

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. 9th promptly at 1 p.m. at the Michigan Tech main trailhead. **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 of the group that your child is in.**

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

Coach Coordinator

Laura Bulleit 334-2830

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 her 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.**

2010 Ski Tigers Schedule

Date	Location
January 9	Michigan Tech Trails
January 16	Swedetown Trails
January 23	Michigan Tech Trails
January 30	Swedetown Trails
February 6	Michigan Tech Trails
February 13	Maasto Hiito Trails
February 20	Nara Trails - Meet at Nara Chalet
February 27	Swedetown Trails
March 6	Michigan Tech Trails
March 12	5PM - Jr. Bear Chase- Swedetown Trails
March 20	Picnic in the Snow- Swedetown Trails
April 11	Pool Party- Finlandia 1-5

Tiger Pride

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 Ties (the nylon sleeves that go on each end of your skies to hold them together). They will be customized with the Ski Tigers logo for easy identification (away from a ski tiger event).

Also available for purchase are the following Ski Tiger items from past seasons: Jackets, duffle bags, luggage tags, gloves, ski bags and hats. Please check with Betsy Rossini to see if the items you are interested are available in the size you want. Also, Ruth Archer will be bringing apparel items for sale pre and post Ski Tigers on Saturdays during the season.

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.

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. The 35th annual Ski for Light International Week will take place from Sunday January 31 through Sunday February 7, 2010 in the Wasatch Mountains of Utah. 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 31, 2010** to: **Ski Tigers, P.O. Box 512, Hancock, MI 49931, Attn: or email** 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.

Give to the Future of Copper Country Ski Tigers

Last November an endowment was established for the Copper Country Ski Tigers with the Keweenaw Community Foundation (KCF). The purpose of the fund is to support the sport of cross country skiing in the Keweenaw Peninsula of Michigan for youth in order to provide the benefits of fellowship, sportsmanship, recreation and healthy lifestyles and to work in cooperation with other Nordic ski organizations to develop youth skiing opportunities and to develop, for those interested youth a program of competitive Nordic ski racing. The Copper Country Ski Tigers will have the option to receive an annual payment from the interest earned on this fund or to save for future projects. The base funding for this endowment was from funding excess from the 2005 Junior Olympics that were held at Michigan Tech.

Donations to the endowment are eligible for a Michigan tax credit (at 50%, i.e. up to \$200 per

family for a \$400 donation). When tax time comes, the state refunds (not just deducts, but completely refunds you) half of this donation. Plus, if you itemize, you can claim it on your federal return as well. Donations can be made by sending a check to KCF, P.O. Box 101, 326 Sheldon Ave., Houghton, MI 49931. Make checks payable to: KCF, Copper Country Ski Tiger Endowment or make a donation on line at www.keweenaw-community-foundation.org.

Other Ways to Give

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 Green Group to Gold. Boots and bindings should fit contemporary systems (SNS or NNN), no 3-pins please. Poles can also range in size to fit any size skier. 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 of equipment or cash to the club are tax deductible since the Copper Country Ski Tigers, Inc. is a recognized 501c3, non-profit organization

Group Photo Date

Please plan on meeting by the Swedetown Chalet at the start of Ski Tigers on February 6th at the Michigan Tech Trailhead.

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.

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

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 Directors meeting: 7pm January 25, 2010 at the NARA trail head chalet. Hope to see you there.

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/highschool race team? If you like to ski the fastest trails, tackle 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 4:14-5:30pm) and will alternate between Michigan Tech and Swedetown. This group does NOT take the place of your Saturday Ski Tigers 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:

- Who in RED or above last year
- Are not ready 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 but you must register for the program. For more information or to register call Karl Peterson at 523-5134 (H) or 487-2433 (W) or email to krpeters@mtu.edu.

Contact Information

Should you have additional questions about the Ski

Group Assignments

Laura Bulleit – 334-2830

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

E. Jackman
B. Lyle
E. Lyle
C. Toorongian

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-Perlinger
L. Wheeler
T. Wheeler
B. Wood

Yellow

Head Coach: Rich Honrath
Asst. Coach: Jan Haase

A. Darnell
R. Darnell
V. Darnell

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. Toczydlowski
R. Toczydlowski
J. Woodbeck