

SWEETHEARTS STOMP

Also known as “Club West”, this informal dance was held on February 23 in the Commons. For students not on Activity Hold, it was an excellent free opportunity to dance together. That’s right, you didn’t even need to buy a ticket! It was complete with a DJ, vibrant lighting, photo booth, and decorations. Student Government partnered with Indigenous Club to host fun activities at the stomp.



Students (and Dr. Wright - center in blue shirt) dance to the beat of drums in a round dance led by Indigenous Club.



Will Tran (12) and Derek Wilhelm (12) pose in front of the photo booth backdrop. It features Indigenous motifs and was made by Indigenous Club.



NoraLena Christensen (10) weaves her way through a crowd of dancing students, pumped up by the music.

SNOWBOARDERS AT WEST

Although some look down upon snowboarding as inferior to skiing, snowboarders are never *board*! Snowboarders made up a big population of the winter sports players this year, both at West and in Utah. Though there was not a formal club for snowboarders, many loved to share their experiences. A beginner Lillian Conroy (11) said that her favorite part was “being able to keep up with my skier friends”.



Snowboarding is a sport enjoyed by all sorts of people!

Credit: Lillian Conroy (11), after taking a tumble



The snow connects people, especially both skiers and snowboarders. “I love to ski with my snowboarder friends,” said Talia Shilling Rabin (11).

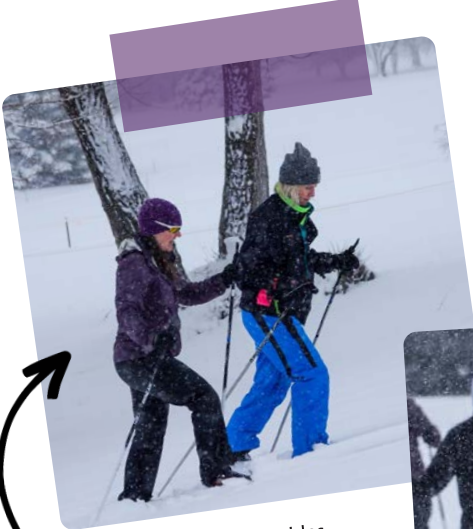
PUT A GLIDE IN YOUR STRIDE



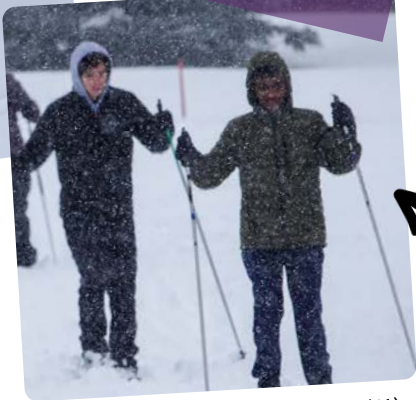
The cross country skiing club, held in partnership with the Utah Nordic Alliance, was a exciting community where over fifteen students got together and had fun with friends. Skiers took a bus up to the Dell Mountain Golf Course to practice skiing trails. There are two different types of skiers: the skaters, who were rather fast and more experienced, and the classic skiers, who were less advanced. Everyone got a whole body workout and built up their cardio. Club leaders invited everyone at any skill level to join the club, which was open to anyone and all gear needed was provided at no cost. The club plans on returning next year. "Me and my friends love skiing together," said Talia Wheeler (11). the club worked very well together, and they all enjoyed each other's company, even when things took a tumble. Most members are complete beginners, meaning its a big learning curve. Experienced members always support beginners and have fun with all their peers.



Ina Delfin (8) watches the steps of an instructor closely, and isn't afraid to push on through the falling snow!



Advisor Jamie Delfin strides alongside a professional instructor.



Joahsua Joseph (11), right, gingerly uses his ski poles to push himself forward.



Robert Jacoby (7) glides through the fresh powder snow!

CROSS COUNTRY ... SKIING?

Though many think of downhill skiing when told the word "ski", cross country skiing is completely unique and even more exciting. Many cross country ski resorts are actually golf courses! Cross country skiing is done on flat land, using one's own strength and small amount of momentum to push forward. Downhill skiing can feel like a big leap for people with little to no experience skiing, but Cross Country Skiing offers an easier learning experience, (even with a couple tumbles). Cross country skiing history dates back to prehistoric times when it was used as a means of transportation! People still use it for that purpose today. Some Norwegians and Swedish will actually ski to work! Sadly, the ski team uses a bus for transportation, but they preserve the beautiful history of Cross Country Skiing.