

Copper Country

SKI



TIGERS

Youth Cross Country Ski Program

All Ages and Abilities

Forecast: *Snow Much Fun!*

Registration - November 17th

Saturday 2 - 4pm
NEW LOCATION !!!

Registration for the 2008 Ski Tigers season will take place at Houghton High School on Saturday, Nov. 17, 2007 from 2-4 p.m. The cost is \$56 per skier for the first two children and \$46 per skier for additional children from the same family. Families with children participating in Ski Tigers are also required to purchase a family pass for local cross-country ski areas. Ski passes will be sold during registration. A limited number of financial aid scholarships are available to participants based on financial need, commitment to skiing and character. Application is required at registration. Parent Involvement Program signup also occurs at registration (see article on page 3).

A Ski Swap will take place during registration. Please drop off items for sale by 1:45pm. No browsing or sales will occur until 2pm. New this year is a 15% commission (up to \$50) on all items sold at the swap with proceeds to benefit the Ski Tiger program. For more information, contact **Wendy Sharp** at 482-0902 or wsharp@pasty.net

Ski Tiger Website

www.keweenawtrails.com

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

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

Season Opens January 5

The Copper Country Ski Tigers season opens Saturday, January 5 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 in the Chalet. 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.*

Ski Tigers are placed in groups according to individual ability, endurance and maturity. They ski with adult supervision on the groomed trail system. Skiers under age 7 must be accompanied by an adult.

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. It is recommended that all equipment be marked for easy identification.

Thursday 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 Thursday Tigers may be for you!

Thursday Tigers will meet once a week, after school (Thursdays 4:15-5:30pm) 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 Thursday Tigers, it is intended to be for those skiers who;

- were in RED or above last year
- are not ready for the ms/hs team
- are proficient skaters
- can ski 5k-8k in an hour
- LOVE to ski - wants to be there

There is no charge for the program but you must register for the program. Sign up at registration or contact **Wendy Sharp at 482-0902 or wsharp@pasty.net**

New Adventure Ski Tigers Group

If you have learned to ski, enjoy classic and skate techniques and you are looking for some non-competitive adventures then the Adventure Ski Tigers might be for you! Adventure Ski Tigers is a new group for skiers who have completed at least one year of YELLOW or can demonstrate the equivalent skill level at an evaluation. The group will focus on using the skills already learned to have adventures in the snow.

Adventure Group plans include the following:

- Day trips to other trails in the UP
- Candlelight skiing with an overnight stay at a cabin in the Porcupine Mountains
- An introduction to ski-jouring
- Zooming up and down hills
- Geo-caching on skis
- Moonlight skiing
- Backcountry skiing
- Learning winter camping skills (camping optional)
- Playing ski games
- Spring crust skiing

Skiers will need both striding and skating equipment and skills appropriate for each adventure session. Backcountry skis are not required and other equipment will be provided as needed. Each Adventure Group session will be longer than regular Ski Tiger lessons since some outings will require travel and many adventures will require more than an hour.

Adventure Ski Tigers skiers will ski on groomed and un-groomed trails. Adventure Ski Tigers skiers will focus on techniques appropriate to each outing. If you have an adventurous spirit, like to have fun on the snow, and want to try something new, then Adventure Ski Tigers is for you! Please write "Adventure Ski Tigers" on your registration form if you are interested in joining this group.



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 Coach Coordinator. 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. 17 Registration at Houghton High School from 2-4 p.m.**, where the coach coordinator and board members will be on hand 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. As the season progresses, the Red group learns to skate, while continuing to use classic technique on some days.

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

BRONZE: Skiers continue to improve upon advanced skills and techniques in preparation for advancement to Silver and Gold.

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/high school, will love Silver and Gold.

ADVENTURE GROUP: Must have completed at least one year of Yellow. See description in previous article.

Parent Involvement Program

A major factor in the success of the Ski Tiger program is active parents. The program requires involvement and support from each of you to assure volunteer needs are met and the kids have a great experience. Each family is required to earn four points from the list below and only two of the points may be from the one point category. Sign up for duties at registration or by calling Barb Wheeler, Parent Involvement Program Coordinator after the Nov. 17th registration at 487-9695. No sign up via mail!!!

4 points - Coaches (1 person) *

Green
Blue
Red
Yellow
Bronze
Silver
Gold
Thursday Tigers
Adventure Group

4 points - Coordinators *

Jr. Bear Chase Director
PIP Coordinator
Newsletter Editor
Database Coordinator
Coach Coordinator

3 points - Asst. Coaches *

Green (2 people)
Blue (2 people)
Red (2 people)
Yellow (1 person)
Bronze (1 person)
Silver (1 person)
Gold (1 person)
Thursday Tigers (1 person)
Adventure Group (1 person)

3 points- Group Helpers

green
blue
red

3 points - Assistants

Jr. Bear Chase Chiefs:
-course set up
-registrar
-prizes/awards

-timing
PIP Assistant *
Apparel Distribution
Saturday Juice Coordinator
Group Photographer *
KM Club and End of Season Certificates

2 points

Phone Tree Coordinator
Pool Party Coordinator
Name Tags
New Coach Training *
Web Master *
E-mail list serve Coordinator *
News releases *
Area Race Help - Jr. Bear Chase (20 people)

1 point - Assistants

phone callers
Sat. Refreshments
Picnic helpers (2 people)
Pool Party helpers (2 people)
Area Race help - Copper Isle

* positions pre-appointed by Ski Tiger board

Ski Apparel

Each season the Copper Country Ski Tigers ski program uses part of the skier registration fee to provide each Ski Tiger with a useful apparel item for skiing and playing in the cold. This year each registered Ski Tiger will receive a pair of ski gloves.

Also available for purchase are the following Ski Tiger items from past seasons: Jackets, Duffle bags, Luggage tags, Neck warmers, Long sleeve T's, Hoodies and Hats. Please check with Betsy Rossini to see if the items you are interested are available in the size you want.

Win an Iditarod Hat

Ski Tigers who complete two races during 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 are presented at the awards ceremony following the end of season pool party at Finlandia University - date to be announced.

Ski Equipment Donations = Tax Deductions

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 ear1@charter.net or 482-4824 if you wish to provide a piece of equipment to a good home. Donations to the club are tax deductible since the Copper Country Ski Tigers, Inc is a recognized 501c3 non-profit organization.

Ski Exchange Program

Beginning skiers may be interested in a ski exchange program offered by Cross Country Sports of Calumet. Purchase one new beginners ski package and for a nominal fee you may exchange the used equipment as the child grows. For more information contact Rick Oikarinen at Cross Country Sports, 337-4520.

Cross Country Sports will be sponsoring a club sale on Registration Day. Stop in to find out how you can save on equipment purchases.

Ski Tigers Race Team Fundraiser

Families are reminded that the Ski Tiger's Middle School and High School Race Team will be bagging groceries at Econofoods for tips on Saturday, Dec.1 from 10-4 as a team fundraiser. Please consider supporting their efforts with a donation and a smile.

Maasto Hihto

Skiers are reminded that Maasto Hihto will be groomed for classic skiing only this year and it is open to the public for recreation.

Tour of Anchorage

Enter the **Rush Hour Tour of Anchorage Sweepstakes** for a Big Wild Adventure provided by Anchorage Convention & Visitors Bureau, [Fischer Skis](#) and [Tour of Anchorage](#).

Learn more about the sweepstakes and enter to win at www.anchorage.net/toursweeps

The winning package includes:

- Two roundtrip airline tickets to Anchorage
- Three nights accommodations for two
- Two entry fees into the Tour of Anchorage
- [Two Sets](#) of Fischer Carbonlite Skate Skis, Skate Boots, Poles and Race Bindings.
- Round-trip adventure on the Alaska Railroad for two and more!

About the Tour of Anchorage:

The Tour of Anchorage is a point-to-point cross country ski marathon that is at sea level. The race date this year is **March 2, 2008**. There are actually 4 races, a 25 k classical race, and a 25k, 40k and 50k freestyle. The 40k and 50k start on one side of Anchorage and go through the middle of town, along greenbelt ski/bike trails. The 25 k race starts in the middle of town and uses the same course. Billed as a premier ski marathon, The Tour is part of the American Ski Marathon Series, North America's longest running and largest citizen's racing and touring series.

Contact Information

Should you have questions about Ski Tigers please contact one of the board members below:

Betsy Rossini, President	482-4824
Steve DeLong, VP & Editor	296-0094
Barb Wheeler, PIP Coordinator	487-9695