



VALLEY SPUR YOUTH SKI PROGRAM



January 2019

Dear Valley Spur Youth Ski Participant & Family:

Welcome to the 2019 Valley Spur Youth Ski lesson season! We are looking forward to working with your child over the six (6) week course. We anticipate your child will find the classes to be fun as well as educational. This letter outlines the program we have put in place for the upcoming youth training sessions and also will answer some basic questions you may have.

Schedule and Locations

Date	Location	Time	Session/Event
January 13 th	Valley Spur	2:00 – 3:30 pm	Instructional #1
January 20 st	Valley Spur	2:00 – 3:30 pm	Instructional #2
January 27 th	Valley Spur	2:00 – 3:30 pm	Instructional #3
February 3 rd	Valley Spur	2:00 – 3:30 pm	Instructional #4
February 10 th	Valley Spur	2:00 – 3:30 pm	Instructional #5
February 17 th	Valley Spur	2:00 – 3:30 pm	Youth Race

Each week's session will end with homemade soup/bread/cookies and hot cocoa in the Valley Spur Lodge. Parents are expected to be at the lodge by 3:15 to assist their child with return of equipment.

Cost of Program:

The program is free of charge for children age five (5) thru eighteen (18). The program includes coaching sessions and use of ski equipment (ski's/poles/ski boots) on a first come first serve basis.

Group Assignments and Coaches

Your child will be placed in the corresponding groups based on their skill level and cross-country ski experience. Larger groups may then also be divided by age. It is our intent to have two coaches assigned each session to work with each group. Group assignments will be available to you prior to the first session so that you are aware of the names of your child's coach. Please contact your group coaches with specific questions about the sessions.

Parent Participation:

Your participation is encouraged. You are invited to watch from the side lines or put on a pair of skis and participate along with your child. With advance notice a coach may be available to provide parents with individualized lessons while your child

Weather and Cancellations

We will cancel any session due to blizzards or temperatures below 10 degrees F, or other unsafe weather condition. There may be make-up sessions depending on coach availability and weather. We will post on the Valley Spur website & Facebook Page (Kids Ski Lessons at Valley Spur) with cancellations. You can also call the lodge the day of class for an update on weather conditions and class status. Lodge phone number is 387-4918. In case of inclement weather the lodge may not be manned so use your best judgement on whether it is safe to venture out into the elements.

Equipment and Clothing

Equipment is handed out on a first come first served basis. It is your responsibility to arrive in adequate time to check out equipment and be prepared to start class on time. Class will begin promptly at 2:00 pm. We ask that you arrive between 1:30 – 1:45 for this purpose. Parents are responsible to return equipment to the equipment shed volunteer at the end of each session.

For those of you who are still planning on purchasing ski equipment or clothing for your child prior to the start of the ski season here are a few tips:

1. For beginners, basic classic ski length should come to mid-forehead.
2. Classic poles should come to the middle of the shoulder.
3. Ski boots should fit comfortably, snug but not too snug.
4. **Dress in layers for active outdoor sports!** This can't be overemphasized. Two thin layers of synthetics with a wind breaking outer layer is generally good for most kids for cross country skiing. Avoid heavy, bulky outerwear and cotton (cotton gets wet and cold very easily).
5. Protect sensitive skin from wind and sun. Use lotions and creams on exposed skin and cover up with hats, balaclavas, neck gaiters, etc. All skiers must have hats and gloves.

Year End Event:

The coaches have planned a youth ski race for the final day of class, Sunday February 17th. The event will encompass the "A" loop which is one mile in length. Awards will be presented to the top 3 racers in each age class. Additional information will be provided as the date gets closer.

Parent Tips when Skiing with Kids

Valley Spur Youth Ski lessons are a great place to start kids skiing and to learn some technique fundamentals. Getting out on the trails with your kids outside of these sessions is even better. Here are a few tips for getting out and enjoying cross country skiing with your kids:

- ❖ Keep distances and degree of difficulty manageable for everyone
- ❖ Build confidence – don't turn it into an ordeal, especially the first time out.
- ❖ Bring drinks/snacks (chocolate or oranges will usually get a few extra k's out of anyone)
- ❖ Sing songs on the trail (don't worry no one else will be listening)
- ❖ Keep focus on fun – keep the technique tips to one or two (and some days none)
- ❖ Keep up the variety and try out new trails in the area
- ❖ Check out some ski racing events (locally or televised) – catch the excitement.

Recommended Reading

Cross Country Cat, by Mary Calhoun

The Race of the Birkebeiners, by Lise Lunge-Larsen

Antler, Bear, Canoe: A Northwoods Alphabet Year, by Betsy Bowen

Louhi, by Barbara Cooney

TRAINING SESSION REGISTRATION & WAIVER:

Please find the Ski Program registration form and waiver attached. The registration form and waiver must be completed, signed and returned prior to your child's participation.





**2019 VALLEY SPUR YOUTH SKI PROGRAM
REGISTRATION & WAIVER FORM**

Child Name: _____
First _____ Last _____

Address: _____
City _____
Zip Code _____ Phone _____
Email address: _____

Male: _____ **Female:** _____ **Shoe Size:** _____

Age at Registration: _____ **Ski Boot Size** _____

Please circle what best describes your child's skiing ability:

First Time on Ski's Beginner Some Experience Experienced

Did your child participate in the program last year? YES ___ NO ___

Comments/Concerns:

WAIVER

In consideration of my participation in the Valley Spur youth ski program, I for myself, my heirs, executors, waive all rights and claims for damages I may have against the Friends of Valley Spur or the volunteers of this program, representatives, successors and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I give my consent to medical attention if needed and further state that I am in proper physical condition to compete in training sessions. I also consent to the use of any photos taken of myself during the six week program for use in commercial or promotional marketing and advertising in this or future events held at Valley Spur.

**ALL PARTICIPANTS MUST SIGN WAIVER:
(under 18 must have parent/guardian signature)**

Child Signature

Date: _____

Parent Signature, if under 18

Date: _____

