

FEATURED ATHLETE



Yorkton Regional High School

STEPHAN ROY

APRIL 2024



Stephan, a 16-year-old student at the Yorkton Regional High School and the Saskatchewan Distance Learning Centre, commands an impressive athletic journey. His passion for skiing began at the age of 5, and he joined the Aseissippi race team shortly after celebrating his 7th birthday. Last year, Stephan received an exclusive invitation to participate in the Canada Winter Games as part of Team Manitoba (MB). His remarkable performance secured him the second-highest finish among all Manitoba skiers, an impressive 12th place in Ski Cross.

This year, Stephan's dedication to Team MB led to competing in Alpine FIS in the NORAM series. His skill on the slopes caught the attention of Team Canada, who invited him to try out for the Ski Cross events at both the Youth Olympic Games and the Junior Worlds. Injuries sustained during crashes prevented him from securing a spot, but his resilience and commitment remained unwavering.



Despite his latest setback, Stephan continued to race for his home club, ASESSIPPI. In March he donned the coveted points leader bib for the first time and clinched the title of MB Cup Champion.

But Stephan's athletic pursuits aren't confined to the snowy slopes alone. During the summer months, he transitions seamlessly into a different water-based sport: sprint kayaking. As a member of the Yorkton Canoe and Kayak Club, he engages in rigorous core and upper body strength training, recognizing the incredible cross-training benefits it offers.

Stephan's multifaceted athletic journey illustrates a true love for sports, leaving his mark in the world of competitive athletics!



HIGH QUALITY TEACHING AND LEARNING

ENGAGEMENT OF ALL STUDENTS, FAMILIES, AND COMMUNITIES

HEALTHY, SUSTAINABLE PHYSICAL & SOCIAL ENVIRONMENTS

EFFECTIVE POLICY AND PROCEDURES