

**Copper Country**

# SKI



# TIGERS

Youth Cross Country Ski Program

All Ages and Abilities

## Forecast: *Snow Much Fun!*

Registration - November 15<sup>th</sup>  
Saturday 2 - 4pm

Registration for the 2009 Ski Tigers season will take place at **Houghton High School** on Saturday, Nov. 15, 2008 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](mailto:wsharp@pasty.net)

### Ski Tiger Website

[www.keweenawtrails.com](http://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.

### 2009 Ski Tigers Schedule

Date	Location
January 3	Swedetown Trails
January 10	Michigan Tech Trails
January 17	Swedetown Trails
January 24	Michigan Tech Trails
January 31	Swedetown Trails
February 7	Michigan Tech Trails
February 14	Swedetown Trails
February 21	Michigan Tech Trails
February 28	Swedetown Trails
March 7	Jr. Bear Chase- Michigan Tech Trails
March 14	Picnic in the Snow- Swedetown Trails
April 18	Pool Party- Finlandia 1-5

### Season Opens January 3

The Copper Country Ski Tigers season opens Saturday, January 3 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.

## 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:** Open to skiers that have completed one year of Yellow or above and who wish to enjoy non-competitive adventures that combine ski skills and outdoor activities. Note: the schedule for this group will be independent from the schedule posted in this newsletter. Please contact Gail Neufeld at 337-5603 for additional information.

## 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. 15<sup>th</sup> registration at 487-9695. No sign up via mail!!

Please see the table attached to the end of this newsletter for a brief overview of jobs available and their respective point values. Check the Ski Tiger website at [www.keweenawtrails.com](http://www.keweenawtrails.com) for additional information about job descriptions.

## 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 there will be ski bags, duffle bags and hats available. Note: Ski bags only for bronze and above (possibly yellow - based on numbers and availability)

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, gloves, 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** -limit one per lifetime. Hats are presented at the awards ceremony following the end of season pool party at Finlandia University.

## 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](mailto: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, November 22 from 10am - 4pm as a team fundraiser. Please consider supporting their efforts with a donation and a smile.

## 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