



Our Coaching Staff

John Trimmer – MWSC Head Coach



My Name is John C Trimmer, I'll let you guess what the C stands for, and I live in Courtenay. I've had a couple nick names over the years, "John John" was perhaps the most common but my favourite was given to me by a kid from Sooke (the Duke of Sooke) and it was "JRock". I'm entering my 28th year Coaching and I've been with the club for all but three of those seasons, I spent three seasons as the Head Coach of the BC Women's Ski Team. I am a Level three instructor, Level three Coach and I have completed a couple of my Level four Coaching tasks. I have had a few Coaching awards over the years but the biggest was in 1997/98 when I was named the Canadian Jr. FIS Coach of the year.

My best day on the hill...I guess I could answer that from a couple of perspectives..... Personally it would be a sunny day with either thigh deep powder or "panorama hard" groomer...Professionally, it is tough to pick one but I guess I would say Lake Louise NorAm DH when I Coached two girls (Danielle Bird and Davon Calander) from the club to 4th and 9th place finishes. When I'm not skiing/ working you will find me Biking (road and Mt), playing hockey, golfing, playing squash, water skiing etc. I am a true believer in sport and the power it has to shape youth.

Most people only see how sport can help to build fitness and healthy lifestyles but I see it as offering so much more, sport is a great vehicle to learn life skills such as working as a member of a team, time management, confidence and self-esteem. My favourite part of my job is the time spent with the athletes and Coaches on and off the hill! I believe every athlete has the opportunity to excel and I love having the opportunity to help them realize what they can achieve. I believe in hard work and I believe that everyone should strive to be the best they can be. I love to win but I also realize that only the select few will be able to have a career in their chosen sport so you have to make the most of your travels and the experiences you have. It is also important to have an element of fun in everything you do. Work hard and enjoy the ride! This is an excerpt from one of my favourite poems *"You never grow by how much you win... You only grow by how much you put in... So any new challenge you've just begun. Give it your best and you've already won"*



Our Coaching Staff

Jim VanTine – Head Coach – Nancy Greene Ski League

Home Base

I have lived in Campbell River since 1974

Nick name(s)

John calls me Jimbo, Brendan A. tried Jimmy Metron...not much stuck

How long have you been with club - Racing/Coaching?

I have been the head Coach for ANG since the 01/02 season (11 years) and Coached for about 3 years prior to that.



Coaching/Instructor Certifications & Awards

I am a Level 1 Coach and a Level 2 instructor. I started to ski about in about 1982 at the tender age of 35, and have been an instructor since 1992 (20th year).

Best day on the hill...

Could be any one of those days that I returned to the cabin with a bunch young of smiling greeners in tow, or one of those days free skiing the powder in a full on blizzard after everyone else called it a day.

I am very pleased to be working with a great bunch of young Coaches who I first worked with when they were just starting out. The club is producing future leaders that we can all be exceptionally proud of.

When I'm not skiing I am...

...you might find me in Hawaii, working to restore the Campbell River estuary to its native state, helping with the "mountain centre", boating, hunting & fishing.



Our Coaching Staff

Debbie Morrison – Nancy Greene Ski League Asst. Head Coach



Home Base
Victoria, BC

Nickname(s)
I don't have any nicknames that I know of in this country. The closest thing I have to a nickname would be Debbie the Aussie.

How long have you been with club - Racing/Coaching?

I have been with the race club since the 1987/88 season. I was Head Coach and ran the Nancy Greene program for two years, then spent a couple of years away having kids and teaching at Snow School. I have been the Assistant Head Coach for Nancy Greene now for quite a few years!

Coaching/Instructor Certifications & Awards

I am a Level 3 Ski Instructor, a Level 1 Course Conductor, Level 1 Race Official, Level 1 Coach and Level 2 Coach. I have completed Gate Setting, Slalom and teaching components. I was a Ski Tester for Ski Canada Magazine for two years.

Best day on the hill...

My best day on the hill is everyday Coaching, except if it's raining. One of the greatest days I had was when I encouraged the whole All Mt. Skills group to hike up Boomerang (to the very top) and then watched them all ski it. This was a very proud moment for all.

When I'm not skiing I am...

When I am not skiing you'll find me teaching Yoga, Pilates, Spin and Fitness in Victoria. I love to hike and bike when the weather is good and travel as much as I can. In my spare time, whenever that is, I do as little as possible.



Our Coaching Staff

Lorraine Buckrell – Nancy Greene Coach



Home Base

Comox, BC

Nickname(s)

Many know me as Rainey, my nick name from birth, and aren't even aware my real name is Lorraine. I respond to either.

How long have you been with club - Racing/Coaching?

This is my 4th season with the Ski Club and I have had a blast getting to know the kids and their families in such a warm and supportive environment.

Coaching/Instructor Certifications & Awards

I grew up racing in Southern Ontario at a small family club called Caledon, graduating from Nancy Greene through to FIS. I eventually retired in 92' after some wild years racing in the Quebec University circuit. Since the early 90's I have been coaching Nancy Greene and instructing skiing on and off.

Best day on the hill...

My most memorable day in racing was winning the Southern Ontario finals way back in the day in what would now be known as K2. Another most memorable day of skiing was my first exposure to the majestic mountains of Jackson Hole Wyoming as a youth.

When I'm not skiing I am...

When not on a pair of skis you will most likely find me on my yoga mat, or playing with my paints and making jewellery. I look forward to another fun season of coaching and learning from the kids.



Our Coaching Staff

Krystal Francisty – U14 Coach

Home Base

Duncan, BC

How long have you been with club - Racing/Coaching?

I am entering my 18th year with the club, 12 years as a racer, and For the last 6 years, Coaching.

Coaching/ instructor certifications & Awards

I am a performance Level trained Coach with the CSCF, and a Level 3 instructor with the CSIA.

Best day on the hill...

The best day on hill, is waking up to 40-50cm of fresh dry powder, on a beautiful sunny day. But if we are training, I'd say cold, hard-packed groomers with a little sunshine.

When I'm not skiing I am...

When I'm not skiing I am usually found hiking, swimming, or doing something outdoorsy.





Our Coaching Staff

Kelsi Francisty –U12 Coach

Home Base
Duncan, BC

Nick name(s)
Most friends just call me Kelso. The Nickname(s) originated during my K1 years, and has stuck with me ever since.



How long have you been with club - Racing/Coaching?

I joined the Nancy Greene program at the age of 4, and raced until my second year of FIS. I am currently going into my third season of Coaching with the club.

Coaching/Instructor Certifications & Awards

I am a Level 2 CSCF and Level 2 CSIA certified.

Best day on hill...

I honestly have to say that any day on the hill, is better than a day at school or work. The best day I had when I raced was ripping down Apex Mountain during the downhill race. Now, I enjoy skiing the powder up on Mt. Washington.

When I'm not skiing...

I am usually doing my homework (1st year of nursing program), hiking, skating, working at the pool or spending time with family and friends.



Our Coaching Staff

Sam Wright –U12 Coach



Home Base
Victoria, BC

Nick name (s)

I have had a lot from other sports I have played but the main one that sticks around the most is Sammy.

How long have you been with club - Racing/Coaching?

I joined the club when I was 5 years old and raced until my 2nd year of FIS. This is my 3rd years as a coach now and I am having a great time doing it.

Coaching/Instructor Certifications & Awards

I am a level 2 coach and have my ski cross certification also.

Best day on the hill...

Best time I have on the hill is when the Mt. is empty because it's an absolute blizzard out and nobody is on the hill. Just ripping around the boom with my bros I raced with, nothing can beat those days.

When I'm not skiing I am...

You will find me grinding my way through school at Camosun and possibly UVic next year for business. I am in the gym 5 times a week, play a lot of baseball in the summer, basketball, squash, golf, pretty much most sport I will be competing in when I'm not skiing.



Our Coaching Staff

Chelsea Adam – U10 Coach



Home Base

I was born and raised in Nanaimo as well as Mount Washington.

Nickname(s)

I have a few nicknames among the ski club and friends such as CJam, Chowda and Chelster but most people just call me Chels which is what I prefer 😊

How long have you been with club - Racing/Coaching?

I've been skiing since I was 3 years old apart of the ski club since age 6 and raced competitively for 7 years, ending after my third year of FIS.

Coaching/Instructor Certifications & Awards

This will be my first year Coaching and I'm extremely excited for it! I'm going for my Entry Level Coaching course this coming December and would like to have my Level 2 by the end of the season. Awards include a few "Fastest Female Racer" awards throughout my racing career with Mount Washington and ended with the Ryan Forsyth Outstanding Achievement Award which was due to placing podium in the 2010/11 season. Both which were very proud moments for me.

Best day on the hill...

There are definitely too many good days on the hill to pick a favorite but I remember the 2007-08 Season which was the first season the Boom opened was an epic powder paradise of good times! My favourite home run is usually Powder Face or the Bomb Shack run on the backside, they never seem to disappoint. My favourite mountain to race on would be Nakiska because of its grippy snow and for free skiing would have to be Silver Star because of its variety of runs.

When I'm not skiing....

When I'm not skiing I am swimming, boating, traveling, reading, scuba diving but most of all wishing that I was skiing.



Our Coaching Staff

Gabe Pare – U10 Coach

**Home Base**

Quadra Island!

Nickname(s)

I've had a few nicknames but Caveman really stuck

How long have you been with club - Racing/Coaching?

I've been racing with the club for the past six years but this will be my first year coaching

Coaching/Instructor Certifications & Awards

Not much in the area of awards but I do have my Level one Coaching.

Best day on the hill...

I'd have to say the best day on our hill was probably last year, one week after Christmas. We had a ton of fresh powder and miraculously it turned out to be sunny too. If we were talking my best day on any mountain, I'd have to say that skiing apex downhill was awesome.

When I'm not skiing....

When I'm not skiing I'm probably in school, thinking about skiing. I also play basketball and go to the gym. This year I'm also becoming a swimming instructor so I spend a lot of time at the pool too. My favourite mountain to race would have to be Apex. They've just got awesome snow and sweet runs.



Our Coaching Staff

Amanda Birtig – U10 Coach

Home Base

Powell River, BC

Nickname(s)

My most common Nickname(s) is definitely “Bert”. I got this nickname my Coach, Kyle, while racing for the Mt. Washington team.



How long have you been with club - Racing/Coaching?

I raced competitively for Mt. Washington for six years but started the Nancy Greene program at the age of 5. After completing my second year of F.I.S., I decided to put away my racing career and turn to Coaching while completing my last year of high school.

Coaching/Instructor Certifications & Awards

At the end of last season, once racing was over, I completed my Level 1 Coaching course. I hope to complete my Level 2 Coaching course by the end of the coming season.

Best day on the hill...

For me, I have had a few best days on the hill. Last Christmas break when the mountain some massive dumps of snow, I had some of the best ski days ever! Almost every morning, we woke up to a fresh dump of powder and sunny skies. Whether you hit the backside or the groomed runs, it was hard not to have fun! Other than Mt. Washington, my favorite mountains for racing or free skiing are Silver Star or Red Mountain.

When I am not skiing I'm...

When I am not skiing, I am mostly at school, work, or the gym. As a grade 12 student, I spend lots of my time devoted to my studies. I also spend lots of time with family and friends and in the summer months, I am at my families float cabin on Powell Lake, swimming, water skiing, wakeboarding, and tubing. I look forward to the coming season and having the opportunity to Coach those who aspire to be successful athletes!



Our Coaching Staff

Lindsay Frame – U10 Coach



Home Base

Campbell River, BC

Nickname(s)

I've had a handful of nicknames over the past few years of racing, including "Lindsathon" and "Framer", but "Skippy" probably stuck the most. It was given to me by the one and only Jonathon Trimmer (call him that, he loves it), because I have a little more energy than most.

How long have you been with club - Racing/Coaching?

I raced with MWSC from age 5 through first year FIS, and I don't know what I'd have done without it. This will be my first year as a Coach, since I've always been on the other side, racing.

Coaching/Instructor Certifications & Awards

I've won a few awards as a racer over the years, including Silver at BC Games, but the biggest award I've ever received was the MWSC Ben Bellamy Sportsmanship Award in 2010.

Best day on the hill...

It's hard to pick a best day on the hill since they've all been so amazing. There are different kinds of good when it comes to skiing. There were the first runs of untouched slalom courses, when everything just felt perfect and the snow gripped beautifully, and all you could hear were the gates. There was powder skiing with the Coaches and the team, when my abs hurt more than my legs at the end of the day, because I'd been laughing so hard. And there were all the other days, and maybe our lips were so numb that we couldn't talk, and our hair was frozen to the back of our helmets, but looking back, those were still some of the best days of my life. In the end, I learned a lot from racing, that I hope I can pass on as a Coach, but the biggest things weren't about the fall line, or pole-planting (although it helps, believe me!) they were about being a team, and I hope most of all, that the team I'm Coaching can grow up to be the family that mine turned out to be, and that I can be the kind of Coach that all of mine were. When I'm skiing, just look for the lime green pants and the ancient GS poles.

When I'm not skiing I am...

I am a water skier, a runner, a soccer player, a musician, "that girl" telling chemistry jokes and getting funny looks, or the girl who looks like she's simply enjoying life and you've found me.



Our Coaching Staff

Breanna Sorenson –U10 Coach

Home Base

Nanaimo, BC and now Victoria, BC

Nick name(s)

Bree

How long have you been with club - Racing/Coaching?

I have been skiing since I was five years old. I skied with the club for 12 years (5 of which were spent racing). I would have raced longer but I unfortunately I had to quit due to a knee injury.



Coaching/Instructor Certifications & Awards

I got my Level 1 and Level 2 Coaching certificate during my first year of coaching. When I raced I also received the MWSC Ryan Forsyth Outstanding Achievement Award.

Best day on hill...

My best day on the hill would have to be either a sunny day with nice groomed runs and the feeling of your skis gripping, gliding and carving through the snow, or a blizzarding day with powder (only because then there are hardly any other people out to get fresh tracks!). But in reality any day on a mountain is a good day!

When I'm not skiing...

When I'm not skiing I'm usually studying for school as I am attending UVic and studying sciences, wakeboarding/waterskiing, baking, reading, or with friends and family. But in the winter skiing on the weekends is definitely one of my favourite things to do!



Our Coaching Staff

Nicola Anderson – U10 Coach



Home Base
Campbell River, BC

Nickname(s)
I have had many Nickname(s) over the years but “Nic” is definitely the one that caught on the most.

How long have you been with club - Racing/Coaching?
I have been with the club for 9 years, 7 years racing including 3 years of FIS. I am entering into my first year Coaching.

Coaching/Instructor Certifications & Awards

I have won many awards throughout my racing career, including winning silver at the BC Winter Games for the dual slalom. My most memorable award was the Club’s Ben Bellamy Sportsmanship Award in 2009. I have also completed my Coaching Level 1 with CSCF.

Best day on the hill...

I would have to say that there are plenty of amazing days on the hill. Those powder days where the snow is up to your knees, skis just gliding on top and the sun out, having a good time with the team or feeling the angles and edges gripping to the snow on a race course going fast. Any day on the ski hill is a good day.

When I’m not skiing....

I am usually up at the dance studio working on new moves, working out in the gym, spending time with family and friends, and enjoying life.



Our Coaching Staff

Joe Harper –U10 Coach



Home Base

I was born in England and emigrated to Canada in 2007.
I now live in Black Creek with my Mom, Dad, 2 dogs and 4 horses.

Nick Name(s)

How long have you been with club - Racing/Coaching?

I have raced for 3 years as part of the club.

Coaching/Instructor Certifications & Awards

I am now entering my second year of coaching.

Best day on the hill...

I would have to include good friends, good weather and I am not fussy, fresh powder or groomed, makes no difference to me. As long as I am up the mountain skiing.

When I am not skiing I'm...

When I am not skiing you can find me on the mountain downhill biking or cross country riding. I also enjoy water skiing, dirt biking/quading, team roping with my horse and I enjoy nothing better than playing a good game of rugby.