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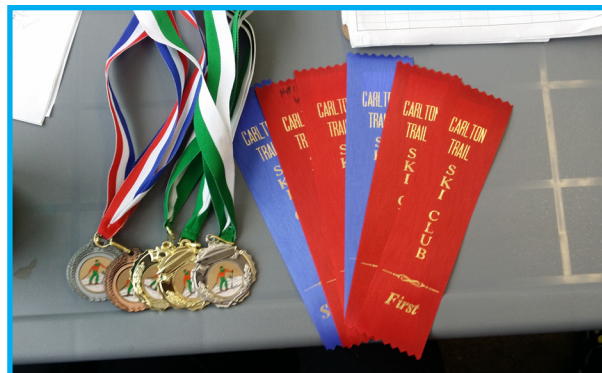
THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

www.saskatoonnordicski.ca

SEPTEMBER 2016



HiPer kids?
Courtesy of Alison Meinert



Lots of hardware!
Courtesy of Alison Meinert



Sometimes downhill –
sometimes uphill

Courtesy of
Cliff Speer



Easy does
it!

Courtesy of
Sheryl Riis



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PRESIDENT'S MESSAGE

Dan Beveridge

The air has been a little nippy during my last few paddles which always makes me look ahead to skiing season.

The facilities committee has been meeting all summer but winter seemed like a remote, abstract idea when I was wearing shorts. The facilities committee has a lot of interesting ideas to propose, so please read more about them in this issue or contact one of us to learn more.

The farmer's almanac is predicting a colder than normal winter; I hope it's also accompanied by more snow. Last year we had just exactly enough snow to ski in town—or at least enough to shovel onto the ski track—so we wouldn't want any less! It's a frequent challenge on the prairies. This year,

we're hoping to try snow fencing in a few trouble spots to provide better skiing with less shovelling.



OTHER NEWS FOR YOUR USE By Dan Brisbin

CCS AGM September 17th

Level 1 officials course taught by Al Theede and Dan Brisbin September 18th

The details for these two events are published on the CCS website.

Check it out!!!

If you haven't visited the Club's website lately you are in for a pleasant surprise!

On the **Calendar of Events** find out what Club activities are happening and when; we try and keep that up to date! Click the **Contact Us** link for answers to questions not found on the site.



Of note ...

YOUTH PROGRAM By Jan Sedgewick

Youth Programs are gearing up again but we need more coaches!

We have a great team of Coaches lined up for the 2016/17 ski season but we do need a few more.

On Wednesday evenings we need:
a 2nd Level I coach and one coach for our Learn to ski class which is for kids aged 8 and up that are new to skiing.

On Sunday afternoon we need a 2nd Level 2 coach.

Our Level 4 /Track Attack program is in need of 2 people to complete a 3 person teaching team that will cover the Wed and Sun sessions.

Please visit the youth page on our website to see the skills each level teaches.

Training is available for all levels early in the fall. If at all interested in

taking the Introduction to Community Coaching clinic (ICC), which is the entry level or the Community Coaching (CC) which is for Level I and II please contact Jan right away.

We could also use someone to coordinate the snacks and the snack servers.

Registration for participants will take place in mid to late September, once we have all our "skis in a row". If you were a member last year you will be receiving an email letting you know that registration is open. Please sign up early as classes fill quickly.

Contact Jan Sedgewick at jackrabbitssaskatoon@gmail.com or call 306-931-3305

Ski Swap anyone?

EB's Source for Adventure and the SNSC want to help you sell your child and youth sized used equipment .

If you or someone you know has good quality used youth sized equipment for sale we may have a buyer for it. The SNSC and Eb's Source for Adventure are facilitating a sale at Eb's store, 1640 Saskatchewan Ave, on Wednesday Nov. 2nd. This is a sale between seller and buyer so all transactions are cash. Staff from Eb's and SNSC members will sign in your used gear at 6:30 pm with the sale beginning at 7pm. Eb's staff will also be available to help you find new gear if you didn't find what you needed at the used sale. Every year we have way more buyers than sellers so check out your gear now and if you have stuff to sell bring it on down.

SKI AT SCHOOL SASKATOON

**Ski At School program or Cross country S"COOL"
Help keep it going!**

Last season SNSC Field Staff workers introduced over 1500 children in grades 4,5 and 6 to the joy of cross country skiing. The Club now owns a large package of ski gear that we can use for this age group. We also have some adult

sizes. We have a grant from MEC that needs to be used this season so we need to figure out how we move forward. For this program to continue we need a team to work on a strategy to make it sustainable, with human and financial resources.

Contact Jan Sedgewick at skischoolsaskatoon@gmail.com or call 306-931-3305

YOUTH HIPER PROGRAM

The Youth HiPer program is an introduction to racing program with a focus on developing ski skills, physical literacy (agility, balance, coordination), speed and approaches to racing. It introduces 8 to 14 year olds to the fun of competition, different types of races and exposure to training. Developmentally, this program targets athletes that are prior



Courtesy of Alison Meinert

to the onset of the growth spurt to just after, with a large focus on skill acquisition, speed and flexibility. The emphasis at this stage is on group-oriented games and activities to develop competency in the basic skills of both classic and skate skiing. Participants will be placed into training groups based on skill and fitness. However many activities allow for friends of different skills and fitness levels

to participate together. Participants will be encouraged to race in the Saskatoon Grapefruit Cup race series and attend Sask Cup level races as appropriate for the athletes in the program.

The program runs Wednesdays, Sundays and alternating Fridays from September through March and consists of 60 sessions. Participants in the program need to have intermediate classic and skate skiing abilities equal to completion of at least one year of Jackrabbits Level 3 program. Please discuss with the coaches if you are unsure of the level of your athlete.

Contact Alison or Geoff at alison.meinert@usask.ca for more information



Courtesy of Alison Meinert

ASSESSMENT OF ADULT INSTRUCTION 2015-16

The good news is that there is more than ample demand for SNSC Adult Learn to Ski courses. We scheduled three learn to classic ski classes with 8 participant each. All were fully subscribed weeks ahead of the start dates. Sadly, lack of snow, weather and issues relating to construction at Kinsmen Park forced many lesson re-scheduling and participant changes. This was disappointing for both the Club and the folks who want to get started in our sport. These challenges made it difficult for the instructor. The learn to skate ski course had two participants.

We'll explore use of different facilities and course formats in order to increase our offerings and participation rates. The primary goals of adult instruction are to get

more folks on skis with basic technique and knowledge, and, assist existing skiers to increase their enjoyment and productivity through improved technique. While more challenging local courses such as Willows and Blackstrap ask more of technique and fitness they can also be lots of fun. Although some may say an expert diagonal stride can take many years of practice, new skiers are often surprised how quickly they can learn basic technique in a structured class with a competent instructor.

Hopefully, you enjoyed your summer and stayed active. Doing something to challenge and improve your balance will pay dividends for your skiing and other activities, no matter what skill level you have.

Cheers,
Bruce Simms
Adult Instruction Coordinator

BLIND AND VISION IMPAIRED SKIERS

Saturday October 1, 2016 the Saskatoon Blind Skiers will be having their annual Hike & Wiener Roast at the Kuntz acreage, to start the coming season of activities. We welcome all blind and low vision people interested in joining us for our weekly fall walks along the Meewasin Trail, and for skiing once the snow comes. We also invite volunteer guides and others who want to learn more about the club to come to this event. Cost for food at the wiener roast is \$2 per person. For further information, you can e-mail Paul, paul.millette@sasktel.net or Joanne joanne.ferguson@sasktel.net

Conrad Lang
PR person

SUNDAY HIKING TOURS FALL 2016 – Update

By Sheryl Riis



Wow! What a delightfully long spring/summer! Thanks to our tour leaders, we had three lovely spring hikes. I hope you were able to enjoy being outdoors, throughout the summer. Now, it's time for fall hikes and Fall Suppers!

Please check the meeting place for each hike. They do vary. Hikes sometimes also include

an optional supper. Check to see if you need to contact the hike leader, so that they have numbers for supper. Sunday hikes meet at 9:45 a.m. and return between 5 and 7 p.m.

Bring water, a lunch, hat, layers, sunscreen, a sit-upon... and wear sturdy footwear. The terrain and weather can vary, throughout the day. The hikes are usually about 12 km.

When carpooling, we pay the driver \$10.00 per person. Payment is needed for suppers, if attending. Hikers should also be Saskatoon Nordic Ski Club members. Newcomers may attend one "free" hike, to check out the Club, before signing up.

Please renew your Saskatoon Nordic Ski Club membership and join us on the trails hiking and skiing. I also encourage you to volunteer to help out the club. The trails would quickly grow over, if it was not for volunteers clearing trees and brush. Leaders design and check hiking trails. Wood cutting is done in the fall, to lay in the supply for the ski huts. The huts and bathrooms are maintained. Trails at Eb's and in the city are groomed by volunteers, all winter. Your volunteer help is always appreciated!

Sheryl
Hikes Coordinator

**Leaders needed for hiking
and skiing tours/trips!!!**

Meeting places vary!

**Check website and Yahoo
Groups for updates!**

September 25 – "Miner's Creek Vicinity" with Macdowall Fall Supper

Leader: Heather Bernhard 306-242-1928

Meet: 9:45 a.m. across from Lawson Civic Centre, in the Lawson Height's Mall parking lot, by the park

October 2 – Dana Area

This hike takes place in the rolling terrain east of Saskatoon in the Dana/Meacham area. Trails are mostly well established and easy going over hilly ground. Elevation change over the 14 km is continuous but not arduous. Scenery is varied through aspen bluffs interspersed with open hillsides and wildlife is plentiful. This new hike had a successful pilot run on a beautiful fall day Nov. 15 last year, pictured in the accompanying photos.

No fall suppers have been discovered in the immediate area of the hike, so plans for same are undetermined at the time of this notice. Further details will be announced on the Yahoo Nordic Club Touring site. **"Heartbreak Hotel" a possible location.**

*** Note Change of Meeting place *** We will assemble at 9:45 to register & carpool at the **Saskatoon Field House paved parking lot (east side)**, sw corner of College Dr. & Preston Ave. in order to depart at 10 am.
Leader: Cliff Speer 306-653-5693

October 9 – "Thanksgiving" no hike organized

October 16 – "Borden Hike" with supper at the Borden Model-T Inn and Restaurant

***Call Bob by October 9th, if attending supper. (\$15.00)**

Leader: Bob Katarynych 306-373-1438

Meet: 9:45 a.m. across from Lawson Civic Centre, in the Lawson Height's Mall parking lot, by the park.

October 23 – "Eb's Trails" with Duck Lake St. Odilon Fall Supper

Leader: Sheryl Riis 306-382-9462

Meet: 9:45 a.m. across from Lawson Civic Centre, in the Lawson Height's Mall parking lot, by the park.

Continued on page 6

October 30 – “Redberry Lake” with a Wiener Roast!

Leader: Jeff Thorpe 306-343-1984

Meet: 9:45 a.m. across from Lawson Civic Centre, in the Lawson Height’s Mall parking lot, by the park.



Jeff Thorpe
Courtesy Sheryl Riis

November 6 – “Wakaw Hills”

This hike takes place in the hills northwest of Wakaw on a variety of terrain including a few steep hills and abandoned gravel pits. Parts of the route take in old trails gradually getting overgrown; other parts cover ground untrodden except by wildlife. There is no bushwhacking per se, but sturdy footwear is recommended. Route length is approx. 12 km.

The hike will conclude with a ten minute drive to Wakaw to attend the fall supper at St. Theresa Roman Catholic Church on Main St. For supper details check their site: <http://www.sttheresawakaw.com/news/>

*** Note Change of Meeting place *** We will assemble at 9:45 to register & carpool at the **Saskatoon Field House paved parking lot (east side)**, sw corner of College Dr. & Preston Ave. in order to depart at 10 am.
Leader: Cliff Speer 306-653-5693

Meet: 9:45 a.m. at the Saskatoon Field House parking lot, corner of College Drive and Preston Avenue.

EB’S TRAILS NEWS by Randy Chapman



Courtesy of Kate Germin

The autumn clearing work has begun at Eb’s Trails. Much of the deadfall has been removed and plans are under way to use the Yamaha Rhino and Swiffer brush mower to mow the system in October. The water table has lowered slightly, so we may be able to work on a higher percentage of the trails with motorized equipment than we could last year. There are no cattle in the northern sections this year, so we won’t again be dealing with the issues they brought last year.

“We will organize a work party in October to gather and cut wood for the shelters. Please watch for an email request for help.”

In February our Club will host the 15th annual Eb’s Day at the trails. It will, as always, be a special day of socializing, feasting and skiing at our trails, hosted by Heather and her crew. The tentative date is February 10, 2017.



Courtesy of Kate Germin



FACILITIES COMMITTEE by Kater Germin

One of the biggest goals from our Vision 2020 was to build a home for cross country skiing in Saskatoon. Since 2010, the SNSC Facilities Committee has been working hard to realize this goal. We have evaluated dozens of sites around Saskatoon on a number of criteria. We want a cross country ski facility that can host all of our programs and events, and that can continue to improve our ability to provide fun, safe and enjoyable experiences for all ages, abilities, and interests. We have determined that the Gordie Howe Management Area has the most potential to realize our goal.

We envision a winter fun activity hub for Saskatoon in the Gordie Howe Management Area that we would be a big part of. We would start with the trail grooming, physical shelter, and bathroom facilities that are fundamental to our operation. We would incrementally make infrastructure

improvements, such as trail lighting and snow-making infrastructure, all the while building our skiing community.

This will require forging partnerships with others such as the City of Saskatoon, the Saskatoon Lions Speed Skating Club, the Meewasin Valley Authority, Holiday Park Community Association, and Abbeyfield House. We have had preliminary discussions with people from all of these groups and we have received great positive feedback.

The Speed Skating Club welcomes us wholeheartedly to share their building, which they rent from the City. We are preparing a proposal which we plan to circulate to the membership for thoughts and discussion at our Annual General Meeting, Thursday, October 20th, 2016 at 7pm. Place TBA. Please come out to the AGM or contact one of the Facility Committee members to learn more.



Courtesy of
Alison Meinert



Courtesy of Sheryl Riis



Courtesy of Sheryl Riis



Courtesy of Sheryl Riis

