

DECEMBER 2017 HOLIDAY EDITION



SUCCESSION PLANNING

With 10 cm of fresh snow at Duck Mountain for the first nordic trip of the season, Em Cameron was very pleased to guide Kaylie and her mom, on their first trip to Madge Lake.

“It was the youngest, the oldest, and me, the mom, least in shape,

and it was a blast!” said Amy.

Kaylie and her older brother just took up biathlon last year and this was her first trip to a larger ski area. Sometimes she was a bit worried about missing the bus, but Em was a wise guide and got everyone back safely.

DECEMBER 2017 EVENTS

Wed Dec 27

- Alpine Race: Nancy Green Mission Rg Ft Qu'Appelle
- Jackrabbits Lessons 5:00-6:30 PM Science Ctr
- Wednesday Night Race Location TBD

Dec 27 - Jan 2 (tentative)

- Alpine Race: NG Family mountain trip
- Alpine Race: RART Camp 2 location TBD

Sat Dec 30 8:00 AM

- Nordic trip: Kenosee Trip Moose Mtn Provincial Pk

CONTRIBUTORS

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Succession Planning

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CCCC Coach Program

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Groomed Trails

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REGINA BIATHLON CLUB

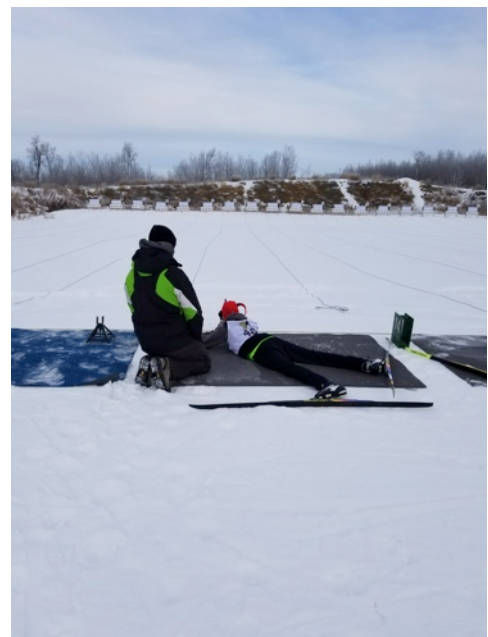


Foggy member memories recall that the Regina Biathlon Club had its beginnings from a like-minded conversation at a Saskatchewan Motorcycle Racing event. Then, in the following winter of 1979, one of our member families attended an inaugural biathlon race at CFB Dundurn. The following year, 1980, the Regina Biathlon Club was started, with the involvement of the Armouries, and an association with the Regina Wildlife Federation. Over time, the Club became a Program of the Regina Ski Club.

Now, after about 38 years, we continue to evolve and improve, and we again have many new members who will continue the active enjoyment of winter training and competition. The 2017-18 racing season started Dec 7-8 at Blue Mountain near North Battleford. This was also a test for this venue for the 2018 Sask Winter Games. Most of the Regina Biathlon Club membership attended. The comments back after the race were very positive and complimentary.

First race highlight parent and athlete quotes included:

- He was nervous as this was his first race, but is now prepared for what is expected, and for what is to come.



- Saturday - he made good friends in the penalty loop (all - from novice, to High Performance, to Olympian will eventually meet in the penalty loop, as shooting clean is rare under race conditions).
- I got chocolate for shooting clean - and it was the BIG bars.
- Shooting was much better on Sunday, the nerves were gone, his confidence was buoyed, and after



missing only one shot he actually cracked a smile on his one penalty loop.

- Needs work on the skiing aspect - "if I squinted my eyes, he looked like Bambi on ice". (To be expected after being on skis for only 3 practices!!!)



- "I was so proud of him for getting back out there on Sunday and giving it his best at the races, and I was happy that he said he was proud of himself. Even once the event was all over and folks were packing up he wanted to hit the trails one more time and ski the longer yellow loop because he heard from others it was fun. So I definitely feel that the weekend was a success for him."

- It was great to see new biathletes and the speedy teenagers racing on the same track and having a blast.

- The event was well organized and very welcoming.

- The coaches and audience were very encouraging.

- Amazing number of volunteers.

- The full weekend of races completely drained him.

- He is hooked on biathlon.

- The ski trails and renovated accommodations at Blue Mountain are awesome.

- Wow!!! Our first race... and I got 2 bronze medals - and my younger sister got 2 golds!!! (Thank you to the Saskatchewan Wildlife Federation for that sponsorship.)

- The evening kitchen ceilidh showed some impressive accordion, guitar, banjo, and spoon percussion talents, and camaraderie amongst parents and competitors.

- "Can't wait to do it again"

Note: We practice every Saturday morning at the Regina Wildlife Federation. With a small membership fee, you can start at any practice or race event. An audience is always welcome. For more information, visit us under programs at www.reginaskiclub.com.



WILDLIFE ON THE TRAILS



Up close and personal with nature while skiing the beautiful Blue Mountain trails near North Battleford in early December.



The young deer followed us partway around the trails.



There was a foot of Snow in the Carrot River area in late November!

Can you spot the deer on the left?



CROSS COUNTRY CANADA COMMUNITY COACH PROGRAM

Coach Alison Meinert with Cross Country Saskatchewan led participants through Community Coach clinic at Kiwanis Park Regina. Dave Robertson, Dave Macdonald, Deanne Selinger and Scott Brunskill with Regina Ski Club along with Jason and Janice Grundahal (with Qu'Appelle Valley Nordic) were in attendance.

All are on the path to be certified Cross Country Canada coaches for the FUNdamentals age group (6 to 9) in the Jackrabbits program.

Participants attended a 16 hour dry land and on snow course. They learned intermediate classic and skate ski skill-teaching techniques that will be of great benefit to our participants.

We had a blast and look forward to delivering some new skills to our FUNdamentals age group!

If you are interested in attending this program in the future, please email the Jackrabbits Coaching Coordinator (jackrabbitskiclub@gmail.com).

Community Coaching (CC)

This 16-hour workshop is the second step in the NCCP progression. It provides essential training for coaches delivering an effective skill development program to children six to nine years of age (the

FUNDamentals stage of skier development). It is designed to train coaches to teach children intermediate technical skills in an enjoyable way so that it is FUN to learn, to select games that reinforce the technical skills being taught, to design and lead on-snow sessions, and to select and prepare equipment for young children. Successful completion of the NCCP Introduction to Community Coaching Workshop is a prerequisite.

LOPPET PASSPORT

Cross Country Saskatchewan has reintroduced the Loppet Passport to recognize and encourage skiers to participate in the many loppets in the Province. Originally run in the late 80's by SaskSki and promoted by Laurie Cameron, of the infamous "Cameron Ski Family". Prizes are awarded based on the number of different loppets you ski and distances covered. For members of a Club that is as mobile as the RSC this should be a great "in-Club challenge". Passports are available at loppet sign ins.



Awards

- Participants have 4 seasons within which to ski different loppets.
- Award Levels:
 - o Bronze Pin – 4 different loppets within 2 seasons
 - o Silver Pin – 7 different loppets in 3 seasons
 - o Gold Pin – 10 different loppets within 4 seasons
 - o Platinum Pin – 10 different loppets at the maximum distance within 4 seasons
- Youth Certificates (age 14 or under at registration)
 - o Jack Rabbit – 4 loppets within 2 seasons, can repeat same loppet each season
 - o Cottontail – 7 loppets in 3 seasons, can repeat same loppet each season
 - o Hare - 10 loppets within 4 seasons, can repeat same loppet each season
 - o Klister – 10 different loppets within 4 seasons

Start and finish of the term is based on date of Registration.

GROOMED TRAILS OUT THE FRONT DOOR



early season photos...
out our front door and
on to the beautifully
groomed trails of
Kiwanis Extension and
Les Sherman Park

how blessed we are to
live in this community
that grooms so many
trails right in the heart
of the city!



JACKRABBITS



Thank you to all participants and parents who came to tonight's fitness and campfire session! It seemed that the activities and outdoor air increased the normal food consumption for our participants. :-).

Coach Scott led Jackrabbits 2 to 4 on a Nordic Walk to Candy Cane Park while Coach Deanne led the scavenger hunt activity with Bunnyrabbits and Jackrabbits. Thank you to Coach Bryan for planning and organizing tonight's event!

Our next session is tentatively set for Wednesday, December 28th.

Hope all have a very Merry Christmas!

