



**YELLOWKNIFE
SKI CLUB**

**Annual Report
July 2005 to June 2006**

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2005-2006 Board of Directors

Ski Club Board of Directors

President	Karen Johnson
Vice-President	Kevin McLeod
Treasurer	Kristal McKinley
Secretary	Suzanne Carrière

Directors

Communication	Erica Kotler
YKSC & Elks YC	Steve Outlet
Trails & Facilities	Robert Reid
Grants & Fundraising	Kevin Todd
Programs & Development	Karin Clark
Events	Joanna Wilson
Volunteers	<i>vacant</i>

Program Coordinators

Skiing Parents	Kerry Egan
Jackrabbits	Cayley Thomas
Junior High Performance	Sean Levenson / Tracy Hillis
Senior High Performance	Corey McLachlan / Geoff Ray / Starr Stinson
Biathlon	Warren St. Germaine
Adult Lessons	Karen Johnson
Back Country/Ski Lessons	Susan Fleck
Adult Recreational	
Sunday Skis	Bob Reid & Suzanne Carrière
E-mail coordinator	Rebecca Latour
Membership List	
Snowshow Coordinator	Sadie Bond

Facility Co-ordinators

Building	Ray Bethke
Trails Co-coordinator	John Stephenson
Banting Lake Tent Bookings	Janet and Sheldon Toner

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President's Report

I have learned to celebrate my successes this year. Now, when I make a list (yes, I have a few), instead of crossing out the things that I have completed, I write a 'V' through them for VICTORY! I recently read a story that suggested keeping a victory log as a record of your accomplishments.

So here is the Ski Club's "Victory Log" for the ski season in no particular order:

- Received core funding from the City of YK for the second year,
- Completed the purchase of the Elks Lodge's 50% share of the building;
- Sport North Awards to Thomsen D'Hont, Junior Male Athlete, and NorthwesTel, Corporate Contributor to Sport;
- Secured sponsorship for 5 years for the Jackrabbit Mini-Loppet from McLennan Ross, who hosted a lovely reception to celebrate;
- Kate Bolivar won 3 gold medals at the Arctic Winter Games in Snowshoe Biathlon;
- Built Lil' Zoom, the fun hill by the lodge;
- Over 20 active coaches and instructors took courses ranging from the Introduction to Community Coach Course (10 hours) to Level 3 Coaching courses (2 full weekends so far) and the Canadian Association of Nordic Ski Instructors Level 1 course (18 hours)- that's commitment!
- Cross Country Canada Race Officials course attended by 6 members.
- Excellent weather and record participation (almost 200 skiers) in the NorthwesTel Loppet, which NorthwesTel sponsored for the 7th year in a row;
- Enjoyed Chris Johnson's (Dr. Laugh) stories, activities and wisdom at several workshops and the Volunteer Appreciation Dinner.



Thank you to everyone who volunteered for YKSC this year. We did an excellent job hosting the Biathlon competition and NWT Ski Championships. Every job is important from the Cocoa Parents, to the race officials, to the phoners, to the ski and biathlon coaches, to the trail groomers. The Yellowknife Ski Club is the sum of all the parts. Also, thanks to each of you who took the time to let a volunteer know that her/his job was appreciated.

The members of the YK Ski Club continue to amaze me with their energy, dedication and enthusiasm for creating a first class recreation facility in our community.

It is all about FUN, Family and Friends! Happy trails!!

Karen Johnson, President

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Secretary's report – Membership

In 2005/06 the Club's membership stood at 460 individuals, involving 206 different households.



Early season interest in YKSC

In October 2005, we had already answered many requests for membership forms from people who just moved to town and would like to ski.... the word is out! We enjoy one of the longest ski seasons in North America!

Trail use is up

The Day Use Fee box was frequently emptied and about \$4000 was collected. This was likely due to great weather for skiing, with temperatures that never reached "it's best to snowshoe" lows of -45 Celcius. Hardy Yellowknifers are however prepared for some cold to come back, as normal to cold temperatures are predicted for winter 2006-07.

Volunteers are the backbone of Yellowknife Ski Club.

Many members volunteer about 9000 hours a year for the myriad of tasks that keep the Ski Club so vibrant. These tasks include grooming trails, taking care of the Ski Club Building, coordinating programs, coaching, maintaining the website, writing newsletters, waxing, cooking, serving hot chocolate and hot dogs, writing cheques and budgets, drafting proposals, raising funds, phoning, etc. Special thank you to Kristal MacKinley for helping me with the membership list in 2005-06.



We are very fortunate to have so many dedicated volunteers!

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Events Summary

This season's events included:

- The Annual Snow Show on Saturday, November 5, including membership and program registration, ski swap, fantastic silent auction and more.
- A potluck supper and night ski during Christmas holidays.
- A Club Pancake breakfast on a beautiful January Sunday morning.
- Olympic team send-off with Sharon and Shirley Firth, and Paul Andrew.
- Waxing Clinic in February.
- MacKay LLP Biathlon Polar Cup competition and NWT Territorial Ski races – March 25-26.
- NorthwesTel Ski Loppet – 192 people skied the Loppet on April 2nd. The trails and weather were fantastic and the hospitality at the check points and in the cabin was fantastic.
- YKSC and YK Multisport Club Ski-Run-Ski on April 9 with kids and adult categories.
- Hats off to you – Join us for ragout! – About 90 guests enjoyed a volunteer appreciation dinner on April 29. Awards were handed out for years of service to club volunteers, a Broken Ski Award and the Volunteer of the Year award. Dr Laugh, a.k.a. Chris Johnson emceed the evening then he entertained us all with a great keynote address.



Awards

Yellowknife Ski Club Volunteer of the Year Award

Andrea Morgan

- Came for a year in August 2005
- She got roped into being the fall trail work coordinator which is a huge job.
- Assistant instructor for adult lessons
- Coordinator of the NorthwesTel Ski Loppet

Ron Seale Jackrabbit Leader Award

Cara and Darin Benoit

- Awarded by the Jackrabbit Coordinator on the recommendation of children and their parents.
- They each coached a class of level 1 (5 year old) Jackrabbits this year. Their classes enjoyed treasure hunts and escaping from Darin, the pirate.

Broken Ski Award

Chuck and Linda Brumwell

- Trail worker, senior race official, Chief of timing, Westerns planning committee

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Sport North Awards Recipients:

- Junior male athlete - Thomsen D'hont
- Junior female athlete – Jill Gilday, who trains with SR HP, but competes in speed skating
- Corporate Contributor to Sport – NorthwesTel



- Kate Bolivar, biathlete, was nominated for the Junior female athlete award
- Sean Levenson was nominated for the Coach of the Year award

Long service awards:

- 5 years Donna Mulders
- 10 years Bruce Look
RobTumchewics -
Dawn McInnis
- 15 years David Livingstone and
Lynn Hjartarson
- 20 years Brian Latham and
Anna Soinenin
John Stephenson
- 22 years Susan Fleck



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Treasurer's Report

The detailed and signed 2005-06 financial report is provided in appendix to this Annual Report.

Balance Sheet		
Assets		\$ 685,259
Liabilities & Equity		\$ 685,259
Profit and Loss Sheet		
Income	Biathlon	4,515
	Jackrabbit	4,237
	Ski Parents	160
	HP	15,677
	JrHP	3,300
	Events	14,298
	Fundraising	2,400
	Trails & Facilities	11,083
	Coach & Official	915
	Development	
	Administration	177,213
Total Income		\$233,797
Expense	Biathlon	4,351
	Jackrabbit	3,478
	Ski Parents	0
	HP	13,239
	JrHP	1,904
	Events	14,900
	Fundraising	1,301
	Trails & Facilities	18,910
	Coach & Official	7,181
	Development	
	Administration	18,492
Total Expense		\$83,777
Net Income		\$150,020

Notes:

1. Administration includes \$120,000 in-kind donation from the Elks Lodge toward the building purchase.
2. The building value is reflected in the Assets.
3. Liability includes the mortgage of \$122,698, which YKSC has with the Elks Lodge.

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Contributions to the Yellowknife Ski Club

Part of the success of our ski season is due to the generous help from the City of Yellowknife, community-minded businesses and individuals.

For the second year in a row, YKSC received \$25,000 core funding from the City of Yellowknife. This was used for trail improvements, promotion and coach training.

Our major sponsors this year included:

Air Tindi	For Women Only
BHP Billiton Diamonds	Great Slave Helicopters
Blachford Lake Lodge	MacKay LLP
Body Works Training & Rehab Centre	McLennan Ross
Canadian North	Northwestel

Other sponsors included:

Adam Dental Clinic	Matonabee Petroleum / Petro
Autotec	Canada
Birchwood Gallery	Merle Norman Cosmetics
Black Knight Pub	Midnight Sun Energy Ltd.
Bob Gamble	North Soul Glass Works
Canadian Tire	Northern Utilities
CBC North	NWT Literacy Council
CJCD	Our Place Family Dining Room
Creative Basics	Overlander Sports
De Beers Diamonds	Polar Parkas & Fabrics
Diavik Diamond Mines	The Racquet Club
Department of Industry, Tourism and Investment	Rod Cameron
Ecology North	Rob Tumchewics
Ekati Diamond Mine	Roy's Audiotronic
Fitzgerald Carpeting	RTL Robinson Enterprises
For Men Only	Ryfan Electric
Foto Source	The Book Cellar
Gourmet Cup	The Museum Cafe
Heather Chang	Todd's RV & Camping
Hovat Construction	Tundra Transfer
Javaroma	Union of Northern Workers
John Stephenson	Vixen Hair Den
Karen Dupuis	Volunteer NWT
KopyKat North	Weaver & Devore
Lawson Lundell	Wholistic Hands
	Workplace Plus
	Yellowknife Direct Charge Co-op

YKSC would like to thank all of its contributors for their generosity.

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Reports from Directors and Coordinators

Yellowknife Ski Club and Elks' Youth Centre Report



As of May 1st, the YKSC became the sole owner of the Yellowknife Ski Club and Elks' Youth Centre. Work started on purchasing the Elks' 50% share of the building in January of 2004. We look forward to making the building a great Ski Club, and to the various new challenges of building management and rentals.

Thanks to the Project Avalanche Team

Kevin McLeod took the lead role when the Elks Lodge advised YKSC that it wished to sell its share of the building. He assembled an excellent team and dubbed it – Project Avalanche. Kevin coordinated meetings, negotiations, research into options, more negotiations and finally a purchase agreement between YKSC and the Elks Lodge.

Kevin and his team were awarded a rescue-style snow shovel and plaque in recognition of their constant digging and their survival instincts at the volunteer dinner in April.

Building Bookings

Mackenzie Management has begun to take care of the bookings, and supervision of maintenance and janitorial work. As a donation to YKSC, Mackenzie Management will do this for 5 years.

To rent the Yellowknife Ski Club and Elks' Youth Centre building, call Mackenzie Management at 920-2284. It is a great place for meetings, receptions and parties.

Communications Report

Communications with the YKSC membership is key to a strong Club.

- The website, www.skiyellowknife.com, was a great place for members, volunteers and visitors to Yellowknife to find out about YKSC and its activities. The site had a couple of new features, including a ski-swap section, which although under-utilized this season, has great potential. Four bi-monthly newsletters were available on the website electronically, and members could pick up copies at the clubhouse. The website continues to have the most recent and detailed information about club activities.
- Regular email notices to members were sent out. There are some problems mailing to large distribution lists and the continuous need to update contact information.

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The club still requires volunteers for key tasks for the upcoming season, to ensure continuing communication about the club, its activities and its programs.

Key 05/06 Communications Volunteers

- Newsletter editor – Erica Kotler
- YKSC e-mail coordinator – Rebecca Latour
- Website – Erica Kotler
- Yellowknifer Column - Catherine Pigott
- Promotion – Event-specific

Outputs:

- 4 Newsletters
- Key e-mail updates for members
- Communication with the City of Yellowknife
- Advertisement
- Yellowknifer columns
- Promotion of ski club events
 - Snow Show
 - Potluck Dinners
 - Meetings:AGM and Election GM
 - Ski-Run-Ski
 - Polar Cup Biathlon Race
 - Pancake Breakfast
 - NWT Ski Day
 - NorthwesTel Loppet
 - YKSC Race

Trails Report

The trails crew swung into action in July 2005 with a major project to turn various brush piles into wood chips for use as trail surface. Brian Latham (a.k.a. Mr Chips) coordinated the project by arranging for the City's chipper and by recruiting a work gang of volunteers. Dave McCann of Mackenzie Management donated the use of trucks and a Bobcat loader to haul the wood chips out to the "Goose Beak" trail and spread them on the rough surface. While Mr Chips was working the chipper, another crew cleared some dead trees around the main chalet and in the biathlon stadium to make sure his supply of fibre was adequate.

Annual pre-season brushing of the entire trail system was carried out in September and October using brush cutters and hand tools. We have five gasoline-powered brush cutters and various hand tools that are worked hard by crews of enthusiastic volunteers. Andrea Morgan, a new member to club and new to Yellowknife, took on the task of coordinating the crews and helping to keep the machines running. A total of 30 volunteer members contributed over 300 person-hours to complete this work over 8 weekends.

The Junior High Performance team and several Senior HP skiers assisted with a major cleanup in the stadium, around the chalet and biathlon building, and in equipment compound. Numerous loads of scrap lumber were hauled to the dump and the good lumber was re-piled neatly in the compound. The HP teams, and a few parents, painted

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the support posts that are used in the stadium 'start' and 'finish' areas during races, without getting too much paint on themselves. The cleanup crew was coordinated by Tracy Hillis, with Bob Reid acting as task-master. Thanks to all the kids who worked so hard and did a great job. Two high-performance parents were recruited to replace the fencing at the bottom of "Rollaway" - thanks Robert and Donna. The old, wrinkled page wire was replaced with funky orange snow fence.

Volunteer equipment operators worked over 300 person-hours grooming and track-setting the trails, and doing maintenance on the snowmobiles. The trail grooming equipment includes four Alpine snowmobiles, two graders, two renovators and two tracksetters. The trail groomers also use a basic drag of truck tires towed by the snowmobiles for early season snow packing when the snow cover is too thin for the heavier steel equipment. The snowmobile trail that passes through the ski club trails was also groomed regularly over the winter. The improved snowmobile trail encourages snowmobilers to stay on their designated trail rather than use the parallel ski trail. Trails team members also prepared the trail for the Vee Lake Loppet and part of the Dog Derby trail.

The Alpine Snowmachines are all 1990's vintage. Bombardier no longer manufactures them, so all our units are at least second hand. Bruce Look and Rob Tumchewics continue to provide mechanical maintenance as part of their volunteer contributions. Two additional used Alpine machines were purchased in March 2006. The machines were in the ski club possession for less than 24 hours before one was pirated for parts.

This past winter trail grooming was carried out on Tuesday, Thursday and Friday nights, which provided some freshly groomed trails throughout the week. Key trail grooming team members were Bruce Look, Rob Tumchewics, Don Morrison, Mike Jennings, Bob Reid, and Doug Townson. Ray Bethke kept the fuel tanks full. John Monroe and Mike Jennings coordinated the maintenance on the trail lights. Bob Reid served as the Director of Trails and Facilities. John Stephenson provided overall trail activity coordination. Many others gave generously of their time to cut brush, shovel snow and help in many other ways.

Trail Improvements

The Yellowknife Ski Club contracted Robinson's RTL Trucking Ltd to continue with trail surface upgrades in October 2005. Due to the extremely wet conditions, work was limited to minimize damage to the trails. A small hill was built for the Jack Rabbits at the south end of the stadium, and subsequently named "Little Zoom" by the JRs. Also, the trail between the Ski Club chalet and the biathlon stadium was widened and filled to allow regular grooming over the winter. Six-inch rock was used to fill in deeper holes, followed by 2" gravel and capped with fine 3/8" gravel. The 3/8" gravel provides an excellent finish for walking, running and biking and also requires little snow cover for early season skiing. RTL provided the equipment and material. John Stephenson

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coordinated the work project. The cost for the trail improvement work was \$7187 and funded by the City of Yellowknife \$25k Core Fund.

Banting Lake Tent

The tent was available for overnights from Christmas Eve until Easter and was booked most weekends in March and April. A black bear made some small holes in the tent in summer 2005. David Gilday and John Stephenson got out their needle and thread to fix it in September. In spring 2006, Steve Matthews and John flew out to bring the tent in for the summer to minimize sun (and bear) damage

Submitted by Bob Reid, Director, Trails and Facilities and John Stephenson, Trails Coordinator

Programs and Athletic Development

YKSC offered a variety of programs for the membership throughout the year including backcountry skis, Skiing Parents, adult lessons, and the Adult Recreational Sunday Skis. All these programs were possible with the help of our many coaches and instructors.

Jackrabbits

There were 77 children between the ages of 4-14 registered in the Jackrabbit learn to ski program during the 2005 - 2006 skiing season.

7 – Bunnyrabbits (pre-school)

70 - Jackrabbits

20 children (10 families) were new to the Jackrabbit program this year.

Twenty-six adults volunteered Saturday mornings to coach or assist with the program. The Jackrabbit Coaches were: Eve Petersen (Bunnyrabbit), Ray Bethke, Cara Benoit, Darin Benoit, Lucy Austin, Paul Latour, Kevin Hodgins, Vicky Johnston, Alex Lothian, Ed Hoeve, Erica Janes, & Roger Armstrong. Assisting this year were: Kevin Todd, Linda Zachariassen, Katharine Thomas, Darryl Sexsmith, Rhonda Buckland, Malcolm Robb, Tasha Stephenson, John Colford and Deb Archibald. Karen Johnson, Geoff Ray and Mike Brown also assisted with the higher levels.

On January 31, 2006, Cross Country Canada implemented a new policy that required all coaches and assistants working with children under age 16 to have either NCCP Level 1 technical (old system) or Community Coach training (new system). Seven of the Jackrabbit Coaches attained this coaching qualification in 2006. Another course will be delivered at the beginning of the 2006/07 skiing season. Failure to attain this minimum mandatory training requirement may limit the number of classes that we can offer within this program.

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Highlights

The season started on November 26th and ran until April 8th.

December

- We incorporated a “candy cane” ski into our lessons.

January

- The annual chocolate bar ski coincided with the “Olympic send off”. We were lucky enough to have both Sharon and Shirley Firth come out and ski with the kids during this event. Several photos have been posted on the Cross Country Canada web page.

February

- We celebrated NWT Ski Day with a pancake breakfast before going out for a ski in our pajamas.
- A contest was held to name the new play hill. The winning name was “Lil’ Zoom” - submitted by Eve Petersen and the Bunnyrabbit class.

March was busy.

- The Mini-loppet was bigger and better than ever, thanks to the generous sponsorship of McLennan Ross, Legal Counsel. They provided lovely red neck tubes for all 85 participants, as well as the prizes awarded to skiers following the event. McLennan Ross has given a 5-year commitment to sponsor this event.
- NWT Territorial Ski Championships on March 25 & 26, 2006 were at our club. Almost 1/2 of the participants in these races were Jackrabbits. We also had 6 coaches compete in these races.

April

- Numerous Jackrabbits and coaches also participated in the Ski Run Ski.

Priorities and Recommendations for next season:

The small size of the classes allows all children to receive individual attention.

- Priority: Keep coach/assistant ratio to children at 2:6

All coaches leading a class must have minimum coaching qualifications to ensure that the Club is not in violation of its Cross Country Canada insurance.

- Priority - Ensure that all coaches have Community Coach training and that assistants complete the “Introduction to Community Coaching” workshop. This is coordinated through the NWT Ski Division.

The Jackrabbit program is designed for children between the ages of 5-10. There is nothing offered for pre-teens or teens who want to ski recreationally. During the 2005-06 season, we had 2 classes of beginner skiers between the ages of 10-14. We are developing a program for recreational teen skiers.

In addition to all the coaches and assistants, Karla Cairns and Deb Archibald deserve special recognition for taking on the roles of canteen and special events coordinators.

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Next season, Cara Benoit and Linda Zachariassen will coordinate this program. I will continue to be involved with the special events, but will be spending most of my Saturday mornings with the high performance skiers instead of the Jackrabbits.

Cayley Thomas - Jackrabbit Coordinator

Junior High Performance

Sean Levenson coached the Junior High Performance Program (JR HP), with assistance from Tracy Hillis and Alicia Tumchewics. The past season had 14 athletes registered. All fourteen athletes were consistently at each practice. Practices were held on Thursday afternoons, 4:00 – 6:00 pm and on Saturday mornings 10:30 am – 12:00 noon. The season ran from October 2005 to April 2006. This December and January were quite suited to skiing and practices were not forced indoors due to cold. In January, three skiers from the “Lynx” program joined the JR HP. The Lynx program introduces the level 4 Jackrabbits to the Junior High Performance Program at Thursday practices. The three Lynx skiers fit very well into the program and they will continue to ski in JR HP next season.

The season started with helping Bob Reid with a fall clean up and trail maintenance session. Other special activities included:

- Capture the Flag Challenge between JR HP and SR HP – JR HP took the flag - twice, dominating the SR HP skiers.
- Fall Mini Camp – All JR HP skiers attended a one-day camp at the ski club in November.
- Christmas donations to Alison McAteer house included books, clothes, toys and turkey.
- Numerous fundraising activities:
 - Cleaned the tables for the building committee.
 - Assisted with the Festival of Trees, Snow Show, Trans-Rockies film showing at the ski club.
 - Sold raffle tickets.
 - Responsible for drink container recycling program at the club.
 - Assisted with a waxing clinic.

Other highlights were attending the book launch of “Guts and Glory” and teaching Sharon Firth how to skate ski on March 31st.

On the racing circuit; Junior High Performance skiers attended several races this season, including:

- two of our skiers attended the Arctic Winter Games territorial trials in Fort Smith,
- one of our skiers made the NWT Ski Team and traveled to Alaska in March, and several skiers represented the NWT in other sports at the AWG,

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- Ptubs in Hay River, Northwestel Ski Loppet, NWT Ski Championships in Yellowknife, Polar Cup Biathlon Races, Ski/Run/Ski.

All the skiers who participated in events came away with positive experiences and most placed well in their categories.

Sean Levenson was nominated for the Sport North Coach of the Year award.

Coaches: Sean Levenson, Tracy Hillis and Alicia Tumchewics

Submitted by Tracey Hillis, JR HP coach

Senior High Performance

Skiers: Thomsen D'hont, John Tumchewics, Shosh Cannuel-Krikwood, Jaya Bastedo, Jill Gillday, Ari Livingston, Nimisha Bastedo, Tamika Mulders, Max Roussow, Alex Hopkins

The Senior High Performance Ski Team had a successful 2005-2006 ski season. Unfortunately, warm weather in Alberta meant that many of the Alberta Cup races were cancelled or postponed which limited the Team's ability to travel to races.

Of the races that the SR HP Team was able to attend, the December Alberta Cup in Canmore proved to be a great experience for the Midget skiers, as it was their first face outside the Territories. The Arctic Winter Game's were also a success for the SR HP Team, and each SR HP skier who tried out qualified for the Games. The week in Alaska was highlighted by Thomsen winning a gold ulu in the sprint race.

Thomsen D'Hont was nominated for the Sport North Junior Male Athlete of the Year award.

Once again many parents generously volunteered their time over the ski season. Without this help, the SR HP team could not have run as smoothly as it did. Francois Rossouw generously took over the fundraising coordination for the SR HP Team and spearheaded the fundraising to purchase NWT ski racing suits.



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A summer training program is planned in Yellowknife. Some skiers will attend the SWIFT Camp in Calgary and the Haig Glacier camp at the end of the summer.

The major races that we will attend next year include the Canada Winter Games, the Canadian National Championships, Western Canadians and the Alberta Youth

Championships. We also hope to have a dry land and on-snow camp in the fall and to attend the usual array of northern races, including Territorials and P-Tubs.

Our coaches continue to upgrade their training with Geoff taking the Community Coaching Course and Canadian Association of Nordic Ski Instructors (CANSI) Level 1 and Starr completed her NCCP level 2 courses and practical work. Starr and Corey began their level 3 training with 2 theory courses in April and May. Coaches at the Canada Winter Games are required to be qualified as Level 3 coaches.

Races Attended in 2005/2006

Alberta Cup #1 – Canmore, Alberta (December 2005)
World Junior Trials – Val Cartier, Quebec (January 2006)
Alberta Cup #2 – Edmonton, Alberta (January 2006)
AWG Trials – Fort Smith (January 2006)
AWG – Kenai, Alaska (March 2006)
P-Tubs – Hay River (March 2006)
Western Canadian Championships – Whitehorse (March 2006)
NWT Championships – Yellowknife (March 2006)

Coaches: Corey McLachlan, Starr Stinson, Geoff Ray

Submitted by SR HP Coaches

Biathlon Program

The YKSC biathlon program had a great year with the fantastic weather and excellent trails and stadium. As a result we had more training days than usual. Training started in June, with weekly precision shooting sessions. Summer is a great time to hone one's shooting skills, because if you can ignore the blackflies while shooting, then you can take on any challenge in the winter.

The winter program ran Wednesdays and Sundays. We maintained a mixed group of adults and youth throughout which proved to be a success. There was a marked improvement in all participants' performance as they learned and practiced new skills.

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There were four snowshoe biathletes. Hailey McLeod and Kate Bolivar tried out for the Arctic Winter Games. At the Territorial Trials in Hay River, Kate qualified first and Hailey just missed making the team finishing fourth in both races.

Kate went on to the Games in Alaska to win three gold medals. She was nominated as the Sport North Junior Female Athlete of the Year.

Our ski biathletes were a mix of youth and adults. Mary Buckland and Martha Hamre, the dynamic duo, set the standard for the sheer fun of sport on snow. They certainly inspired the coaches with their enthusiasm.

Our athletes were able to test their skills at the MacKay LLP Polar Cup held in Yellowknife. All did extremely well and learned even more when they saw what happens when they are under the pressure of a race. Strange things can happen!!

Lindsey Bolivar competed at the European Championships this year. It was her first year as a Senior athlete. The transition made for a tough year with increased training volumes and stiffer competition. She had solid early season races but she was not as happy with her late season results.

The Biathlon program of the Yellowknife Ski Club benefits from the excellent ski programs – Jackrabbits, Junior High Performance and Senior High Performance. The highly dedicated coaches in these programs oversee the development and training of athletes' skiing skills. We encourage skiers to participate as much as they can in both cross country skiing and biathlon, as well as their many other interests.

Coaches: Warren St. Germaine assisted by Ric Bolivar

Submitted by Biathlon Program Director – Warren St. Germaine

Skiing Parents Program

Skiing parents had 13 registered members at the beginning of this season. Twelve were signed up at the Snow Show with one parent joining at a later date. The season began with Monday, Thursday and Friday morning sessions. Monday and Friday sessions continued for the season with Thursday sessions lasting until January 06. Also, a Thursday afternoon group met several times before the end of the season. Approximately 4-6 families regularly participated in the program with increases in participation during school holidays.

The upcoming season will focus on increased promotion of the program early in the season to enhance numbers and get more parents on the trails.

Submitted by Skiing Parents Program Coordinator – Kerry Egan

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Adult Programs

Chix on Stix

Chix on Stix is in its second year. This is an informal program for women who meet at 8:00 p.m. on Monday nights for a recreational ski. The group skied on the lit trails, but ventured onto the unlit trails with head lamps occasionally. Some instruction on ski technique was also provided as requested. Twelve women attended regularly and depending on the speed and skill level they often broke into groups.

The grand finale was a rather cold gathering by about 10 tough Chix at the fire pit in mid-April.

Submitted by Karen Johnson, Chief chick, NOT the mother hen!



Skate skiing lessons

The YKSC offered a variety of skating lessons.

The beginner sessions focused on weight shift and skate skiing without poles. Once skiers could glide well (weight centered on the glide ski), Karen introduced the various poling techniques. Hill-climbing lessons were offered for those who had had some skating instruction before.

Submitted by: Karen Johnson, Canadian Association of Nordic Ski Instructors Level 1

Classic ski lessons

Susan Fleck and Karen Johnson, assisted by Andrea Morgan taught Sessions of Classic ski lessons. To meet the needs of adults some sessions are run Saturday mornings and some are evening classes. The instructors taught basic classic technique, including an introduction to up and downhill techniques. The evening classes consisted of 4 lessons and students learned basic classic technique, including hills and an introduction to skating.

Submitted by Susan Fleck, Classic Ski Lesson instructor

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Back country ski trips

Back country ski tours were offered 2 Sunday afternoons a month. Usually only 3 to 4 skiers showed up. Susan Fleck guided skiers to a different destination each time, including Burwash Point, Yellowknife River and Octopus Lake. Trails packed by snow machines were explored within a 10 km radius of Yellowknife.



Remember: many hands make light work. How can you help your ski club this year?

HAVE A GREAT 2006-07 SKI SEASON!