

# Mt Lorne Ski Club 2017/18

LMCA is pleased to offer another season of Mt Lorne Ski Club. The program is designed to be fun. Each session will include group activities, games and trail skiing followed by a small snack in the community centre. Children will be divided into groups based on age and ski ability to help make sessions a positive experience for everyone. Groups may vary from day to day due to availability of coaches and the activities planned. Parents take turns providing the weekly snack. The program is coordinated by a certified level 2 cross country coach, assisted by certified community coaches, members of the Yukon Ski Team and parents.

A great group of volunteer coaches, youth coaches and support volunteers has come forward to take on another season- Thank You ! to all of them !!

And here is how we will make it work

- we will accept registrations/sign up for kids age 4 to 12 from now on

**final / last day of registration October 20<sup>th</sup> st**

but please note that – based on number of coaches – we will apply a cap to age groups and might not be able to accept all kids interested- so please let us know early !

- **Ski Club will be held every Friday 4.30 pm- 6pm**
- **Season will start October 20<sup>th</sup> with Equipment day and Introduction**

**October 27<sup>th</sup> with training and run for 16 weeks – till March 2<sup>nd</sup>**

With some holiday breaks : Christmas break

- membership with LMCA for family is required to sign up kids ( \$ 40.00 )  
cost per kid for season \$ 40.00  
registration forms and waivers for CCY will have to be submitted ( coming soon )
- we will run - as an affiliate club with Cross Country Yukon – 3 age groups
  - Bunnies                      age 4-5                      (Max 10 kids)
  - Jackrabbits                      age 6-9                      ( Max 10 kids – 2 groups )

Trackattack                      age 10+                      ( Max 12 kids ) **if enough interest**

**Parents please note rules will apply in regard to your involvement – depending on age of kids**

### **Ski Club rules**

Offering this activity as affordable program is made possible by all our volunteer coaches and supporters and with your help : so please remember our volunteer coaches make this such a great program but they do need parents support to make it a great experience for all !

### **For all age groups :**

- please be on site early with your kids  
start of group is **4.30** pm – all kids **need to be dressed and ready** by then
- Help your kids get ready, dressed in time and drop them off by **checking in with your coach in agreed spot** – no latecomers please and no sending kids in alone
- Please be at hall when kids come back -differs for age groups- to **help your kids out of skis and equipment and back into street clothing**, storing equipment etc –see below
- Every parent is expected to sign up for providing ski club snack once during the season – please sign up for one date and expect to bring food for about 30 kids ( small snack like fruit and muffin/ bar – not dinner please..) Snack should be set up in 3 groupings - first group comes in at 5.15, JR around 5.30 and TA 6pm We will have hot chocolate ingredients at hall- please expect to heat it up, serve and Please do a basic clean up ( dishes in dishwasher, kitchen clean, hall vacuumed) after all kids are done, we plan to be out of hall by 6.30
- **Equipment** – headlamp for each kid needed- you can rent ski and boots with lmca on October 21<sup>st</sup> meeting for a low seasonal fee                      **as available**

### **Bunnies:** 3-5

- Please bring your own skiing equipment **and be ready to accompany the group** for the first few weeks- the coach will let you know when /if it is okay to send your kids out without your support

- For **Bunnies - sign in and sign out with coach is mandatory !!** Otherwise we might be out searching for kids that have left already !!
- Please be at hall **at 5.00pm** bunnies are back usually between 5 and 5.15 depending on cold and help your kids coming back from trail , help them out of ski equipment and get them ready for snack time

**Jackrabbit 6-9** Depending on age and skill level please consider accompanying your kid for the first couple times- or talk to coach kids are usually back by 5.30 **please be here**

**Track Attack 10+**

- Please make sure your kid is on time and at the agreed meeting point, check in with coach for the first couple of times ..and if you take this time to go out for a ski of your own... give our coaches a head up..they might need/appreciate your help out on trail

**Usually back by 6.00 pm**