



Nordic NEWS

Welcome to 2015-16 the Ski Season

We have a busy year with many races and loppets scheduled. Hopefully the weather will cooperate. This is the first of three editions of the Nordic News we plan to publish this season. We hope you like the new layout. If you have any information from your clubs you would like to include in the newsletter and shared with the members of Cross Country Sask, please pass it our way. We like to share stories for the clubs. Enjoy the ski season. The snow will arrive soon.

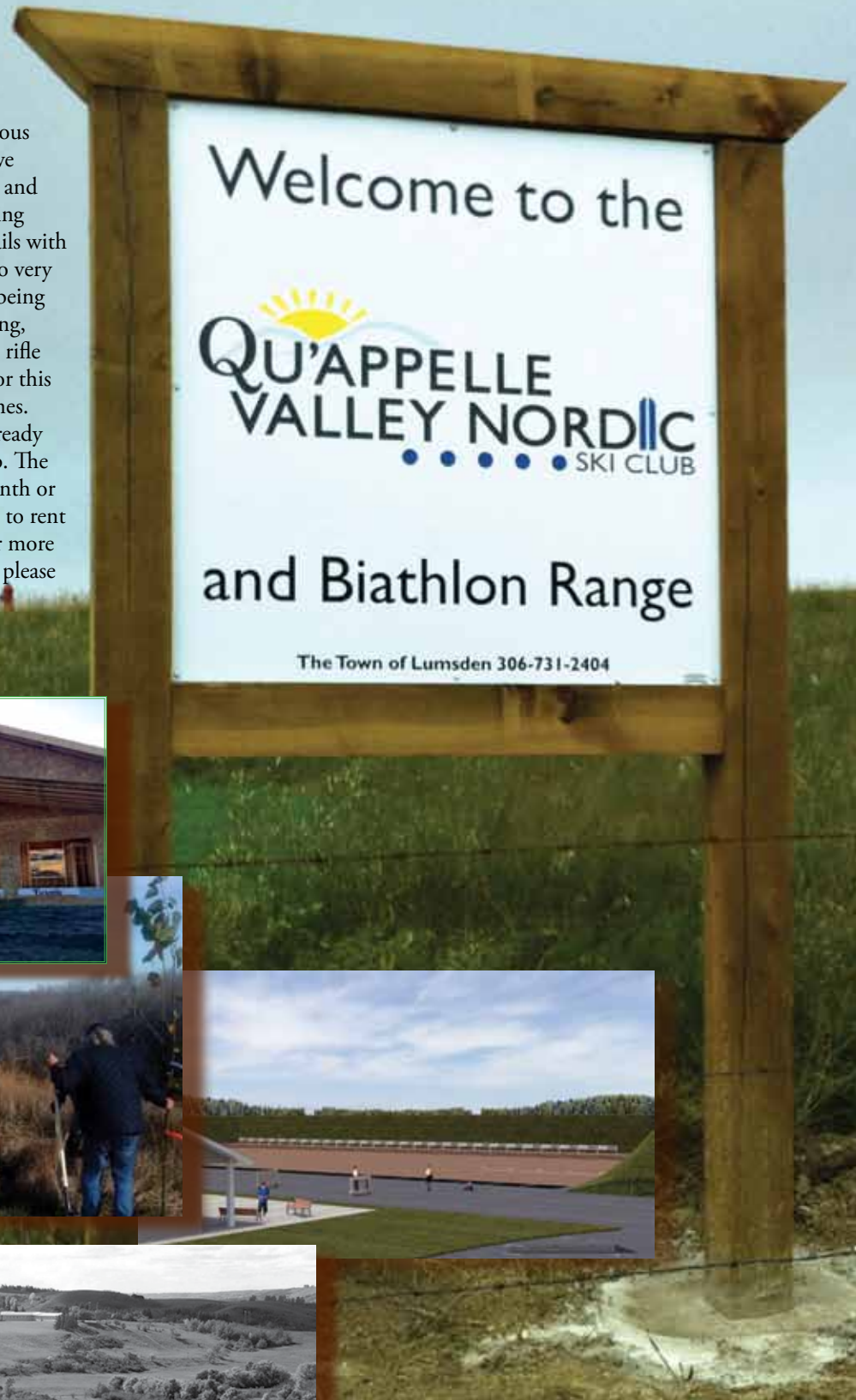
CCS Events Calendar

Sask Cup # 1 and #2	La Ronge	Dec 5 & 6
Sask Cup #3	Humboldt	Jan 24
Sask Cup #4	Prince Albert	Jan 30
Prince Albert Loppet	Prince Albert	Jan 31
Cheesecake Classic Loppet	Elmhurst	Feb 7
Sask Cup #5 & 6*	Regina	Feb 6 & 7
Valentines Day Loppet	Carlton Trail	Feb 13
Westerns	Prince George, BC	Feb 18 - 21
Lamplighter Lopet	Good Spirit	Feb 20
Provincial Championships	Saskatoon	Feb 27 - 28
Duck Mountain Loppet	Kamsack	Feb 27
Don Allen Saskaloppet	La Ronge	Mar 5
Sundog Challenge	Yorkton	Mar 6
Sask Cup #10 - School Ski Championships	La Ronge	Mar 11
Nationals	Whitehorse, YK	Mar 19-26

**Head to Head Race*

Qu'Appelle Valley Nordic Ski Club Lumsden

THE QU'APPELLE VALLEY NORDIC SKI CLUB has begun programming in Biathlon and will begin programming in Cross Country Skiing as soon as the weather and snow conditions allow. Through the generous support of Cross Country Saskatchewan, we have been able to purchase a YTS groomer and track setter. We will be grooming and setting approximately 5 km of skate and classic trails with a wide range of difficulty levels from easy to very challenging. These trails are also currently being used by the residents of the town for walking, hiking and biking. The construction of the rifle range for Biathlon is close to completion for this year with twelve .22 lanes and 8 air rifle lanes. The range was certified in August and is already being used several times a week by the club. The clubhouse will be built within the next month or so as well. The QVN range is also available to rent by contacting qvnskiclub@gmail.com. For more information on Qu'Appelle Valley Nordic, please like us on Facebook.



Left to Right: Workers clearing the trails, view of the trails from the highway and a drawing of the proposed clubhouse with biathlon range.



Wildfire Fury

By Valerie G. Barnes-Connell

Wildfires raged through northern Saskatchewan in June and July of 2015 burning much in their paths.

More than 100 structures burned, more than 12,000 people displaced and one of the hot spots - La Ronge and area.

The La Ronge Nordic Ski Club felt the impact with 90 per cent of our 60 kilometres of trail impacted in some way.

We lost three structures, including Check Points 2, 3 and 5 (the Summit Chalet), which, although important to our club, were owned by the Park.

When the fires were controlled and people returned home from evacuation, the process of examining the damage and working out a plan for the recovery of the trails began.

Members of the Ski Club executive and representatives from the Lac La Ronge Provincial Park staff met to discuss the situation.

We saw the damage, but the good news - the trails were still there. We faced much work to bring them back.

Ski Club executive members met with Parks staff and toured some of the trails together as the Park personnel had closed the ski trails deeming them dangerous.

The Ski Club and Parks worked together to come up with a plan. Under Park regulations, trails had to be cleared with no

timber within one tree length of the trails and only people with chainsaw certification could proceed with the work.

The Ski Club organized two full weekend chainsaw certification courses with eight participants in each course. Sixteen people have been trained and they, along with other ski club members, people from the community and beyond have been offering as much of their time as possible to go out to cut, fell, clear the trails. The work included inspecting and repairing bridges; fixing culverts; brushing and cutting and all the different jobs needed to ensure we have at least some of our trails ready for the upcoming season.

Matt and Krista Klassen, a local couple, volunteered to replace the Summit Chalet, an important structure and landmark for skiers on our trails. They donated the materials and built a cabin with insulation and vapour barrier.

They also included a sturdy heater for the cabin, which is now ready for our annual Solstice Ski held on Dec. 21. We are thankful for their generosity.

We are thankful for the grant from Cross Country Saskatchewan (CCS) for their support of our chainsaw training. We also appreciate Park personnel, our members and our neighbours near and farther away, for their support and enthusiastic work to ensure we have at least some ski trails ready when the snow arrives.

While much has been done in recent weeks; there is still much work to be done.

**The Ski Club and
Parks worked
together to come
up with a plan.**



The options for aerobic exercise during the Canadian winter can seem grim: slipping and sliding along icy streets, pedalling nowhere under the fluorescent lights of the gym, and so on. But there's a better option, one that, recent research suggests, actually offers unique advantages compared to the alternatives. When it snows, why not make for the cross-country ski trails?

Stay Young

Researchers in Sweden and at Ball State University in Indiana assembled two remarkable groups of octogenarian men. All of the volunteers were healthy, lived independently and were capable of completing a vigorous exercise test to exhaustion. The difference was that one group was composed of lifelong cross-country skiers who trained four to six times a week, while the other group didn't do any formal exercise beyond the activities of daily living.

It's not difficult to predict the punchline here: The skiers were in better shape than the non-skiers. But the magnitude of the differences is jaw-dropping. The results of a battery of physical tests, which will be published in a forthcoming issue of the *Journal of Applied Physiology*, show that the skiers had approximately twice the cardiovascular and muscular fitness of the untrained group.

Even compared to previous studies of lifelong endurance athletes in their 80s, the skiers

In contrast, the untrained subjects, despite being blessed with remarkable health, were perilously close to the "prognostic exercise capacity" that's associated with an inability to live independently. The message: Good genes can help you live a long life, but if you want to fully enjoy those later years, go skiing.

Use Your Arms

One of the big differences between cross-country skiing and other forms of endurance exercise, like running and cycling, is that your upper body plays a big role. How big? A forthcoming study in the *Scandinavian Journal of Medicine & Science in Sports* offers some clues.

Researchers tested a group of 16 elite Norwegian skiers, half of the group male and the other half female, in four different exercise protocols, each requiring different levels of upper-body contribution. The most arm-intensive activity was double-poling, where the propulsion is provided entirely by the arms. Next was "G3 skating," the freestyle technique in which skiers double pole with every stride. Then came the classic skiing style, with skis kept parallel. And the final exercise was running, which doesn't use the arms at all for forward motion.

The goal of the study was to understand

The Jaw-Dropping Benefits of Cross-Country Skiing

were about 40-per-cent fitter, suggesting that the full-body workout provided by cross-country skiing is uniquely effective. In fact, their fitness "places them in the lowest all-cause mortality risk category for men of any age," the researchers point out.

The results are consistent with earlier studies of cross-country skiers: An analysis of 73,000 men and women who participated over a 10-year period in Vasaloppet, an annual long-distance race series in Sweden, found that they were less than half as likely to die during the follow-up period as matched controls from the general population.

how the male skiers' greater upper-body strength would affect performance in the different techniques. Sure enough, the men were comparatively better in the most arm-dependent tasks: They were 20-per-cent faster at double-poling, 17-per-cent faster at skating, 14-per-cent faster at classic style, and just 12-per-cent faster while running.

The results suggest that you should vary your technique on different types of terrain in order to maximize your full-body workout. In particular, include some double-poling – particularly on long, gradual downhill, where it's tempting to just coast.

Continued from page 7.



“Rediscover Winter”

By Craig Francis

Again for the 2015-16 ski season CCS will be sending out our “Rediscover Winter” poster to all School Divisions and almost all schools in the province, to the nine Sport and Recreation Districts and to all towns and cities with populations over 1,000.

Each Club will receive a set of posters that you can distribute in your area to spark interest and help build your memberships.

The poster lists all of our Member Clubs. It lists the Loppet Series, the Race Series, training camps and CCS support available to our member Clubs. It may be an opportunity to add members to your Club and it may also be an opportunity for more clubs to begin.

Last year we had a number of inquiries generated by this mailing. CCS relies on volunteer field workers to respond to these inquiries and when none are available we try to work with the closest Club to see if they can help the

individual(s) out. Therefore we ask our Clubs to be aware of this initiative and capitalize on it if you receive interest in your area.

CCS was able to respond to some of those inquiries and resulted in field workers attending 3 clinics in Regina, a day and 1/2 in Lumsden, a day at Neudorf and a day at Fort Qu'Appelle. We also learned that many schools have ski equipment (of varying quality) but limited experience in giving any instruction. This could be a great way to advance our healthy lifestyle activity and sport.

Be aware and become involved when possible. Thanks.

The Rediscover Winter poster that will be distributed.

Having a Ski Event? Short on Equipment for Participants?

OVER THE PAST 5 YEARS CCS has assembled ski equipment for use by our Clubs and our outreach efforts to help introduce cross country skiing into schools and communities in the province. A listing of the equipment and the use policy is on the CCS website under Clubs and Benefits. Note: these sets are limited but do try to provide a cross section of sizes to complement what the Clubs may be able to provide. Here are the highlights:

Classic Ski Equipment

Adult:

- 10 sets of skis from 180cm to 210cm
- 15 pair Boots sizes 39 to 48
- 10 pairs of poles 130 cm to 160cm

Youth:

- 10 sets of skis from 140 cm to 170 cm
- 10 pair of Boots sizes 34 to 38
- 10 sets of poles 115 cm to 125 cm

Jackrabbit:

- 5 sets of skis from 130 cm
- 7 pair of boots sizes 29 to 3
- 5 sets of poles 100 cm to 110 cm.

Skate Ski Equipment

Madshus Set

Adult:

- 9 sets of skis from 180 cm to 195 cm
- 11 sets of Boots sizes 38 to 46
- 9 sets of poles 145 cm to 160 cm.

Rossignol Set

Adult:

- 5 sets of skis from 180 cm to 190 cm
- 8 pairs of Boots sizes 39 to 45
- 7 sets of poles 150 cm to 155 cm.

Youth:

- 7 sets of skis from 150 cm to 170 cm
- 10 pairs of Boots sizes 34 to 38
- 5 sets of poles 130 cm to 145 cm.

All sets, Classic and Skate, are NNN binding systems.

Highlights from the Equipment

Use Policy

Purpose:

To increase opportunities for our Clubs and field workers to introduce cross country skiing to schools and communities.

- Build Clubs and Club membership.

Principles:

- To support organized events.
- To treat all applicants for use of the equipment fairly.

Booking:

- Events should be planned (dates) and bookings made well in advance. Bookings should be no longer than 1-2 weeks. Demand may limit time.

Shipping:

- Shipping is by STC bus or other user travel. CCS will cover the cost of STC shipping.

Equipment Maintenance:

- The last user is responsible for ensuring all items are shipped to the new user.
- Damaged equipment is to be reported to CCS; do not discard.

Waxing:

- Some Classic skis (youth and Jackrabbit) are waxless. Waxable skis are the responsibility of the user. Event host should inspect the wax as needed.



Summer Training Camp at Blackstrap

With the support of Cross Country Saskatchewan, the Saskatoon Nordic Ski Club's high performance team, Hiper, was pleased to be able to host a Summer Training Camp from Friday July 10 to Sunday, July 12, 2015. The camp was held at Blackstrap Provincial Park 40 km south of Saskatoon. It was an opportunity to work hard and have some fun with friends in a group setting.

Friday started off with everyone sweltering in the heat as temps soared to new records for Saskatchewan. I believe a new record was set for how much water and Gatorade could also be consumed in one afternoon. Due to the heat, a few of the activities were shortened and the 3 km time trial turned into 1 ¼ for most of the athletes. The core strength testing went as planned. The post testing ski walk ended with the group staring at the "pimple on the prairies" then "almost" everyone together went "nah", to the climb. Everyone, that is but Brett. "Can we do it, Can we do it? Can we do it?" After the walk, the group was introduced to the wonders of Blackstrap Lake for a refreshing cool down, dinner, then a day ending sport science session on goal setting, over at Cedar Lodge.

Saturday started with a full 6 km jog with poles and this time we DID climb the hill. It's longer and steeper than it looks, and the view from the top really is amazing. After "coffee break" the

group went through some relaxing stretches (led by Shannon), then strength, stability and agility exercises. Good training when you get a ball in the head. (You had to be there). A sport science session on energy systems followed lunch, then a group activity of pseudo football, soccer, ultimate all combined. Call it a "mixer".

The barbeque wind-up at the end of the day, sponsored by the Saskatoon Nordic Ski Club, went great, despite the thunder and showers that moved in. Refreshing break from the heat. The standard draw for "swag" followed the hamburgers, and the big highlight of the evening came from Shannon's version of our national anthem while cart-wheeling across the lawn, then Ewan's portrayal of Elsa, from Frozen, singing, Let it Go. (You REALLY had to be there).

Sunday morning had the traditional roller ski session with door prizes of bandages ready to be handed out. Thankfully, none were handed out.

The camp was organized and lead by a strong coaching team:
HEAD COACH: Robin Butler
COACH: Geoff Meinert
ATHLETE LEADERS: Scott Fraser, Kathy Butler, Andrew Brisbin

All-in-all, fun was held by all and the key highlight was in the excellent opportunity to get to know fellow athletes and their families! The message at the end of the camp was, "let's do it again!"

It was an opportunity to work hard and have some fun with friends in a group setting.

The Jaw-Dropping Benefits of Cross-Country Skiing continued from page 4

Climb Hard

The occasional steep uphill on a cross-country course is a necessary evil. (How else do you earn the downhill that follows?) You can turn your skis perpendicular to the hill and side-step your way up, or even take your skis right off. But the quickest solution – like pulling a band-aid off – is to angle your skis slightly outward and herringbone up at top speed.

Clambering up a hill in this style is like a miniature sprint, and it will send your heart rate shooting upward. That's

a good thing: Over the past few years, researchers have shown that including some short bursts of intense activity in your workout can produce a much more effective and time-efficient workout.

It's possible to insert similar bursts into other types of workouts, like running or cardio machines at the gym, but a rolling cross-country ski loop integrates them naturally, since you'll slide backward if you don't keep pushing.

Of course, cross-country skiing isn't without drawbacks. For city-dwellers

in particular, it can be difficult to find good trails, though temporary tracks blossom in many urban parks after a good snowfall.

More importantly, it's a strictly limited-time option. Come spring, you'll be back to your usual workout routines. So ski while you can.

THIS ARTICLE WAS FIRST PUBLISHED in the *Globe and Mail*. Alex Hutchinson (@sweatscience) blogs about the science of endurance at runnersworld.com/sweatscience, and is the author of *Which Comes First, Cardio or Weights?*

SASK CUP #2 and CWG Selection Races Official Results

Host Club: Sturgeon River Nordic

Date: December 21, 2014

Location: Sturgeon River Nordic

Jury	
Technical Delegate:	Dan Brisbin
Chief of Competition:	Joan Jeffery
Chief of Course:	
Coach:	Phyllis Bend
Air Temp:	-6C
Snow Temp:	
Wind Vel:	
Weather:	Cloudy
Results By:	Zone4

PN (Standing) Free - 2 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	102	Jesse Ehman	33360	Saskatoon Nordic	0:09:36.1	+0.0
2	101	Bobbi Janzen	33362	Saskatoon Nordic	0:12:32.9	+2:56.8

PN (Sit) Free - 2 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	105	Colette Bourgonje	5873	Sturgeon River Nordic	0:13:58.3	+0.0
2	103	Iandon Smith	33752	HUDSON BAY SKI CLUB	0:15:04.9	+1:06.6
DNS	104	Kelsi Paul	13750	Snobuddies	***	***

Midget Boys Free - 2.5 km. Free Mass Start -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	126	Nathan Weiman		Regina Ski Club	0:10:30.2	+0.0
2	121	Christian Patterson		Regina Ski Club	0:11:24.5	+54.3
3	124	Ewan Simms		Saskatoon Nordic	0:11:44.8	+1:14.6
4	123	Luke Hepworth		LaRonge Nordic	0:13:21.3	+2:51.1
5	125	Justin Bracken		Hudson Bay Ski Club	0:13:28.7	+2:58.5
6	122	Curtis Smith		LaRonge Nordic	0:14:14.3	+3:44.1
7	127	Austin Voyer		Sturgeon River Nordic	0:14:21.6	+3:51.4

Midget Girls Free - 2.5 km. Free Mass Start -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	132	Taylor Harrington		LaRonge Nordic	0:12:48.8	+0.0
2	130	Gracie Baynton		Flin Flon Nordic	0:13:32.3	+43.5
3	134	Jessie Kozar		Flin Flon	0:14:30.3	+1:41.5
4	133	Taryn Hamilton	041	La Ronge Nordic	0:14:56.3	+2:07.5
5	136	Breanna Morrison		Regina	0:15:01.3	+2:12.5
6	135	Tara Whitbread		Flin Flon Nordic	0:15:11.0	+2:22.2
7	129	Morgan Layton		La Ronge Nordic	0:17:08.9	+4:20.1

Pee Wee Boys 2 Free - 2 km. Free Mass Start -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	139	James Grundahl		Regina Ski Club	0:08:17.8	+0.0
2	140	Alex Wilson		Sturgeon River Nordic	0:08:40.3	+22.5
3	138	Brady Windsor		Regina	0:09:10.7	+52.9
4	137	Nicholas Charles		LaRonge Nordic	0:09:37.9	+1:20.1
5	141	Griffin Harrington		LaRonge Nordic	0:09:53.9	+1:36.1

Pee Wee Girls Free - 2 km. Free Mass Start -

PL	Bib	Name	Club	Time	Diff
1	151	Jessica Gill	Sturgeon River Nordic	0:08:21.7	+0.0
2	149	Mattea Patterson	Regina Ski Club	0:09:49.9	+1:28.2
3	150	Jenaya Morrison	Regina	0:14:41.1	+6:19.4



Pee Wee Boys 1 Free - 2 km. Free Mass Start -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	147	Fergus English		Saskatoon Nordic	0:09:16.9	+0.0
2	146	Caleb Baynton		Flin Flon Nordic	0:10:43.3	+1:26.4
3	145	Luca Veeman		Saskatoon Nordic	0:12:04.6	+2:47.7
4	143	Oskar Stack-Michasiw		Saskatoon Nordic	0:12:26.5	+3:09.6
5	144	Rheis Sprackman		Hudson Bay Ski Club	0:16:16.1	+6:59.2
6	142	Josh Gibbs		Hudson Bay Ski Club	0:16:18.1	+7:01.2
7	148	Milton Schinbein		Sturgeon River Nordic	***	***

Atom Free - 1 km. Free Mass Start -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	152	Jake Bracken		Hudson Bay Ski Club	0:09:57.2	+0.0
2	153	Luke Harrington		LaRonge Nordic	0:10:55.1	+57.9
3	154	Alistair English		Saskatoon Nordic	0:12:01.7	+2:04.5
4	155	Ruby Harrington		LaRonge Nordic	0:13:04.1	+3:06.9

Juvenile Boys CWG - 8 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	107	Michio Green	31403	La Ronge	0:25:57.9	+0.0
2	110	Matt Gill	31418	Sturgeon River Nordic	0:26:01.7	+3.8

Juvenile Boys Free - 4 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	158	Brett Down		Regina Ski Club	0:13:21.0	+0.0
2	157	Ryan Potts		Sturgeon River Nordic	0:14:12.1	+51.1
3	156	Nathan Whitbread		Flin Flon Nordic Ski Club	0:14:12.7	+51.7

Junior Boys Free - 8 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	108	Isaac Dufour-Jarvis	29310	Flin Flon	0:31:45.8	+0.0

Junior Men Free - 8 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	112	Dylan Stryde	25633	La Ronge	0:25:01.3	+0.0
2	111	Nick Martin	29395	Flin Flon Nordic	0:25:15.3	+14.0
3	113	Simon Chambers Crease	27488	Regina Ski Club	0:25:38.3	+37.0
4	109	Toshio Green	29396	La Ronge	0:27:25.9	+2:24.6

U23 Men Free - 8 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	115	Matthew Hudec	31791	Elmhurst Ski Club	0:22:36.2	+0.0
2	106	Evan Girard	33403	Carlton Trail	0:25:20.2	+2:44.0
3	114	Ragnar Robinson	19520	La Ronge Nordic	0:25:22.3	+2:46.1

U23 Women Free - 8 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	119	Lauren Dyck	29306	Saskatoon Nordic	0:29:34.9	+0.0

Senior Women - 8 km. Free Mass Start -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	177	Haley Robinson		LaRonge	0:29:57.5	+0.0

Juvenile Girls Free - 4 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	174	Jenna Beaulieu	31825	Sturgeon River Nordic	0:18:08.5	+0.0
2	169	Cheyenne McLeod		La Ronge	0:19:34.3	+1:25.8
3	172	Hanna Baynton	Unknown	Flin Flon Nordic	0:20:16.1	+2:07.6
4	173	Hannah Green			0:28:02.8	+9:54.3
DNS	171	Ocean Sanderson		La Ronge Nordic	***	***

Juvenile Girls CWG - 8 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	116	Janice Grundahl	31893	Regina Ski Club	0:30:35.4	+0.0

Junior Girls Free - 8 km. Free -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	120	Lexy Vincent	27480	Regina Ski Club	0:29:04.7	+0.0
2	117	Shannon Butler	29314	Saskatoon Nordic	0:29:48.3	+43.6
3	118	Anna Sigurdson	29392	Sturgeon River Nordic	0:30:53.0	+1:48.3
4	176	Hanne Stadnyk		Saskatoon Nordic/Biathlon SK	0:37:54.3	+8:49.6
5	175	Jayme Woodhouse Mckenzie		La Ronge	0:50:40.6	+21:35.9

Master Women - 8 km. Free Mass Start -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	178	Kathy Butler	4168	Saskatoon Nordic	0:30:32.2	+0.0
2	180	Hilary Johnstone		La Ronge Ski Club	0:34:50.3	+4:18.1
3	179	Ruth Chambers		Regina Ski Club	0:40:40.0	+10:07.8

Master Men - 8 km. Free Mass Start -

PL	Bib	Name	CCC Licence	Club	Time	Diff
1	163	Ivan English		Saskatoon Nordic	0:24:46.5	+0.0
2	166	Robin Butler	1629	Saskatoon Nordic	0:27:54.7	+3:08.2
3	167	Derek Birkham		Sturgeon River /Ile a la Crosse	0:30:37.3	+5:50.8
4	161	Bill Jeffery		Sturgeon River Nordic	0:30:51.6	+6:05.1
5	168	Ken English	5059	Saskatoon Nordic	0:30:59.3	+6:12.8
6	160	Sid Robinson		LaRonge	0:37:10.6	+12:24.1
7	162	Aaron Patterson		Regina Ski Club	0:37:38.1	+12:51.6





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Have a Story or Photos to Share that Might Interest CCS Members?

Please submit any articles or stories to Alana ccs@sasktel.net before December 11, 2015.



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