



# Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

[www.saskatoonnordicski.ca](http://www.saskatoonnordicski.ca)

September 2020

## Getting ready for Snow at Eb's Trails Courtesy of Kate Germin



Photos by Kate Germin



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Sheryl Riis

**Instruction/Competition**  
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**Junior HiPer**  
Alison and Geoff Meinert

**Ski-at-School**  
Jan Sedgewick

**Equipment Manager**  
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**Blind and Visually Impaired**  
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## PRESIDENT'S MESSAGE

Gail Motsi

Did you know that cross-country skiing is one of the safest recreational activities to engage in outdoors this winter? We have our own equipment, already keep a safe distance from others, and often keep our hands and lower face covered. I have heard that cross-country ski equipment is selling out fast in local stores as people start to think about what they will do this winter.

The Saskatoon Nordic Ski Club will be grooming trails again this winter at Kinsmen Park, Wildwood, Holiday Park (inner loop) and Ebs Trails near Duck Lake. Once membership for this season is open, I strongly urge you to renew your membership to help support the costs associated with keeping these trails in shape and accessible to all. I would also encourage you to promote the sport and the Club with friends and family so that we can expand our membership and address the increased interest. A lot of the support that we receive from Cross Country Saskatchewan is linked to the number of members that we have.

Aside from recreational skiing, our organized programs for youth and adult instruction and athlete development including the racing season are likely to be affected by Covid-19 restrictions. We are working out the details to ensure that participants are safe, so we have delayed registration until late October/November. We may not be able to use indoor facilities including washrooms, we may not be able to host or participate in events, and athletes may not be able to travel. We will have to keep records of attendance for contact tracing, and participants and instructors will have to stay at home if they are sick. But with a little patience and understanding, I am sure that we can work out a plan to continue with these programs in some form this year.

It is unfortunate that the pandemic has arisen at this time, just when we are poised to move into our new shared facility at the Gordie Howe Sports Complex. Construction started in August, with scheduled completion by January 2021. While we might not be able to be indoors, we can use the lit training loops for instruction, and the new garage to store our equipment.

Keep an eye on the Club's website, <http://www.saskatoonnordicski.ca/>, and follow us on Facebook, <https://www.facebook.com/saskatoonnordicski/>, for further updates on membership and programs. We will be holding our Annual General Meeting in October, and the date and venue will be provided to current members. At that time, we will have more information on the plans for the coming season.

Finally, I encourage you to volunteer with the Club to help us deliver our mandate to promote and develop cross country skiing in Saskatoon. You can contact any of the executive or program managers to express interest, and also indicate what positions you might be able to assist with when you sign up for a membership. We urgently require a Treasurer and Bookkeeper for the next year.



## SUNDAY HIKING TOURS 2020 – Fall Update

By Sheryl Riis, Touring Co-ordinator

Being able to cross-country ski, until April 11<sup>th</sup>, was amazing! Thank-you, to the very intrepid groomers. I enjoyed following behind them, on beautifully groomed trails. It was great to be able to be active, see others and chat, in the gorgeous forest, all at a safe distance!

After the snow melted, and the trails dried up, Eb's Trails continued to be a sanctuary, for safely enjoying nature, and the company of others. I continue to marvel at how the forest changes, from week to week... and how quickly the trails become overgrown. It is a reminder of how important it is to help out clearing the trails. Please consider volunteering to help maintain the trails, huts/washrooms, at Eb's Trails!

There will be no club organized Fall Hikes/Suppers. Members are always welcome to create their own hikes,

following the recommended health guidelines, regarding wearing masks, and maintaining a two metre distance.

Please also close the gate when there are cows at Eb's Trails, and wear blaze orange during hunting season. Hunting is allowed, at Eb's Trails.



I hope that you have been enjoying a safe summer!!!

See you on the trails,

Sheryl, 306-382-9462

## EB'S TRAILS NEWS

by Kate Germin

It is with sadness that we said goodbye to Eb Fass (Eberhard Edward Wilhelm Fass) who passed away on July 22, 2020 at the age of 89. One of Eb's passions was cross country skiing and he was instrumental in starting the trail system that we all enjoy so much today within the Nisbet Forest.

Eb's Trails have been well used by hikers this summer. The parking lots had several vehicles in them on any given day and especially on weekends.

We have started the preparation of trails for the upcoming ski season. Many of the overhanging trees have been trimmed to allow more snow to fall on the trails. Most trails have been cleared of dead fall. This can be an ongoing process, however, up to and throughout the season as winds bring down more trees in the old forest.

The equipment is ready for the season. Mowing will begin in the following weeks. Maintenance has been done to the huts as needed. Wood cutting day will be planned for late October, watch for postings about this on the website.

We hope for a **snowy** season.

Eb's Trail Crew

## MEMBERSHIP REPORT

By Jeff Thorpe (Membership Director)

Our membership registration will be a little different this year.

Normally we open registration for the coming year in mid-September. The reason for this is that parents with children in youth instruction want to register for classes as early as possible. However, this year, the youth instruction programs will start later than usual, because the organizers have to develop a plan to conduct classes safely under Covid restrictions. The organizers expect to have their plan in place by late October.

Because of these changes, we will open the new registration in LATE OCTOBER.

When registration opens, we will post the information on the club website ([saskatoonnordicski.ca/membership](https://saskatoonnordicski.ca/membership)), and will send email to last years' members. Hope to see everyone out skiing!

## ADULT INSTRUCTION UPDATE

By Bruce Simms – [brucesimms@sasktel.net](mailto:brucesimms@sasktel.net)

Greetings!

The long-range forecast is for a snowier Dec-March than normal, but with normal temps. Sounds promising. Eb's Source for Adventure reports extraordinary interest in cross country very early this season, with some manufacturers already sold out. If you're thinking of buying ski equipment, it would be best not to wait. As an instructor I can say that it is crucial to be fitted with equipment that is matched to your size, ability and interest. Garage sales and chain stores are best avoided unless you really know what you're doing. Modern equipment offers ease of use and superior performance. For instance, grab and go skin skis are eliminating grip waxed classic skis used for most except racers and real performance enthusiasts.

Our plan for adult instruction course offerings is similar to last season. A learn to classic ski course in Dec, followed by two learn to classic ski courses in Jan - Feb and a learn to skate ski course starting Jan. The lesson schedule must be adjusted if the weather is too cold or trail conditions inadequate. A positive and enjoyable learning environment is important. Check Adult Ski Lessons under the Adults tab of the Club website for the opening of course registration. Private lessons are also available.

Ski lessons typically lead to a safer, more fun and a more productive time on skis. You'll be able to handle a wider variety of terrain and conditions. Social distancing is not hard to maintain as class sizes are limited to eight and we're mostly outdoors. See you on the trails.

## YOUTH PROGRAM

by Alison Meinert

Cross-country skiing is a true family sport, with many kids joining their parents on the trails almost from the moment they can walk. Our exceptional coaches and volunteers help young people develop solid technical skills, physical fitness and a love of the outdoors.

Nordiq Canada's Skill Development Programs include the Bunnyrabbit and Jackrabbit programs. The Bunnyrabbit program is designed for children age 3-5, introducing them to skiing in a fun group atmosphere. The Jackrabbit program provides fundamental ski skill training aimed at 6-9 year olds. Please visit our website for more information - <http://www.saskatoonnordicski.ca/youth/youth-ski-lessons>

The 2020-2021 season will be a bit different because of the ongoing COVID-19 pandemic. The club is working hard on a plan for the safe delivery of our lessons this winter. The lesson schedule is currently tentative but historically the club has offered lessons on Sunday afternoons and Wednesday evenings. Additional nights (Monday and/or Thursday) may be offered depending on demand and availability of coaches.

Bunnyrabbits - program will run from January to mid-March (10 weeks)

Jackrabbits Level 1 & 2 - program will run from January to mid-March (10 weeks)

Jackrabbits Level 3 & 4 - program will tentatively run from mid-November to mid-March (15 weeks)

Unfortunately under current restrictions due to Covid-19 we will not be able to offer drinks and snacks after lessons. We will also need to limit access to our indoor facilities. At this time the club is not planning to host a Youth Ski Swap this fall. We are exploring options to bring buyers and sellers together online.

Please look for registration to open online in mid- to late October. Participants from last year will be receiving an email letting them know when registration will open. Sign up early as classes fill quickly. Please take the time to review your



child's progress report from the end of last season in order to help choose the appropriate level for your child. Our wonderful coaches are the people who make this program possible. In order to offer as many spots as possible to our young skiers we are actively recruiting coaches for the upcoming season. Coach training is available. If you are interested in joining our coaching team please contact [youth@saskatoonnordicski.ca](mailto:youth@saskatoonnordicski.ca)



HiPer Kids clowning at Blue Mountain



and serious at Dryland practice

## THE YOUTH HIPER PROGRAM by Alison & Geoff Meinert

### High Performance Training

The Youth and Junior HiPer (High Performance) programs offer our competitive skiers the opportunity to train and compete provincially and nationally.

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 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 [saskatoonyouthhiper@gmail.com](mailto:saskatoonyouthhiper@gmail.com) for more information

The Junior HiPer Race Team offers a year round training program for athletes **14 to 23+**. Skiers should have skills in both skate and classic skiing. The focus of training is on physical conditioning and improving ski techniques.

Participants will take part in the Saskatoon Grapefruit Cup race series, Sask Cup level races and Cross Country Saskatchewan training camps. Athletes will be encouraged to attend Western Canadian Championships and National Championships.

Contact Robin Butler at [skirobin@sasktel.net](mailto:skirobin@sasktel.net) for more information

## **YOUTH HIPER PROGRAM Report** by Robin Butler

### **HiPer Happenings ..... Fall 2020**

Well, its been quite the year for the training team and while no one really knows just what we are actually training towards, we are still out there training faithfully away. We carefully kicked off our dryland training in the late spring with proper physically distanced activities (one of the big advantages of being in a sport like cross country skiing ..... all outside and easy to stay apart) like trail runs and outdoor core strength workouts. We were able to effectively complete five fitness tests over the spring and summer (all outdoors), and the start of late July roller skiing was a real treat at the University with virtually no cars to be seen anywhere. Large empty parking lots with painted parking stalls and “flexible” divider poles made for an absolutely amazing agility course that the team worked to perfection over the summer. Our Tuesday core finale involved our first ever “ObstiCORE” course using running, upper body core activities and roller skiing to push the team to the limit. Fun stuff.

Our plan is to keep the momentum of a successfully executed spring and summer program running into the fall and early winter. The roller skiing will start to transition towards more race focussed activities, and hill running sessions will start to increase in intensity out at Cranberry Flats, on the sands.

Now all we can do is hope for the world to start to “normalize” so all the training the team has and is doing can come to bear on the competition field.

**Our intention is to run a high intensity winter program including the Grapefruit Cup, but the rules of the game will undoubtedly look different. We have a plan for the race series and will release details as we get closer to the start of the race season. All contingent, of course, upon local restrictions and guidelines set out by the Province, SaskSport, CCS, etc.**

*The following is our general program write-up.*

**The High Performance Ski racing and Training (HiPer) team** provides high intensity focused training for developing and competitive cross-country skiers. HiPer was loosely formed 16 years ago with the local competitive athletes within the Saskatoon Nordic Ski Club getting together to train. Over time the training team advanced to become quite structured and very quickly adopted the name HiPer.

The program runs throughout the year and follows general YTP (yearly training plan) macro cycles of base building and energy systems development specific to cross country

ski racing. In general, the program begins after a short recovery period post-competition season and moves into a progressive aerobic and core muscle base building phase throughout the summer, coupled with increasing intensity activities. Late summer and fall sees the program ramp-up in intensity and ski specific activities leading into late dryland roller ski racing and early on-snow “tune-up” races. The culmination of the training year focuses around on-snow training activities leading up to major competitions that each individual team member will be participating in. Individual training activities are recommended for each athlete taking into consideration competition goals.

Many athletes participate in other sports and activities over the summer months therefore the HiPer program remains flexible with its training expectations and works with the individuals to tailor activities to suit.

Coaching support is available for all team members to help in the development of focussed training plans specific to cross country skiing, or even as supplementary plans for cross-training with other sports. The program provides coaching support up to but not necessarily at major competitions. This is due to the nature of the program whereby many athletes attend different major races depending on their goals and objectives.

#### Program highlights:

April – period of active rest where the athlete is encouraged to rest and recovery after the competition season.

May – Tuesdays. Once a week sessions with workouts focusing on core strength and general fitness on. The off-season training begins with a fitness test (fittest #1) to establish benchmarks and focal points for the remainder of the training year. The fitness tests occur every fourth Tuesday throughout the summer.

June –Tuesday core fitness workouts and start-up of trail runs on Thursdays.

July – Tuesday core fitness, Thursday trail runs.

August – Tuesday core fitness. Thursday trail run. Start of rollerskiing on Sunday mornings. Rollerskiing always starts with instruction in a technique focus for the session.

September – Final fitness test (fittest #5), then hill running with poles begins out at Cranberry flats

on the Tuesday. Thursday trail runs now move to Saturday and we start incorporating high intensity activities such as time trialling into our Sunday roller skiing.

October, November – Tuesday hill running, Saturday trail running, and rollerski time trialling on Sundays.

Late November, December – On snow. Tuesday/Thursday skiing with early season technique work. Sundays start into “HiPer Challenge” time trialling on snow.

On-snow/competition period. – Tuesdays are reserved for the Grapefruit Cup (GC) where athletes are encouraged to participate. GC registration costs are covered within the HiPer program registration fee. Thursdays are focussed technique sessions and/or waxing session when there is a weekend race. All the athletes meet and wax their own skis with recommendations and instruction by the coaches. HiPer benches and waxing equipment are

available to be used, as well as the “wax of the day”.

We also encourage team members to share planned activities outside of the regular scheduled sessions through posting on our Facebook page. Sending this information to Kathy or Myself will get it posted for the team to see.

Registration for the program is through Zone 4 when signing up with the Saskatoon Nordic Ski club. For more information contact Robin or Kathy Butler at [skirobin@sasktel.net](mailto:skirobin@sasktel.net) or [skikathy@sasktel.net](mailto:skikathy@sasktel.net). Check out our website at <http://saskatoonhiper.weebly.com> and like us on Facebook at HiPer Training as well as HiPer Grapefruit Cup. All HiPer information is posted to Facebook and the website. A schedule is made, but is subject to change frequently, so we recommend that Facebook is used for daily updates. Due to frequent changes we adopted a policy of posting every workout the day before.

## BLIND AND VISUALLY IMPAIRED SKIERS REPORT by Stan Windels

Hello from the Saskatoon blind skiers!

We are starting our year on Saturday, September 26 with an annual general meeting and social in the back yard of Judy Prociuk, 134 Silverwood Rd., Saskatoon, starting at 10 AM. We have ten blind skiers, but only seven guides. If anyone is interested in being a guide or volunteer, please contact Conrad Lange by phone at 306-477-2227, or Joanne Ferguson By email at [joanne.ferguson@sasktel.net](mailto:joanne.ferguson@sasktel.net), or simply come to the meeting. We will be practising social distancing, so bring your own lawn chair and bring your own drink.

We plan to start hiking on Saturday, October 3 at 9:45 AM meeting at Kinsman Park Ferris wheel parking lot; walking on the Meewasin Trail. After the hikes there will be a brief social on the grassy area next to the parking lot. Again, bring your own chair and bring your own drink note: there is usually no hike during Thanksgiving weekend. Social distancing will be practised as long as necessary.

That's all for now. See you next Kivliski.





*HiPer skiers making a colourful statement*

## **SKI-AT-SCHOOL** by Jan Sedgewick

The Ski At School program is seeking lead and assistant instructors for the 2020/2021 ski season. We offer “learn to” classic style ski lessons on school days from January to mid March. Grades 4, 5, and 5/6 classes are invited to register for morning or afternoon sessions.

Training is available and your instructing schedule can be flexible. You must be a member of the SNSC. An honorarium is provided for each session taught.

For more information contact Jan at [skiatschool@saskatoonnordicski.ca](mailto:skiatschool@saskatoonnordicski.ca) or call 306-931-3305