

**Copper Country**

**SKI**



**TIGERS**

Youth Cross Country Ski Program

All Ages and Abilities

# Forecast: *Snow Much Fun!*

**Registration - November 14th  
Saturday 2 - 4pm**

Registration for the 2010 Ski Tigers season will take place at Houghton High School on Saturday, Nov. 14, 2009 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. A registration late fee will apply to registrations received after December 1<sup>st</sup>. 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 2).

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](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.

## **Tentative** - Subject to Change! 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

## Season Opens January 9

The Copper Country Ski Tigers season opens **Saturday, January 9 at Michigan Tech Trails in Houghton, 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. 14 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. 14<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 Ties (the nylon sleeves that go on each end of your skis 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.

## 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.

## 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](http://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

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 [ear1@charter.net](mailto:ear1@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

## 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.

## Contact Information

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

Betsy Rossini, President	482-4824
Roger Tervo, VP & Editor	523-0036
Barb Wheeler, PIP Coordinator	487-9695