



-two-time Canadian Junior Champion  
-qualified for European Senior B Tour in 2001

Ricky Frances        -1997 World Champion at World Special Olympics  
                             -two time medallist at 2001 World Special Olympics

Helen has been a cross-country ski coach for thirteen (13) years. Not only has Helen coached numerous high level international athletes but she has also been involved with athletes who were learning how to ski. By the end of their first year under Helen's guidance these young athletes transformed into skiers capable of respectable placings at high level competitions, such as provincial championships. Helen has also produced a world class Special Olympian in Ricky Francis. As previously mentioned, Francis is a former world champion.

Helen's credentials are not limited to the ski trails. Her involvement stretches much farther. She is currently a member of the National Ski Team Committee and has been heavily involved in provincial and club committees throughout her career as a coach.

Helen has hosted many waxing and technique clinics for adults and people interested in learning more about the sport. Helen is nearing the completion of her level four coaching certification. Clearly she is an extremely qualified and dedicated coach.

Helen is clearly deserving of this award. Without her guidance and persistence, many of her athletes would not have enjoyed the level of success they have. Helen is willing to help anyone and has been known to give race support to athletes from other clubs who are traveling without a coach. Helen is always available to help with problems, ski related or not, to ensure that her athletes have everything they need. Her advice is extremely helpful and is called upon often. Her athletes have often been found at her place of employment in the middle of a work day, discussing issues about skiing or just about life in general.

Being involved in competitive skiing for over seven years we have not seen anyone who is as caring and as dedicated as Helen. As far as we know, Helen is one of the only strictly volunteer coaches at her level in the country. She has devoted a tremendous amount of time and effort to her athletes and to the sport of cross-country skiing in Canada. For these reasons she should be a worthy recipient of this prestigious award.

### **Volunteer of the Year Award:**

#### **Dennis Doyon, North Highland Nordic Ski Club, Nova Scotia**

Dennis has been involved with the sport since arriving in Nova Scotia thirty years ago. He was been on the Board of Cross Country Ski Nova Scotia for six years and was President for three of those years

- Dennis is a level three official who has conducted numerous Level One officials courses. He has been chief of Race at most of our events Canada Winter Games (1987), Junior Nationals (1989) four Atlantic Championships, 15 Loppets and 8 Provincial Championships. He has been technical delegate at Atlantic Championships in the other Atlantic Provinces.
- President of North Highland Nordic Ski Club
- Was instrumental in securing funding from three levels of Government to help cover capital improvements including trail upgrading, wax/club room facelift, repairs to 15+ year old Piston Bulley (Grooming Machine), professionals quality trail maps and other signage. Not only did he secure the funding, but also he made sure the work was done. In particular, the signage was one hundred percent his responsibility.

- His media coverage promoting our facility and cross-country skiing, especially in Northern Cape Breton is legendary: including the snow reports and club news posted daily via email to hundreds of contacts.
- He has volunteered as a Jackrabbit leader and Instructor for the season (January- April)
- He has helped instruct in our Challenge Program (12-15 years)
- He has coordinated the purchase of additional ski rental equipment
- Dennis was a founding member of the North Highland Nordic ski club twenty five years ago and has been actively involved with the club ever since. He is an ombudsman for the sport. He is a visionary who sees what has to be done to keep the sport alive in our area and pursues these challenges with great enthusiasm.
- In a few words, Dennis cares and we wouldn't be where we are today, were in the past or will be tomorrow with out him.

Other interests and past achievements:

Dennis is an avid promoter of year round tourism in Northern Cape Breton. He takes great pleasure out of it and has introduced many people to the pleasures of off road biking, kayaking, snow shoeing & hiking.

He has participated in the famous Cabot Trail Relay many times.

**Media Award:**

**Dan Barnes, Edmonton Journal/Southam News Services**

I believe that Dan is very deserving of this award, as he has shown genuine interest in our women's ski team on behalf of the Southam Newspaper chain. He began is deeper involvement with our team when he researched and wrote an article about Beckie's Bronze on the World Cup before Christmas this year. He then drove from Edmonton on the morning of our press conference (after covering an NHL game in Edmonton the night before) in January to gather information about the team. His subsequent stories leading up to the Olympics featured our women's team in a very positive way and ran throughout the Southam newspaper chain. During the Olympics, his coverage was consistent and he spoke very highly of our athletes in any article that he wrote on behalf of Southam, despite the results of the day. I think the real highlight that he provided above and beyond others was that he was genuinely interested in Beckie and the girls, and he was at the 88 games during that Nordic doping scandal and really got on the bandwagon right away with this one. In short, he was really easy to work with because of his genuine interest

Following the Olympics, he has continued to foster relationships with our athletes and the CCC team. I would like to recognize him for his efforts, and hope that he will continue with his superb coverage.

**Sponsor of the Year:**

**Salomon**

Salomon have been supporting the ski team for a long time. Last year they were the sole sponsor of boots to the national ski teams. They also offer great support in Europe when the team is traveling. The relationship with this company is strong and is essential as a partner in our sport.