern Idaho Region or
 order from Anna’s Menu.
- 7:30am Introductions and Overview of the day’s activities
- 8:00am Pick-up and travel to the area (Anthony Lakes Ski Resort)
- 9:00am Gather up for group calisthenics, stretching and warm-up exercises
- 9:15am Divide into pre-assigned groups and begin the clinic!
 Group B – Classic Nordic Ski Technique, Dan Miller, Instructor
 Group A – Ropework, knots/Raising/lowering and much more...
 Franck Nyberg, Mike Gooderham, Bill McKnight, Instructors
- 11:00am Group Backcountry tour **including lunch on the trail**
 (Includes map and compass/GPS location practice)
- 12:30pm Group B - Snow Shelters, Joe Mabbutt, James Hasse, Instructors
 Group A- Classic Nordic Ski Technique, Dan Miller, Instructor
- 2:30pm Final debriefing, Certificate presentations and personal information
 exchange with you new friends or re-acquainted friends.

**Please have safe travels home and have a wonderful season
 ahead of you!**

THANK YOU for making this Senior Nordic Clinic a success!

We look forward to seeing each of you next year.

**The next Senior Nordic Clinic will be hosted by the Northwest
 Region, PNWD, in January 2010. Please plan to attend!**