

Para-Skiing Development Co-ordinator

2020/2021

Colette Bourgonje

Well with the Sask Cup racing season canceled, racers could choose to participate in virtual races and take part in the virtual learning sessions with CCS athletes. Following up with zoom sessions which were offered at the beginning of 2021... please see below..

January 14th – **Sleep and Performance** was delivered on January 14th at 7pm by

Heather.hynes@sasktel.net who provided lots of really valuable information for sport and life.

The next three workshops were delivered by Lisa Hoffart also from the SMSCS.

February 11th - **Mental Performance Goals** – A workshop educating on goal setting, setting realistic short term & long term goals, monitoring goals

February 25th - **Mental Performance Relaxation** – A workshop educating on attention, emotional, & arousal control to deal with nerves or stress.

March 11th - **Mental Performance Thinking Patterns** - A workshop educating on Self-Talk and Negative thought.

A few more sessions were offered with interest varying:

On June 3rd at 8pm. **Sport Medicine Mental Training Session**

On Thursday, June 24 at 8 pm. The next Sport Medicine session was called **XC ski – routines**

On August 19th at 8 pm. Lisa Hoffart gave a session on **XC ski teams and culture**

Coaching, outside/inside was based on Parents being interested for the programming and if adults wanted they could attend as well.

Programming started on April 30th and has been twice a week on Tuesdays and Thursdays. It occurs outside on the paths, in Parks, and if the weather is inclement inside at a gym called Physio Fit. Without a doubt keeping them engaged has resulted in some of the most creative lessons I have ever coached. With games like rock biathlon, pick up sticks, switch, infinity, handball, and bucket ball. They have continued to attend and have been improving and registering for CCS camps.

Five athletes were offered the opportunity to train and do Strength and Conditioning exercises at **Hillside Fitness**. One athlete in Saskatoon wanted train at **Craven's Sport** in Saskatoon, and one athlete in Regina trained at **Level 10 Fitness**.

In June through the Saskatchewan Sports Hall of Fame, I was involved in a program called "Never Give Up" it is a zoom session set up by the hall that goes into a school virtually. It has given me the opportunity to connect with large number of students in the school. As a result of the program, a sit ski, mountain board, skis, and poles were taken out to LeRoy school for a seven year old participant. There is another participant the same age who lives close which was exciting to the parents. Two coaches for Carlton Ski club were contacted and they have been connected electronically.

Getting equipment back that is not being used has taken more time than usual. There is still equipment at Canoe Lake.

As a member of the **CWG's** committee, time has been spent on the selection criteria and now has been posted on the CCS website. The **SWG's** will happen, an orientation has been scheduled for Nov. 19th and 20th in Regina.

The Waskesiu training camp in September 2021 went well with three participants attending. It is an integrated camp with CCS athletes.

The Lake Louise Early on Snow Training Camp from November 8th to the 12th is also an integrated training camp with CCS athletes and is the first year this group will attend. Three participants will attend, we are hoping for snow, snow, snow...

The cross country schedule of events has been posted on the website and sent out to potential participants.

[Sask Cup Race Series — Cross Country Saskatchewan](#)









In grant writing with Pat, we were successful in securing money for the Lakeland participants. Jeff, who as you all know is also amazing wrote a letter of support along with the Principal of Little Red First Nations.

Sit ski development is ongoing with Pat sewing the upholstery for the Prototype 2 sit ski. Krystle sat in it on and will decide if we take it along to Lake Louise as well.

New ski equipment has been ordered with some of it already in

circulation.



Participated in “Connection 2021” for CPC, and was part of a Para Nordic LTAD project that is ongoing for Nordiq Canada.

Have written letters for clubs, for athletes, and have consulted with clubs like Prince Albert Nordic Ski club and Sturgeon River Nordic trail suggestions.

Sincerely,

Colette Bourgonje