

Copper Country

SKI



TIGERS

Youth Cross Country Ski Program

All Ages and Abilities

Winter Is Here: *Let's Ski*

First Saturday

Ski Tigers starts Saturday, Jan. 6 promptly at 1 p.m. in front of the Swedetown Chalet in Calumet. **Please arrive by 12:30 and have all skiers (children, parents and coaches) outside and on skis by 12:55. Meet by the flag of the appropriate color.** Silver and Gold meet at the top of the hill.

The parking area tends to be windy, so please dress everyone in layers, such as synthetic long underwear that wicks moisture, middle layers to trap the heat, an outside wind layer if necessary, warm mittens or gloves (mittens are warmer, especially for young skiers) and a hat that covers the ears and as much of the face as possible. Thermal snow suits are great for the young Tigers, while skiers in the faster groups will dress a little lighter in anticipation of vigorous exercise. **Remember: Warm skiers are happy skiers.**

Group Assignments

Check the list on the last page to find each skier's group assignment and coaches. **Skiers placed in the Evaluation Group must arrive by 12:00 noon on Jan. 6 so that Gail Neufeld, Richard Honrath and Steve DeLong can evaluate their skiing ability and place them in the appropriate skill-level groups. Meet Gail, Richard and Steve at 12:00 p.m. in front of the Chalet, ready to ski.**

Ski Tiger Board President
Betsy Rossini 482-4824

Parent Involvement Program Coordinator
Debbie Hart 482-7534

Ski Tigers Weather Policy

Ski Tigers will be cancelled when:

- Site temperature is below 0 F (-18 C.)
- The wind chill is below -10 F (-23 C.)
- When the Ski Tigers President, or their appointed designee, determine it is unadvisable to meet due to any combination of factors; such as temperature, wind, blowing snow and poor road conditions.

Note, however, that winter is supposed to be a cold and snowy season, and most weeks Ski Tigers will take place in less-than-perfect weather conditions. If Ski Tigers is held and you choose not to attend, there is no need to contact your coach. There are not, however, refunds for cancelled or missed weeks, nor are there "make-up" days. **Parents will be notified of cancellation via the phone tree or email list serve by 11am on Saturdays.**

2006 Ski Tigers Schedule

Date	Location
Jan. 6	Swedetown Trails
Jan. 13	Michigan Tech Trails
Jan. 20	Swedetown Trails
Jan. 27	Michigan Tech Trails
Feb. 3	Swedetown Trails
Feb. 10	Michigan Tech Trails
Feb. 17	Swedetown Trails
Feb. 24	Michigan Tech Trails
March 3	Swedetown
March 10	Jr. Bear Chase - Swedetown
March 17	Swedetown - Last Ski Tigers
TBA	Pool Party- Finlandia University

Tiger Pride

This year the ski item that Ski Tigers will receive is a Ski Tiger fleece ski jacket. The jackets will be handed out on a Saturday session early in the season.

www.keweenawtrails.com

Information about Ski Tigers can be found online at www.keweenawtrails.com. From the home page of Keweenaw Trails, click on the "Ski Tigers" link in the left column. Here you will find the ski schedule, list of events, information about the KM Club, group lists, PIP duties, newsletters and more.

Adult Ski Lessons

The Keweenaw Community Foundation Cross-Country Skiing Endowment and the Michigan Tech Nordic Ski Club (not to be confused with the Ski Team) will once again be providing lessons for adults who are learning to ski. For more information, including how to sign up, visit the following website: forest.mtu.edu/ski/lessons.html

Ski for Light

Share your passion for skiing and change a life! Each year Ski for Light, Inc., an all-volunteer nonprofit organization, conducts a weeklong program to teach blind and mobility-impaired adults the sport of cross-country skiing. Each disabled participant is paired with an experienced cross-country skier for six days of instruction and practice in the snow. This year's Ski for Light will take place in northern New Hampshire from Sunday, January 21- Sunday, January 28. Attendees will stay at the North Country Grand Hotel in North Conway and ski Great Glen Trails in Pinkham Notch. Applications and much more information about Ski for Light are available online at www.sfl.org or by contacting Doug Boose, local Ski for Light guide, at 482-4519.

2nd Annual Talvitohinat Ski Race

The 2nd Annual Talvitohinat (Winter Scramble) ski race will be held on Saturday, January 20, 2007. Race day registration begins at noon followed by:

2.5km youth race at 1pm (Youth must be able to ski 2.5km in 20 minutes in order to enter race)

10K freestyle race at 1:30pm

5 km freestyle race at 1:35pm

4 mile skijoring race at 2:30pm

Awards, raffle & refreshments at 4:00pm

To pre-register, or for more information, contact the Keweenaw Land Trust at 482-0820 or visit www.keweenawtrails.com

Swedetown Update

The Copper Isle Ski Club has made several changes to the Swedetown trail system this year. Skiers and coaches may find it helpful to become familiar with them by obtaining a new trail map. Trail maps are available at the Swedetown chalet and the [keweenawtrails](http://www.keweenawtrails.com) website.

Safety Policy for Lessons

Skiers

1. Ski with your group and follow your coach's directions.
2. Wear your nametag at all times during each lesson.
3. Hand in your nametag to the group helper at the end of each lesson.
4. Ski within your ability.
5. If you are lost, stay in the same location and wait for an adult.
6. Be respectful of other skiers on the trails.
7. Dress appropriately for the weather and make sure that your clothing is dry before heading out to ski.
8. Go to the bathroom before heading out to ski.

Parents

1. Make sure that your child is dressed appropriately and fed before heading out to ski.
2. Make sure that your child is ready to ski each Saturday and ready to join their group by 12:55pm.
3. Make sure that your child has gone to bathroom before they head out to ski.
4. Ski with all children 7 and under during the Ski Tigers lesson.

Kilometer Club

Join the Kilometer Club. Record the kilometers you ski this season until March 24, 2007 on the Kilometer Club sheet. Then mail your completed Ski Tigers Kilometer Club Chart by **March 28, 2007 to: Ski Tigers, P.O. Box 512, Hancock, MI 49931, Attn: Elise Nelson**. Everyone in the Kilometer Club will receive special recognition and a prize at the end of season Pool Party.

Win an Iditarod Hat

Ski Tigers who complete two races in the Ski Tigers season earn the **coveted Iditarod Hat**. Please contact Chelli Vician-Davis at 482-5024 or cvician@mtu.edu with the name and date of the two races you skied. If you already earned an Iditarod Hat in a previous season, you are not eligible for a new hat (limit one per lifetime).

Equipment Identification and Labeling

Many children have equipment that looks similar so labeling their gear can help prevent the frustration and financial headaches associated with lost items and equipment mix-ups. Labeling skis and poles is easy with colored permanent markers, especially silver for dark poles or skis. The marker is easily removed with rubbing alcohol when it is time to part with equipment. We encourage labeling equipment to prevent confusion during group activities and so you will be comfortable knowing your skier will get their own gear back. Skiers will be labeled with nametags worn on armbands during lessons. Skiers are asked to return their nametags at the end of each lesson. Skiers who lose their nametags will be asked to pay \$4 for a replacement.



Ski Tigers Coaching Clinic POSTPONED

The date and time of the coaching clinic will be announced by e-mail once ski conditions improve. The clinic will cover striding technique, skating technique, hills, turns, and ideas for teaching kids. We will have some fun and share some ideas. Dress warmly, especially your feet, as we will spend time standing and discussing as well as skiing. Come to touch up your own skills, to learn some fun ways to teach kids, to meet other coaches and to get fired up to coach. See you there!

U.S. Cross Country Skiing Championships

The 2007 United States Cross Country Skiing Championships will take place January 1-7, at the Michigan Tech Nordic Training Center in Houghton, Michigan. This event is the national championship for cross country skiing in the U.S. and will include top Nordic skiers in the country, including the U.S. Ski Team, regional development teams and college teams. Volunteers are needed to assist with the many duties necessary to successfully host the event. Please visit <http://www.seniornationals.org> to volunteer on-line, or send an e-mail to Emily Fiala, volunteer coordinator, at: volunteer@pasty.net. All are welcome and encouraged to attend this exciting event. Please consider how you can contribute some of your time and talents as a volunteer and enjoy the events as a spectator.

Keweenaw Community Foundation Cross Country Ski Endowment

Recently, the Keweenaw Community Foundation (KCF) Cross Country Skiing Endowment awarded a grant to the Keweenaw Nordic Ski Club for the club to establish a tool crib. With the correct tools always available, the club's stewardship of the Maasto Hiihto and Churning Rapids trails will be improved, and people without tools of their own can help with trail maintenance. The goal of the KCF's Keweenaw Cross Country Skiing Endowment is to promote, develop, and sustain quality cross-country skiing in Houghton and Keweenaw counties. Donations to the endowment are eligible for a Michigan tax credit, and can be made by sending a check to KCF, P.O. Box 101, 326 Shelden Ave., Houghton, MI 49931. Make checks payable to: KCF, Keweenaw CC Skiing Endowment. For more information, visit www.keweenaw-community-foundation.org/EF-Keweenaw_Cross_Country_Skiing.htm.

Contact Information

Should you have additional questions about the Ski Tigers program please contact a board member below:

Betsy Rossini, President 482-4824
Steve DeLong, VP & Editor 296-0094
Deb Hart, PIP Coordinator 482-7534

Group Assignments

Skier Last	Skier First	Skier Group
Amyot	Rebecca	EVAL
Clayton	Camille	EVAL
Cornell	Claire	EVAL
Dwyer	Ingrid	EVAL
Karinen	Nina	EVAL
Karinen	Oskar	EVAL
Karinen	Peter	EVAL
Puri	Simarjeet	EVAL
Resh		
Chimner	Galen	EVAL
Shonnard	Christine	EVAL
Steenport	Kyle	EVAL
Tervo	Logan	EVAL
Wallace	Cecelia	EVAL
Archer	Geneva	GREEN
Brandt	Rachel	GREEN
Bulleit	Clayton	GREEN
Drake-Flam	Lila	GREEN
Gronlund	Kimberly	GREEN
Hohnholt	Olivia	GREEN
Hyslop	Wesley	GREEN
Karinen	Heidi	GREEN
Kilpela	Jack	GREEN
Leinonen	Benjamin	GREEN
Mather	Brendan	GREEN
Peterson	Beck	GREEN
Puri	Abmijeet	GREEN
Stone	Rebecca	GREEN
Storer	Zoe	GREEN
Wood	Joseph	GREEN
Drake-Flam	Danielle	BLUE
Stone	Timothy	BLUE
Subhash	Sohan	BLUE
Urban-		
Perlinger	Maya	BLUE
Wallace	Samuel	BLUE
Wheeler	Leander	BLUE
Wood	Benjamin	BLUE
Lyle	Becca	BLUE
Storer	Kieri	BLUE
Lyle	Thomas	TBA
Chard	Matthew	RED
Davis	Jessica	RED
DeLong	Mitchell	RED
Hyslop	Ian	RED
Hyslop	Sean	RED
Lyle	Erin	RED
Neufeld	Kyra	RED
Storer	Finn	RED
Subhash	Sanika	RED
Toorongian	Colleen	RED
Wheeler	Tobin	RED
Wood	Daniel	RED
Darnell	Allison	RED
Darnell	Rachel	RED

Darnell	Valerie	RED
Lilleskov	Ben	RED
Honrath	Prabha	TBA
Archer	Ruth	YELLOW
Binkley	Emma	YELLOW
Binkley	Sylvia	YELLOW
Chard	Rachel	YELLOW
Lilleskov	Eli	YELLOW
Lyle	Sarah	YELLOW
Makens	Elise	YELLOW
Neufeld	Dana	YELLOW
Sharp	Salvador	YELLOW
Brandt	Michael	BRONZE/SILVER
Bulleit	Carly	BRONZE/SILVER
DeLong	Evelyn	BRONZE/SILVER
Featherly	Zebulon	BRONZE/SILVER
Jackman	Dylan	BRONZE/SILVER
Meese	Anna	BRONZE/SILVER
Sharp	Isabel	BRONZE/SILVER
Stone	Isaac	BRONZE/SILVER
Toorongian	Jill	BRONZE/SILVER
Wheeler	Annika	BRONZE/SILVER
Donahue	Kara	GOLD
Featherly	Elias	GOLD
Featherly	Mariah	GOLD
Gregg	Jane	GOLD
Helminen	Keith	GOLD
Humes	Emily	GOLD
Jarvis	Victor	GOLD
Lufkin	Kelly	GOLD
Mishica	Christina	GOLD
Oppliger	Karen	GOLD
Oppliger	Louise	GOLD
Oppliger	Ruth	GOLD
Orr	Olivia	GOLD
Sharp	Kai	GOLD
Shoup	Madelyn	GOLD
Toczydlowski	Alan	GOLD
Toczydlowski	Rachel	GOLD
Woodbeck	Jay	GOLD

Coaches

GREEN Head Coach: Jon Stone **Assistants:** Andrew Storer, Rod Chimner, Bill Karinen, Mike Hyslop

BLUE Head Coach: Noel Urban **Assistants:** Jon Leinonen, John Griebel, Charles Wallace

RED Head Coach: Laura Bulleit or Richard Honrath or Bobbie Wood **Assistants:** David Chard, Jeff Toorongian

YELLOW Head Coach: Laura Bulleit or Richard Honrath or Bobbie Wood **Assistant:** Craig Makens

BRONZE/SILVER Head Coach: Doug Oppliger **Assistants:** Paul Lyle, Tom Wood, Rich Featherly, Jim Meese

GOLD Head Coach: Mike Young **Assistants:** Dave Mayo-Kiely, Rachel Robertson, Brian Carlson

COACH COORDINATOR: Gail Neufeld, 337-5603