

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. 5 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 will be contacted by the Coach Coordinator to arrange an appointment for a skill evaluation prior to the start of Ski Tigers. Skiers will be placed in appropriate groups based on skill levels.**

Ski Tiger Board President
Betsy Rossini 482-4824

Parent Involvement Program Coordinator
Barbara Wheeler 487-9695

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.**

2008 Ski Tigers Schedule

Date	Location
Jan. 5	Swedetown Trails
Jan. 12	Michigan Tech Trails
Jan. 19	Swedetown Trails
Jan. 26	Michigan Tech Trails
Feb. 2	Swedetown Trails
Feb. 9	Michigan Tech Trails
Feb. 16	Swedetown Trails
Feb. 23	Michigan Tech Trails
March 1	Swedetown
March 8	Jr. Bear Chase - Swedetown
March 15	Swedetown - Picnic in the Snow
TBA	Pool Party- Finlandia University

Tiger Apparel

This year each Ski Tiger will receive a pair of gloves or mittens to help keep their hands warm while on the trails. They will be handed out at a Saturday session early in the season. With so many Ski Tigers wearing the same apparel, we highly encourage parents to mark their children's gear. See related article, page 3.

www.keweenawtrails.com

Information about Ski Tigers, trail conditions and Cross Country Skiing in the Keweenaw 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.

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 Bend, Oregon from Sunday, February 10 - Sunday, February 17. Attendees will stay at the Riverhouse Resort Hotel in Bend and ski the Mt. Bachelor cross country ski area. 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.

Local Events and Races

The following events and races will be hosted in the Keweenaw in 2008 and invite public participation. We encourage you to visit the Keweenaw Trails website and click "Events and Races" to learn more about them and to obtain accurate event information:

- Jan. 1-6, MTU
US Cross Country Championships
- Jan. 19 MTU
Keweenaw Land Trust TalviTohinat
- Jan. 20
Copper Island Classic
- Feb. 9 SWEDETOWN
Ski for the Heart of the Community
- Mar. 8 MTU
Junior Bear Chase
- Mar. 9 SWEDETOWN
River Valley Bank Great Bear Chase

Safety Policy for Lessons

Skiers

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

Kilometer Club

Join the Kilometer Club. Record the kilometers you ski this season until March 25, 2007 using the Kilometer Club chart found on the Keweenaw Trails website – www.keweenawtrails.com. Mail your completed Ski Tigers Kilometer Club Chart by **March 29, 2008 to: Ski Tigers, P.O. Box 512, Hancock, MI 49931, Attn: Ann Mayo-Kiely.** 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 Betsy Rossini at 482-4824 or earl@charter.net 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. Parents or guardians of skiers are asked to return the nametags at the end of each lesson to a group helper or coach. Skiers who lose their nametags will be asked to pay \$4 for a replacement.

U.S. Cross Country Skiing Championships

The 2008 United States Cross Country Skiing Championships will take place December 31-January 6, 2008 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 the Keweenaw Trails website or <http://www.seniornationals.org> to volunteer on-line. 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

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.

Ski Tiger Donations are Tax Deductible

Are you looking to upgrade your cross-country ski equipment this year? Do you have a child that has outgrown their skis, boots or poles? Consider donating your used equipment to the Copper Country Ski Tigers!

The club provides the opportunity for many children in the Copper Country to learn how to ski. To overcome the equipment hurdle faced by families new to the sport, Ski Tigers is starting to build an inventory of ski equipment to be loaned out during the skiing season.

If you are considering a donation, the equipment should be in good working condition and not require substantial repairs. Skis can be either classic, skating or combi (universal), and range in length suitable for kids from the Green Group to the Gold Group. Boots and bindings should fit contemporary systems (SNS or NNN), no 3-pins please. Poles should also range in size to fit skiers in any of the skill groups.

Please contact Betsy Rossini at earl@charter.net or 482-4824 if you wish to provide a piece of equipment to a good home or make a financial contribution to the club. All donations to the club are tax deductible since the Copper Country Ski Tigers, Inc is a recognized 501c3 non-profit organization.



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
Barbara Wheeler, PIP	487-9695

Group Assignments

Coach Coordinator: Gail Neufeld, 337-5603

Evaluation

The coach coordinator will contact skiers to set up an appointment for a skill level evaluation prior to the start of Ski Tigers. Skiers will be placed in appropriate groups based on skill levels.

J. Davis
A. Hill
H. Hill
N. Karinen
H. Powell
K. Steenport
C. Wallace

Green

Head Coach: Jonathan Stone

Asst. Coaches: Andrew Storer, Bill Kerinen, Erin Froese

Group Helpers: Will Shapton, Attendance – Joan Darnell

J. Alto
G. Archer
R. Brandt
J. Chizek
B. Darnell
S. Froese
K. Garcia
S. Hayenga
J. Hepokoski
H. Jackman
E. Karinen
B. Langley
A. Mack
E. Mayo-Kiely
A. Needham
V. Poonamallee
A. Puri
M. Shapton
A. Stone
Z. Storer
J. Sullivan
E. Walz
L. Whiting
J. Wood

Blue

Head Coach: Karl Peterson

Asst. Coach: Jon Leinonen

Group Helpers: Ski Along –Melanie Needham
Attendance – Maureen Amyot

I. Beaudoin
C. Bulleit
S. Chizek
C. Clayton
H. Karinen
H. Langley
B. Leinonen
T. Lyle
B. Peterson
R. Stone
J. Whiting

Red

Head Coach: Noel Urban

Asst. Coach: Rod Chimner, Roger Tervo

Group Helpers: Ski Along – Gassila Shonnard
Attendance – pending

M. DeLong
I. Dwyer
S. Hyslop
O. Karinen
B. Lyle
R. Naumenko
K. Neufeld
S. Puri
G. Resh Chimner
C. Shonnard
T. Stone
K. Storer
F. Storer
L. Tervo
M. Urban-Perlanger
L. Wheeler
T. Wheeler
B. Wood

Yellow

Head Coach: Rich Honrath

Asst. Coach: Jan Haase

A. Darnell
R. Darnell
V. Darnell
E. Jackman
B. Lyle
E. Lyle
C. Toorongian

Adventure

Activity Coordinator: Gail Neufeld

Assistant: Jeff Binkley

Group Helper: Mike Hyslop

R. Archer
E. Binkley
S. Binkley
I. Hyslop
D. Neufeld

Bronze

Head Coach: Paul Lyle

Asst. Coach: Laura Bulleit

P. Honrath
P. Karinen
S. Lyle
S. Sharp
D. Wood

Silver

Head Coach: Bobbie Wood

Asst. Coach: pending

M. Brandt
C. Bulleit
Z. Featherly
D. Jackman
A. Meese
I. Sharp
I. Stone
J. Toorongian
A. Wheeler

Gold

Head Coach: Mike Young

Asst. Coach: Rachel Robertson, Tom Wood

E. DeLong
K. Donahue
E. Featherly
J. Gregg
E. Humes
E. Oppliger
R. Oppliger
K. Oppliger
O. Orr
K. Sharp
M. Shoup
A. Toczydowski
R. Toczydowski
J. Woodbeck

Parent Involvement Program Assignments

Parents are asked to please visit the Ski Tiger website to review their posted PIP assignments and associated responsibilities for this season. Parents of Race Team members are identified as they participate in a separate PIP program with additional duties assigned.

We wish to extend a sincere THANK YOU to everyone who provides assistance and support to the Ski Tigers program. By generously sharing your time and talents you directly contribute to the success of the Ski Tiger program and the advancement of high quality Nordic Skiing opportunities and experiences for youth in the Keweenaw. Please consider how you may participate further by attending the next Ski Tiger Board of Director's meeting: 7pm, January 10, 2008 in the Houghton Portage Library Community Meeting Room. Hope to see you there.

Wax Clinic for Club Members

Ski Tiger members will have the opportunity to participate in a private wax clinic for the club on Sunday, January 13th. Club member and HS/MS racing team coach Mike Young will demonstrate basic ski care in this hands-on clinic. The clinic will run from 3:00-5:00 pm in the Boss Snowplow Wax Building at the Michigan Tech Trails main trail head. Topics will include applying and removing both glide wax and kick wax. Come learn how to help keep your young Tiger's boards in top shape.

Tuesday Town Relays

A Fun Series of Weekly Nordic (Cross Country) Ski Races Tuesday Nights at Michigan Tech Trails

Free and open to the public (anyone with a daily or season trail pass). Come out and join the fun!

What?

12-lap relay races for teams of 2, 3 or 4 racers. Courses vary from week to week, but always more or less one kilometer (0.6 miles) per lap. You choose your team and how many laps each person skis.

Where?

Michigan Tech Nordic Trails. Meet at the small warming hut in the stadium/race start area, near the groomer garage. Races are on the lighted trails – Birch, Oak, Linden, Core, etc.

When?

Tuesday nights, Jan. 8 through Feb. 26.

Registration: 6:00 to 6:15 p.m.

Handicap start times calculated and announced: 6:15 to 6:25

First team starts: 6:30

All teams on course by: 6:54

Teams Finish: 7:25 to 7:35

Hot Chocolate, snacks, results and announcements: 7:45 to 8:00

How?

Classic or Freestyle technique on alternating weeks, subject to change based on snow conditions. **Jan. 8 will be classic.** Check your email for schedule changes and other announcements.

Email Group?

For news including series point standings, last week's results, special events or costume nights, and changes due to weather or conditions, send an e-mail to majordomo@mtu.edu with the subject line blank and "subscribe townrelays-l" in the body of the message.

Handicapping System?

Not all teams start at the same time, but we hope they'll all finish around 7:30. Extra time is allowed based on the following criteria (team with most minutes handicap starts first):

Time per lap	Skier categories
0:00 (Scratch)	Elite men, college team men, high school boy J.O. racers, wave 1 Birkie
0:30	Elite women, college team women, girl J.O. racers, high school boys, wave 3 Birkie
1:00	High school/middle school girls, advanced adult skiers
2:00	Silver Group Ski Tigers, adult recreational skiers
3:00	Bronze Group Ski Tigers
4:00	Yellow or Red Group Ski Tigers

A one-minute bonus per team is awarded for bringing a snack or more hot chocolate mix. Other time bonuses, for costume contests or other criteria, may be announced one week prior to races.

EXAMPLE: If a team has one elite male who skis 6 laps (no time bonus), a girl's middle school team member who skis 4 laps (4 X 1:00 = 4:00) and a Bronze Group skier who skis two laps (2 X 3:00 = 6:00), they will start 10 minutes before a team of all elite men. **THE MAXIMUM HANDICAP IS 24 MINUTES**, so it is not advisable to form a team with all skiers from below the Silver group. This maximum handicap time is necessary to ensure that all teams start no later than 6:54 p.m.

Series Points and Awards?

Each week, points will be awarded on a 5-4-3-2-1 basis by finish order, with all teams finishing 12 km in 5th place or beyond earning one point. Awards and prizes will be presented at the last race.