



## **Annual Report to AGM March 26, 2022**

### **President's Report**

**Dale Hjertaas**

Although Covid impacted our programs in many ways, we were able to return to full or near full programming, with appropriate safety protocols, in most of our youth programs. Competition resumed, although the Saskatchewan Winter Games planned for Regina were cancelled due to risks of Covid and are now planned for next February. We adapted our social events with well attended fall and spring outdoor gatherings and the Virtual Loppet again stimulated many skiers to push for that extra distance. Sharing ski experiences on the Virtual Loppet Facebook Page also added to the ski experience and, I think, stimulated some people to ski more.

Nordic Youth programs saw good participation with Bunny Rabbits and Jackrabbits 1 having the highest enrollment in 5 or more years. Alpine racing teams also saw growth. That is promising for the future of our youth programs.

One of the things I am especially proud of about our Club is our Alpine Adaptive Program and how it makes skiing available to people who need extra support. This year we also had 1 member compete in provincial Nordic races on a sit ski and the Nordic Youth Program partnered with Canadian National Institute for the Blind to offer lessons to CNIB members. Skiing is a lifetime activity and it is a sport that can be accessible to most people. I really appreciate the initiative of our volunteers who make that thought a reality.

Our recreational bus trips were again a casualty of the pandemic. We decided that the long bus trip and extended stay of an alpine trip posed too much risk of infection, so did not plan any alpine bus trips. Our Nordic trip leaders planned a full schedule of trips, but one by one they were cancelled. We cancelled some when infection rates were very high, the last couple were cancelled when not enough people registered, showing our membership mostly prefer to be cautious. Nordic Tours Coordinator, Kim Smith, is preparing a short survey to members to help understand what our membership want from Nordic trips. That will help us plan next year's program.

With youth programs back in place our membership jumped to 708. You can see the interest areas of members in the membership report.

The Club was able to upgrade some of its grooming equipment. Thanks to a Sask Winter Games Legacy Grant, the Club acquired a new snowmobile for grooming at Kinsmen Park and a second track setter, allowing the groomers to set two classic tracks at once. A new electronic groomer was also acquired for use at Les Sherman Park, a significant improvement for the groomers there. We very much appreciate

financials support for these acquisitions from the Saskatchewan Winter Games Legacy Grant, City of Regina, and Cross Country Saskatchewan. Facilities were also improved at the Bathlon range where volunteers spent many weekend hours to renovate the old storage building. Installing steel siding, windows and doors and shelving will do much to improve the functionality of the range. A Sask Sport Equipment Grant helped our Adaptive Alpine Program purchase a new sit ski.

Last spring the board decided to develop a new website to replace the existing ten-year-old site. A committee consisting of Guy Hughes, Gregg Brewster, Dale Hjertaas, and David Wessel was appointed to coordinate the project. After considering several proposals, the committee chose Julien Locke to develop the site. Julien is a competitive Nordic skier who has developed websites for several other ski clubs. He also hosts NordicPulse, a proprietary application and website designed to report trail conditions. Our new website was designed, developed and tested during the summer and fall. It went live at <https://reginaskiclub.ca/> at the beginning of November. One of the great features of NordicPulse is that you can easily check conditions at any other ski trail using Nordic Pulse. We have encouraged Saskatchewan Parks and other ski clubs to consider using NordicPulse.

We were blest with the largest snowfall we have had in several years. That has provided a good base for our Nordic trail system and a longer ski season than experienced for the last couple of years. The boom in skiing and other outdoor sports observed last year continued and ski trails received a lot of use. The walking trails we groom at White Butte and Kinsmen Park also saw a lot of use.

However, the winds have created serious grooming challenges, creating huge drifts across the trails at White Butte and requiring a lot of extra work by our grooming team.

Many members have expressed to me their deep appreciation for the work of the groomers and how much they appreciate the trails. So, on behalf of all of us, thank you groomers.

Speaking of thanks, we have many other volunteers to thank. Our members spend thousands of hours coaching, acting as officials at events, organizing events, attending meetings with the City, repairing equipment, applying for grants, developing the new website, paying the bills, organizing tours and then having the disappointment and work of having to cancel, attending Board meetings and many other activities. This year, with the weather and with Covid, volunteering had a bit of an extra challenge. So, I wish to express my deep appreciation for the work of every volunteer and of our paid coaches. You are the ones who make our club a success. Thank you.

Finally, I wish to acknowledge that our success owes much to the support of a number of partners including: SaskTel, Mission Ridge, Saskatchewan parks, Culture and Sport, Provincial Capital Commission, City of Regina, Rural Municipality of Edonwold, Regina Wildlife Federation, Saskatchewan Wildlife Federation, Fresh Air experience, sunshine and Ski, Nystuen Trust, Sask Sport, Saskatchewan winter Games, Cross Country Saskatchewan, 1989 Jeux de Canada Games Foundation, Biathlon Saskatchewan, Diamond Telecom Services Inc and Young's Equipment.

## **Regina Alpine Racing Team (RART)**

### **Kelly Lucas**

Race Team preseason conditioning dryland training ran from September 7th to November 19th, 10 days outside at Science Centre in the park and 10 days inside at Level 10 when the weather cooled down.

Race Team early mountain camp was held at Sunshine and Lake Louise from November 24th to 27th (4 days) with exceptional mountain snow. The athletes had the opportunity to watch the season opener of the Men's FIS Downhill event at Lake Louise.

Mission Ridge training ski season started on December 19th for both Race Team and Nancy Greene athletes.

This year we had 30 U12-U18 Race Team athletes with one Para-Alpine athlete. The Nancy Greene U6-U14 had 24 athletes.

Race Team training consisted of 28 scheduled days at Mission Ridge, 3 were cancelled due to cold (hill not open), 3 cancelled due to lack of snow in March (MR is not open some Thursday and Friday nights to save snow for weekends). Sask Cup races were held January 15-16 at Mission Ridge, February 19-20 at Table Mountain, and year end final March 11-13 at Timber Ridge with an awards night and banquet. Sask Winter Games was scheduled to start the 3rd weekend in February but cancelled due to Covid concerns.

Nancy Greene had 10 scheduled Sundays of training, 1 cancelled due to cold. Their Mission Ridge January 8-9 Festival was also cancelled due to cold but later rescheduled for February 12-13. They also had a Festival at Table Mountain March 5-6.

Sask Alpine and RART organized online training days for Level 1 and 2 officials courses as well as Level 2 Ski Cross officials. Entry Level (EL) coaches training was also organized for January 8th.

Mission Ridge had another great year of public attendance with exceptional snow conditions. Their new far west run, "Bucksaw", is a welcome addition to the hill.

Our season is scheduled to end with the annual President's Cup fun day event on March 27th at Mission Ridge, pending snow.

## **Nordic Youth**

### **David Brock**

The Nordic Youth Programs for the Regina Ski Club is a suite of organized cross-country ski programs comprising Bunnyrabbits (aged 3 - 5), Jackrabbits (aged 6 – 10), fun and active Adventure Ski (aged 11 – 18), technical training in TrackAttack (U12 and U14), and the Nordic Race Team (13 – 20). Regardless of levels of age or ability, all of these programs reflect the values of fun, healthy lifestyles, respect, and inclusivity.

These programs are sustained primarily by volunteer coaches and support teams, many of whom are the parents of young athletes or athletes who themselves have benefitted from ski programs and coaching. The coaching team includes Andre Bourque (Race Team and U8 Jackrabbits), Scott Brunskill (TrackAttack and U10 Jackrabbits), James Millar (JR1), Calvin Lai (JR1), Stephanie Mehison (JR1), Jennifer Wyatt (Adventure Ski), Bryan Chappelle (Adventure Ski), Doug Opseth (Adventure Ski), as well as Bunnyrabbit coaches Sandy Bain, Laura Fauchon, Ian Mulholland, and Elizabeth Tomczak. Additional planning, communications, and organizational support was also volunteered by Calvin Lai and Stephanie Mehison.

We recognize the many parents and other family members of athletes who periodically lend assistance in so many unseen ways that are crucial to fun and effective program delivery: this includes everything from snacks to ski waxing to cheering. Given the tempo and intensity of the Race Team, special thanks are owed to Laurie and Robert Weiman, Cory Kulczycki, Marie-Eve Buisseries, Carmen Brunskill, Quinn Beal, and Sheri Adam.

In addition to coaching and organizing, Nordic Youth Programs rely on the volunteer groomers who make sure – in the coldest, snowiest, and darkest weather of the year – that athletes have tracks and trails to ski.

Nordic Youth Programs continues to see the biggest growth in the Bunnyrabbits program, where, this past year, the RSC had its highest levels of registration since 2017-2018; this growth trend carried forward to the 2021-2022 Jackrabbits 1 program, which, this past season, had its highest level of registration in the past five years.

#### Registration Figures by Program

Bunnyrabbits: 35

Jackrabbits: 69

Adventure Ski: 13

Track Attack: 14

Race Team: 13

Dryland training for older athletes (ages 8 and up) began in September and carried through until snowfall on November 8. On-snow programming was well underway in December for older athletes, and extended to the full Jackrabbits and Bunnyrabbits programs in January. Younger skiers typically participated on Sunday afternoons from early-January through mid-March. Older skiers often skied on Monday evenings, during race nights on Wednesdays, and again on Saturdays and Sundays. The Race Team maintains a year-round schedule, beginning in May with individual physical training carrying into Fall with more ski-specific training (e.g., roller skiing), and culminating with major races in March; this constitutes anywhere from 300 to 650 hours of training per Race Team athlete.

The biggest event of the year may have been the one that didn't happen, after the Saskatchewan Winter Games - due to be hosted in Regina in February 2022 - was cancelled due to the on-going Covid-19 global pandemic. Although other events were disrupted for reasons of public health guidance or cold weather, the 2021-2022 season was still full of competitive and family ski events. RSC athletes participated at numerous loppets, the numbered SaskCup and AlbertaCup races, the Provincial Championships in Saskatoon, Western Canadian Championships in Red Deer, and the Canadian Nationals at Whistler. Among this past season's racing highlights included 8 athletes participating at the Provincial Championships and garnering 10 podium finishes for the RSC.

Nordic Youth Programming is primarily funded through annual athlete registrations, lesson fees, grants, and the overall RSC annual budget allocation. Again in 2021-2022, the Race Team and Track Attack benefitted from a generous donation from the Nystuen Trust, via the National Sport Trust Fund; this contribution from the Nystuen Trust enables dedicated coaching and training for athletes to compete. The Race Team also benefitted from a grant through the 1989 Jeux de Canada Games Foundation, with particular investments in equipment and waxes.

This past year, Nordic Youth Programs also engaged in community partnerships. In March, we partnered with the Saskatchewan Orienteering Association to do orienteering on skis; the event was organized by Calvin Lai and Jen Wyatt, with mapping, maps, and orienteering provided by the Association. In February, we partnered with the South Saskatchewan branch of the Canadian National Institute for the Blind to deliver a series of ski lessons to CNIB members; lessons were organized and delivered by Brennan Craig, with support from other members of the RSC. This was a welcomed opportunity to learn more about program delivery with a diverse set of skiers as well as ideas for potential future community partnerships.

Planning for the 2022-2023 season, we will focus on continuing to improve organization, communications, and succession planning for the enhanced and expanded delivery of RSC Nordic Youth Programs.

## **Biathlon**

### **Merle Boyle**

- Membership - the biathlon club is a bit smaller than last year. Covid was an issue, but events were well managed with weekly waivers for attendance, and vaccination requirements.
- Practices and Competitions - Saturday morning practices occurred most weekends with a few cancellations due to cold temperatures. Extra Sunday practices were attended by families who had their own "bubble" for 5 athletes. Competitions were attended in Canmore, Camrose, Lumsden, and North Battleford. The RWF hosted one very successful 2-day competition with 147 registrations (50 athletes). Saskatchewan Winter Games were postponed due to Covid, are now planned for February 2023. Some athletes are attending 2022 Nationals in Prince George next month.
- Facilities - club volunteers spent many weekend hours to renovate the old storage building. Installing steel siding, windows and doors and shelving will do much to improve the functionality of the range. Targets still need attention resulting from depreciation and vandalism.
- Partnerships - the Regina Ski Club grooming crews provided many volunteer hours to ensure great trail conditions. Snow events, winds and drifting were challenging this winter. Thanks to the Saskatchewan Wildlife Federation for the sponsorship announcement, and to Biathlon Saskatchewan and Saskatchewan Winter Games for facilities grants.
- Highlights - Often seen are → a dozen whitetail, 2 moose (cow and large calf), a few mule deer, partridge, owls and porcupine are seen on the RWF and adjacent White Butte Park trails.

# Alpine Adaptive Ski Program

## Gord Poulton

### Program

- Program has 25 members, with 10 active instructors, 8 active students and 7 volunteers.
- On snow program began on January 15 and we had 5 training days 1 Mountain Para Camp and our SaskTel Challenge Cup on March 19
- We have 2 members attending the CADS Festival in Sun Peaks March 28 to April 1.
- The newly renovated basement lunch room has made a great spot of the program to work out of, with double door to outside, access to handicapped washroom and space for wheel chairs.

### Instructor Training

- We have 2 new volunteer instructors, Brent training for CADS level 1 and James training for his level 2.
- Joel Makan, Brent Waldo and Gord Poulton attended Silver Star Instructor Camp.
- 4 members took advantage of the CSIA Pro Days at Mission Ridge for CSIA training on January 22
- Looking for more volunteers for instructors and helpers at the hill.

### Para Alpine Race

- Kurt Oatway returned to the National Para Team with 3 podium wins at Panorama in November.
- Kurt Oatway suffered a season ending crash at Lillehammer, Norway on January 12, breaking his collar bone, 3 ribs, and damaging his left lung. He is recovering at home in Calgary and hopes to be back with dryland training this summer.
- Joshua Schramm got classified at Panorama as a B2 skier in November.
- Joshua Schramm trained at Canmore with his guide Joel Makan, with the Rocky Mountain Adaptive ski program for 3 race camps.
- Joshua Schramm also competed in the Mission Ridge and Timber Ridge Sask Alpine race series.
- We hope to have 2 athletes attend the 2023 Canada Winter Games in PEI.

### Fundraising

- We received a Sask Sport Equipment grant which help purchase a new sit ski.
- Diamond Telecom Services Inc have donated \$1,000.00 towards Joshua Schramm's training and racing program.
- SaskTel continued their Corporate Sponsorship for the 15th running of the Challenge Cup held on March 19th.
- Young's Equipment helped sponsor the luncheon at the SaskTel Challenge Cup with a bronze sponsorship donation.

## **NORDIC FACILITIES**

### **Gregg Brewster**

Snow arrived in early December, accompanied by horrendous winds which continued to plague trail maintenance for the rest of the season! Nordic trail establishment began in Kinsmen Park in early December with a hand made trail by RSC volunteers shoveling from drifts. White Butte Trails (WBT) & other City of Regina (CoR) site trail maintenance activity was delayed until the X-mas holidays. On four occasions the exposed sections of WBT were closed due to huge snow drifts, taking several days & special rented equipment (Bobcat/blowers) to restore into skiable condition. Volunteer time approached 500 hours at WBT by late February, a 40% increase over normal activity. Similar increased pressure on volunteer time occurred on city trails. On the positive side, the good trail base allowed skiing into mid March, and skiing at White Butte extended into the forth week of March.

New grooming equipment was secured for Nordic trails at Les Sherman Park (electronic groomer) & Kinsmen Park (second electronic track setter & replacement snowmobile) assisted by grants from City of Regina (CoR), Sask Winter Games (SWG) & Cross Country Sask (CCS).

WBT - grooming equipment at WBT underwent major repairs due to aging machinery & extreme drift management pressure; plans for improved parking & traffic management are underway with Sask Parks (PCS) along with equipment replacement over the next few years.

KP – plans for upgraded storage of grooming machinery are underway with CoR.

Wascana /Science Center - sidewalk & ski trail maintenance conflicts continued & were addressed, at least temporarily, through consultation with Provincial Capital Commission (PCC) staff at Wascana Center.

Pandemic restrictions resulted in continued increases in visitation of RSC maintained Nordic facilities at WBT & city trails, bolstered further by the return of school classes.

## **Social Director Report**

### **Leona Spruyt**

An outdoor Greet and Meet gathering was held on Sunday, November 7<sup>th</sup> in place of our indoor Social/Registration evening. What a great turnout we had at Douglas Park. In addition to those who have been active in the club for many years, there were several families and individuals in attendance who expressed an interest in learning more about the club's activities.

A virtual Loppet was held again this year with a one-time registration for the season at \$20/individual. The participants could choose distances for one day, one month or the entire season. There were forty-one registrations with everyone receiving a Regina Ski Club toque and 15% discount coupon from FAE upon registration. Drawstring bags along with a 15% discount coupon from Sunshine and Ski were

presented at the end of the season. The Facebook page, “Regina Ski Club Virtual Loppets”, was an active online community where photos and personal ski experiences were shared which added an element of motivation for the members to ski their distance goals.

In place of the Ski Club’s annual Wind-up Potluck/Social we held a Nordic Winter Wind-Up at White Butte on March 12th, an outdoor gathering at the ski shelter. This event provided another opportunity to meet up with friends.

- Regina Ski club toques were available to purchase at \$20. We continue to have many toques for sale.

Thanks to:

- Kim Smith for assisting at the Meet and Greet
- Maureen Reid for setting up the Zone4 registration pages for this season’s virtual loppet
- Dave Wessel for posting events, distances of the loppet participants and photo collages to the website
- Karen Hardy for sending emails to ski club members promoting the events

## **NORDIC TOURS**

### **Kim Smith**

This cross country ski season paralleled last year's with regards to nordic tours. Once again a trip schedule was put in place. This schedule included some date and destination changes with the intention to adapt to COVID protocol adjustments that had taken place.

Our team of dedicated trip leaders focused on putting their individual trips together, confirming bookings and payment with club members.

Some including modified loppet arrangements, booking accommodations and/or dining establishments. Let alone the small details that always come up. Only to have all reverse the process with cancellations and refunds of payments.

Please join me and recognize the dedication of our trip leaders: Dave Safnuk, Leona and Jack Spruyt, Barry Mang and Lorna MacPherson, Amber Carlson, Tracy Johnston and Joanne Zepp, Aldona Torungrud and Tamela Friesen and Karen Hardy.

Kudos also to Karen Hardy and Dave Wessel for continuous promotion and website updates.

All so dedicated, a part of what The Regina Ski Club is all about, the people.

Once again, Engelheim Bus Services was understanding when cancellations were made. It was a little tougher each time, making that call. Please keep Engelheim Bus Service in mind for possible getaway. –



## Input and Concerns From Club Members

To help us plan trips for next season, we intend to send a survey to all members over the summer. We value your input and encourage everyone to respond to the survey.

### Membership Director Report – 2021-2022 Maureen Reid

<b>Regina Ski Club Membership Statistics</b>	<b>2020-2021</b>	<b>2021-2022</b>
All Members	560	708
<b>Member Activity Type</b>		
Alpine	137	111
Alpine Adaptive	5 (included with Alpine)	18
Nordic	385	390
Nordic Biathlon	21	31
Alpine and Nordic	17	14
Member Activity Type Not Selected	n/a	161
Minus Duplicate Registrations	n/a	-17
<b>Programs</b>		
Regina Alpine Snow Stars – Ages 5-13	6	37
Regina Alpine Race Team	4	49
Alpine Recreational	12	74
Alpine Coach/Volunteer	n/a	26
Nordic Recreational	363	446
Bunnyrabbits – Ages 3-5	7	33
Jackrabbits – Ages 6-7		28
Jackrabbits – Ages 7-10 (Fall Dryland and Onsnow)	27	7
Jackrabbits – Ages 7-10 (Onsnow)		18
Nordic Adventure Ski – Ages 11 & Up	4	3
Track Attack – Ages 9-13	1	14
Track Attack – Ages 9-13 – Biathlon	0	6
Track Attack – Ages – 9-13 (Summer Training)	n/a	0
Nordic High Performance – Ages 13 & Up (Summer Training)	n/a	3
Nordic High Performance – Ages 13 & Up (Sept. 1-Apr. 30)	1	4
Nordic High Performance – Ages 13 & Up Biathlon (Sept. 1-Apr. 30)	0	3
<b>Lessons</b>		
Learn to Classic Ski	*	18
Skate Ski – Primer	*	0
Classic Ski – Primer	*	1
Intermediate Classic Technique Improvement	*	2
Intermediate Skate Technique Improvement	*	3

## **Webmaster Dave Wessel**

In the spring of 2021, the board of the Regina Ski Club decided to develop a new website to replace the existing ten-year-old site. A committee consisting of president Dale Hjertaas, vice-president Guy Hughes, facilities director Gregg Brewster, and webmaster David Wessel was appointed to coordinate the project. After considering several proposals, the committee chose Julien Locke to develop the site. Julien is a competitive Nordic skier who has developed websites for several other ski clubs. He also hosts NordicPulse, a proprietary application and website designed to report trail conditions. Our new website was designed, developed and tested during the summer and fall. It went live at <https://reginaskiclub.ca/> at the beginning of November.

Using newer technology, the current website includes several improvements over the former one:

- Automatic screen resizing for different devices, particularly smartphones. The old site was sized for larger screens only.
- Trail condition reporting is now powered by NordicPulse. Users can access trail information through either the RSC website or the NordicPulse site. Currently, Nordic Facilities Director Gregg Brewster updates these pages manually. An automated system is also available, should we decide to use it in future.
- Very flexible display of future events, with several event categories (e.g Alpine Adaptive, Wednesday Races) and different types of lists and calendars.
- Automated selection of most recent news items and most immanent events for display on the home page.
- Better use of photos. Many of the pages on the website have a header which includes an automatic / manual slide show of several photos.
- The website is not only easier to use than the old one, it is also easier to maintain, with many automatic features built in.

The Alpine Racing and Biathlon clubs continue to maintain their own websites, at [rart.ca](http://rart.ca) and [reginabiathlonclub.ca](http://reginabiathlonclub.ca) respectively. The RSC website continues to contain a page for each of them. Each of those pages contains a brief description of the program, with links to their websites.

## **Communications Karen Hardy**

- 15 emails
- 1 brochure for Sunshine and Ski
- 1 poster for the Meet and Greet
- 3 Sitzmarks so far
- Various Facebook posts