

Chet Hope Youth Ski League 2012

For: Aspiring and accomplished skiers age 4 - ?

When: Saturday Mornings, January 7 - February 18, 2012

Where: The Glacier Nordic Center (Whitefish Lake Golf Course)*

Time: Meet at 9:45 am and ski from 10:00 to 11:30 am. 11:30 to 11:45 is wrap-up and hot chocolate/cider time

Fee: \$40 per child of members of Glacier Nordic Ski Club**/\$45 for non-members

The Program: Volunteer coaches share their enthusiasm for Nordic skiing with children in small groups beginning with the youngest “penguins” and moving through all ages and skiing abilities. Skiers are provided the opportunity to learn and improve classic and freestyle (skate) Nordic ski techniques through cooperative games and encouraging activities. The emphasis for the most accomplished groups will be adventure...exploring everywhere on trail. The final Saturday is “Celebration Day” for all the skiers have accomplished, with rewards for everyone!

Accomplished skiers, age 7 and up interested in more coached ski time each week, are invited to join the Junior Jets. Please view the website for more information.

Changes, updates and reminders for each session will be provided every Friday night through the season via email.

*If Glacier Nordic Center is closed (lack of snow) we will find an alternative, such as Stillwater or Round Meadows.

What to bring... (All labeled with child's name)

- **Clothing** - Skiers need to dress in layers with a snow and wind resistant outer layer. Wear wool or synthetic socks (cotton tends to make feet wet and cold). Water proof/resistant gloves/mittens are

necessary. Remember a hat and sunscreen. A scarf/neck gator to protect face on cold days and eye protection are recommended.

- **In a small belt pack or backpack** a water bottle and extra gloves if possible.

- **Equipment:** Skiers will need Classic skis (no-wax with fish scale pattern on bottom preferred), boots and poles.

Having gear in good shape and sized appropriately is

necessary for a good time to be had by all. **(See back of this**

page for sizing information.) All groups will be learning

classic and freestyle techniques. Skiers can learn to skate on classic gear, but it is very hard to

learn classic technique on skate gear.

Season Rentals will be available to registered Chet Hope Ski League participants through Glacier Cyclery's Nordic Shop for \$50. Purchase/trade-in programs may also be available.

To register, rent equipment and learn more about the CHSL please join us for...

The Ski League Open House, Thursday, Dec.8, 2011, from 3:30 –

6:00pm

At Glacier Cyclery and Nordic, 326 E. 2nd St., Whitefish.

Coaches will be available to answer questions, help with registration and fit gear to your child.

To Register if you can't make the Open House...Forms may be picked up beginning 12/3/11 at Glacier Cyclery & Nordic, Glacier Cyclery's Nordic Shop, Central School, and Muldown School in Whitefish, Columbia Falls Public Library, or Rocky Mountain Outfitters in Kalispell. Forms may also be printed from the website

www.glaciernordicclub.com Mail to PO Box 403, Whitefish, 59937. **Please register no later than 1/4/12 so we have time to plan for a great ski season!** Call Paul 261-0256 with registration questions.

Volunteers...Without Parent and Community Volunteers this program will not happen. Coaches are needed!

- **To volunteer to coach...**contact Paul Kaszuba 261-0256, or paulkaszuba@gmail.com ASAP. Training will take place in December and January.
 - We are looking for coaches that can make all or most sessions and those interested in sharing coaching duties with another. GNC membership/seasons pass for following year and a volunteer benefit available to coaches.
 - Are you interested in coaching, but not sure what to do?...no worries. There will be pre-season and in-season coaches' training.
- Parents who are not serving as coaches are asked to help one session of the season. Check with your child's coach for the day. Non-skiing parents can help with snacks and activities.
- Parents of 4 and 5 year olds are requested to join your child for all sessions, if possible.

****JOIN THE GLACIER NORDIC SKI CLUB!** Support the Nordic center, junior programs, newsletter, community events and races. The pass entitles member unlimited use of the Glacier Nordic Center ski track at the golf course. Memberships are available on the Chet Hope Ski League Registration form, or the website. Cost: \$45 / individual, \$90 / family.

[How to Select and Size Nordic Equipment](#)

Boot/Bindings

- Boots and Bindings must be compatible. Salomon and NNN are the two commonly used boot/binding systems. Some other systems may work, but they must not rub in the track or when the ski is on edge when skating.
- Boots must be comfortable. If they are too large they will be awkward to ski in and if they are too tight, feet will not stay warm.

Poles

- Poles must have adjustable straps.
- Classic poles should reach under the arm when the skier is standing on the floor.
- Beginners will not use their poles much or at all the first few weeks, but please bring them and check with the child's coach to learn when they will be needed.

Skis

- Skiers need Classic skis (no-wax with "fish-scale" or similar pattern on the bottom preferred.) Waxable Classic or Combi skis are okay, but the parent or child must be willing and able to wax skis with appropriate kick wax for the day. Conditions in our area are often very challenging to wax for.
- Length for classic skis should be approximately the same height as the skier for young kids 4 to 6 and gradually increase to reaching just below the wrist of the skier's arm when lifted straight overhead as the child's age and skill increase. Combi skis should be in between head height and wrist.
- The base of the ski should touch the ground when the skier stands in the binding.

All Children eligible for free and reduced price school meals as described by the Federal School Lunch program will be granted a scholarship by the Glacier Nordic Ski Club for half of the Chet Hope Ski League program fee. Please bring "Notice of Approval for School Meals Based on Application" when registering to verify eligibility. Other circumstances may be considered for scholarship. Contact Paul 261-0256 with questions.