

October 28, 2005

Tiger Tracks

Rachel Geiselman, Editor at geiselmanr@chartermi.net

Copper Country

SKI



TIGERS

Youth Cross Country Ski Program

All Ages and Abilities

Forecast: *Snow Much Fun!*

Registration -November 19th
Saturday 2-4pm

Season Opens January 7

Ski Tigers registration for the 2006 season will take place at the Swedetown Chalet on Saturday, Nov. 19, 2005 from 2-4 p.m. The cost is \$50 per skier and \$40 after the second child from the same family. Families with children participating in Ski Tigers are required to purchase a family pass for local cross-country ski areas. Ski passes will be on sale during registration.

A Ski Swap will take place during the registration. Please bring items to sell at 1:00 p.m. to be priced. No sales will occur until 2 p.m. For more information, contact Shawn Oppliger at 482-9669 or shawnoppliger@chartermi.net

SWEDETOWN TRAILS - The 2006 Copper Country Ski Tigers season opens Saturday, January 7 at Swedetown Trails in Calumet, Mich. Youth aged 5-17 and their families gather every Saturday through mid-March (weather permitting) at 1 p.m. for an hour of fun Nordic ski touring, technique instruction and ski games, followed by apple juice upstairs in the Chalet. Ski Tigers are placed in groups according to ability, endurance and maturity, and ski with adult supervision on the groomed trail system. Skiers under age 7 must be accompanied by an adult. Tiger families should make a habit of arriving at least 20-30 minutes early in order to park, prepare equipment, get dressed for the conditions, *and be on skis and ready to go by 1 p.m.* Be sure to check all your equipment to make sure it fits and you know how to use it *before* January. It is important to wear several layers, including a wind shell, hat and mittens or gloves. The Chalet parking area is cold and windy, but skiers often warm up as they go and may want to loosen or remove layers during the day's activities.

2006 Ski Tigers Schedule

Date	Location
Jan. 7	Swedetown Trails
Jan. 14	Michigan Tech Trails
Jan. 21	Swedetown Trails
Jan. 28	Michigan Tech Trails
Feb. 4	Swedetown Trails
Feb. 11	Michigan Tech Trails
Feb. 18	Swedetown Trails
Feb. 25	Michigan Tech Trails
March 4	Swedetown
March 11	Jr. Bear Chase - MTU Trails
March 18	Swedetown - Last Ski Tigers
TBA	Pool Party- Finlandia University

Ski Tiger Website

www.keweenawtrails.com

Ski Tigers website contains information such as KM Club, schedule, events, group lists, PIP duties, newsletters etc. From the home page of Keweenaw Trails, click on "Ski Tigers" link found on the left hand side.

Apparel Item

Every year as part of the registration fee, Ski Tigers receive an item that is functional for participating in skiing and playing in the cold. This year's item is a duffle bag to carry all that fun ski stuff.

Win an Iditarod Hat

Ski Tigers who complete two races in the Ski Tigers season earn the coveted Iditarod Hat. If you already earned an Iditarod Hat in a previous season, you are not eligible for a new hat (limit one per lifetime). Hats will be given out during the awards ceremony at the Finlandia University Pool Party - date to be announced.



TUESDAY TIGERS: Do you wish you could spend more time on skis? Are you interested in ski racing but still too young for the middle school/high school race team? If you like to ski the fastest trails, tuck the biggest hills, jump the bumpiest jumps and play the silliest games, then Tuesday Tigers may be for you!

New this year, the Tuesday Tigers will meet once a week, after school (Tuesdays 4:15-5:30) and will alternate between Michigan Tech and Swedetown. This group does NOT take the place of your Saturday Ski Tiger session but is in addition to it. The main focus is fun! This is not a formal ski lesson or a race workout but is an opportunity to goof around on skis with other kids who like to ski. Although there is no age restriction for Tuesday Tigers, it is intended to be for those skiers who;

- were in RED or above last year
- are too young for the MS/HS team
- are proficient skaters
- can ski 5k-8k in an hour
- LOVES to ski-wants to be there

There is no charge for the program. For more information or to sign up, contact **Wendy Sharp**. 482-0902 or wsharp@pasty.net

Group Assignments

Ski Tigers are assigned to groups by the Senior Coaching Staff of the CCST Board of Directors, based on each skier's ability, skills, endurance, maturity and temperament. Coaches periodically evaluate skier progress and may move skiers to a different level at the discretion of the Board. Ski Group assignments, along with the coaches' contact information, will appear in the December *Tiger Tracks* newsletter.

Descriptions of each group level, including skills checklists, may be viewed at the **Nov. 19 Registration at Swedetown Chalet from 2-4 p.m.**, and coaches will be on hand then to talk to you about the groups and the upcoming season. Here is some basic information to help you understand the group system:

GREEN: Young beginners, accompanied by parents, learn the basics of ski technique, safety and etiquette, including how to put on skis, get up from falls, go up and down hills, and take short tours.

BLUE: Skiers improve their balance, confidence, endurance, diagonal stride, double poling, herringbone, snowplow, snowplow turn and step turn. **Classic skiing only (no skating).**

RED: Skiers continue skill development while skiing longer distances and perhaps incorporating a little skating technique by February.

BRONZE: Skiers cover longer distances at greater speeds while developing advanced aspects of Classic and Skating technique.

SILVER AND GOLD: All Ski Tigers are encouraged to try racing, but members of the Silver and Gold groups *focus on racing* by improving their strength, endurance and efficiency. These groups usually ski for 90 minutes or more on Saturdays. Skiers who move up from the Yellow group and like to ski fast and far, with an eye toward racing in middle and high school, will love Silver and Gold.