



Number 17 Looking Pretty Relaxed

Regina Ski Team

Hi everyone, my name is Nathan Weiman. I started skiing around the age of 4 with the Regina Ski Club Jackrabbits program. That's where my passion and interest for skiing began. Getting to be outside in the snow with my friends, exploring trails and playing games.

Around the age of 12, I met Phyllis "The Legend" Bend on the trails at White Butte. She was the coach of the Regina Ski Club High Performance Team and she told me I looked like a really good skier and I should join her team and give racing a try. I'll be honest, I wasn't sure if I was very excited about the idea but I'm pretty sure my mom forced me to give it a shot!

Thanks Mom.

From that point on my competitive race career began. I still remember it very clearly as it was a major turning point in my life. I'm not sure I would be competitively skiing if I hadn't

met Phyllis on the trails. I'm sure glad it turned out the way it did.

Sask Cup races were awesome and once I experienced even larger competitive environments, like Canmore, I realized how much more I could improve as a skier. As time went on I put all of my time and commitment into skiing. Having other interests isn't a bad thing but I knew what I wanted to focus on and that was skiing.

Fast track to today. I've competed in many out of province races (far too many to count), including competing in five Canadian National Championships (2nd place at 2018 Nationals), seven Western Canadian Championships (2nd place in 2022) as well as the 2019 Canada Winter Games for Team Saskatchewan. Safe to say I like skiing!

I'm now in my 1st year at UBC Okanagan and I'm still passionate about competitive skiing. That's the reason I moved from Regina to Vernon. This year I joined the Sovereign Lake Nordic Development Academy. The Academy supports and develops athletes who want to compete at a high level while balancing post secondary education with it.

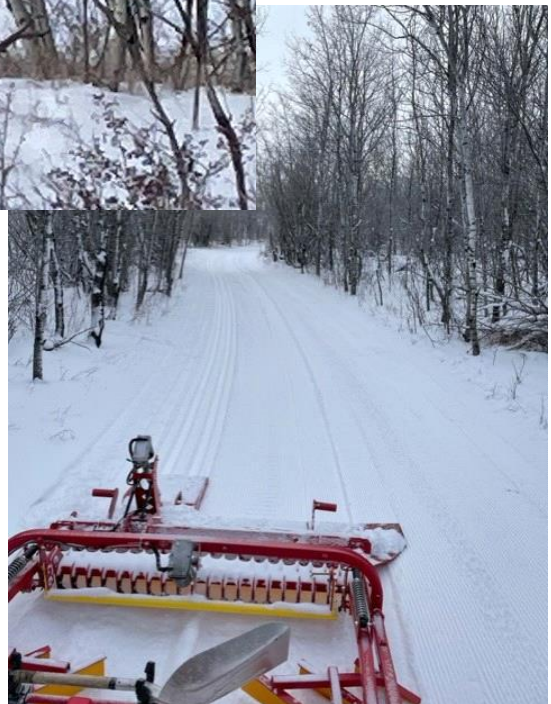
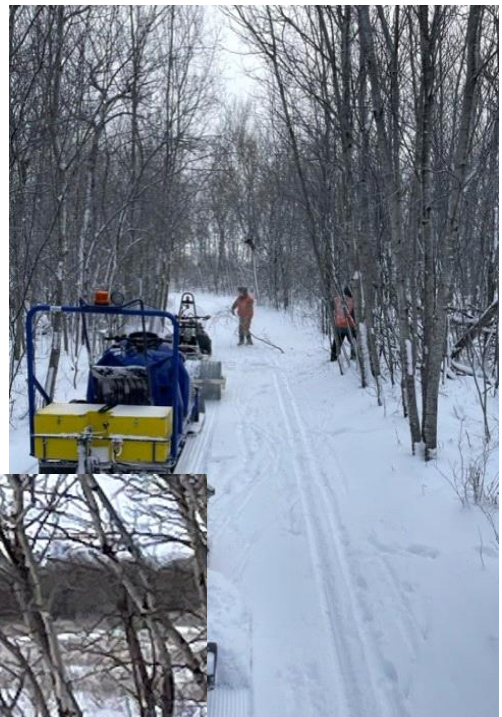
The move to Vernon has been an exciting change for me. I'm not gonna lie, balancing new responsibilities along with training, school, and work has been overwhelming at times but you get into a rhythm of balancing your priorities.



I'm super excited to see where this new chapter takes me. I think I'll always love competitive skiing - from the people I've met, the places I've travelled and the atmospheres I get to train and compete in. There's no better sport! A big thanks to my friends, family, coaches and volunteers throughout my skiing career. You were always there for me when I needed it.

Information regarding the program : [here](#)

Grooming at White Butte Trails



Volunteers Needed to Help with Sask Winter Games

Your Regina Ski Club is Hosting the Cross Country Ski/Para Nordiq and Alpine events at the 2023 Saskatchewan Winter Games, February 19 to 25, 2023. The success of these events and providing a positive experience to the athletes, coaches and spectators rests upon the work of our Club Volunteers.

Our club currently needs volunteers to help run the Nordic and ParaNordic events. Our existing groomers will ensure the ski trails are ready for the skiers. We need volunteers to serve as officials at the races. This may involve timing, helping get skiers lined up for starts, or watching at a check point to ensure all skiers pass. Ski events will take place in the Foothills and Douglas Park in Wascana on February 23, 24 and 25.

Please consider volunteering. It will be a great experience and will help make it a great experience for young athletes from across the province. To volunteer you must sign up at: [www.https://saskgames.ca/winter/volunteer](https://saskgames.ca/winter/volunteer). Also please email the club at reginaskiclub@outlook.com so we know to look for you in the lists of volunteers. The Winter Games, of course, also need volunteers to help with many aspects such as accommodation in addition to running the actual events.

There are benefits beyond knowing you have helped in putting on a great Games experience:

- 2023 Saskatchewan Winter Games Volunteer uniform which includes a toque, long sleeve shirt and cinch bag;
- Access to all the sport events throughout the week of the Games;
- Discount on Saskatchewan Winter Games Merchandise;
- Access to volunteer lounges throughout the Games with snacks and refreshments;
- Opportunity to develop new skills and meet new people;
- Opportunity to give back to your community and youth sport in the province.

We also thank the Winter Games for providing Regina Ski Club with a grant which helped us purchase a new snowmobile to ensure we can keep all trails well groomed during the games and for all skiers after the games.



Ambassador Program 2022

The Club is again seeking volunteer ambassadors for White Butte.

Here is a description of the duties; if you'd like to help out call Guy Hughes @ 306 737 6570

PURPOSE: To assist skiers, walkers, dogs, snowshoers & fat bikers to observe winter trail rules!

Trail Maintenance issues:

One set of foot prints on ski trails leads to more foot traffic on ski trails, which then look like the walking trail, which is no good for skiing.

-Safety issues: Foot traffic conflicts with skiers placing both at risk of injury.

Volunteer Ambassador duties:

-Attend WBT trailhead in pairs, 2-3 hours during high traffic times (weekend afternoons).

-Wear high visibility RSC vests for recognition.

-Provide trail & signage information about winter rules (designated trail use; leashed dogs, doggie bags).

-Direct foot traffic/dogs to winter walking trail.

-Promote sheltered trails at SW Parking lot off Stone Point Acre road for walkers, dogs, snowshoers, fat bikers.

-Thank foot traffic for using winter walking trails.

-Promote trail donations (cash box; e-transfer) to help offset RSC maintenance costs. RSC volunteers spend many hours & considerable funds maintaining ski trails & winter walking trails.

This program has worked well to help with the concerns mentioned as well as to promote the Regina SKi Club!

Regina Ski Club Bus Trips

A reminder to our members that bus trip seats and the companionship of like minded, friendly, season loving, people are still available.

Why sit on the fence when you can join fellow members on our always enjoyable bus trips this season?



Our first two trips, are day trips, Madge Lake Saturday December 17 and Kenosee January 7. These offer a touch of only part of what our club is all about, a great introduction to new members.

The third trip is an overnight trip to Eb's trails near Saskatoon and Little Red near Prince Albert, January 14 & 15.

Our fourth trip offers a four-night, mid-winter getaway of both Alpine and/or Nordic skiing in the Canmore area, January 26 - 30. The Regina Ski Club is looking forward to the return of this feature trip to Canmore, which includes a few encouraging perks!

The club is not booking accommodations for this trip. Members must book your their own rooms at The Rocky Mountain Ski Lodge. This will give you the opportunity to chose the room and features you'd prefer. Booking early guarantees your accommodation, as this is a high demand season for Canmore. The direct link for lodging information, which includes a 15% discount can be found at:

<https://reginaskiclub.ca/wp-content/uploads/2022/11/Canmore-2023.pdf>

The fifth trip, to Kenosee February 11th, has a Valentine's theme, "which you may want to bring a friend on".

The sixth and final trip to Madge Lake includes the Moose Mountain Loppet for all levels of skiers, not intimidating but fun for all!

Check on our website for continuing updates - reginaskiclub.ca

RART Early Mountain Camp

RART (Alpine side of the Club) headed out to Canmore for early mountain camp. We skied 4 days, November 23-26, at Sunshine Mountain, Nakiska, and Lake Louise where we watched the World Cup race.

The High Performance kids stayed another week heading home late Friday night December 2nd after a week training at Nakiska.









Contributors:

Nathan Wienman
Regina Ski Team

Gregg Brewster
Grooming at White Butte Trails

Kim Smith
Nordic Bus Trips

Dale Hjertaas
Volunteers Needed to Help with Sask
Winter Games

Kelly Lucas
RART Early Mountain Camp

Events:

December 6, 6:30 - 7:30 pm
Learn to Classic Ski
Klnsmen Park

December 7, 6:15 pm
Wednesday Night Races
Host Sandy Bain

December 12 - 18
Alpine Adaptive - Para Camp
Silver Star Mountain
Contact Gord Poulton

December 17, 9:00 am
Madge Lake/Duck Mountain Day Trip
Contact Dave Safnuk 306-543-9877