



2019 Youth Ski Clinic

January 2019

Dear DCNT Youth Ski Participant & Family:

Welcome to the inaugural 2019 DCNT Youth Ski season! We are looking forward to working with your child over the five weeks. We anticipate your child will find the classes to be fun as well as educational. This letter outlines the program we have put in place and answers some basic questions you may have.

Schedule and Locations

Time:

2:00 pm – 4:00 pm; check-in 1:30 – 1:45

Dates: (all dates are Sundays)

February 3

February 10

February 17

February 24

March 3

Location:

Gladstone Sports Park (we may rotate after week 2)

If there is any change or cancelation due to weather see the DCNT Facebook page or call (906) 280-2923.

Each week's session will end with donuts and hot cocoa. Parents are expected to be at the parking lot by 3:45 to assist their child with equipment. It is the parent's responsibility to return equipment to the bike/ski shop that fit their child.

Cost of Program

The program is free of charge for children K-12. The program includes coaching sessions and use of ski equipment (skis/poles/ski boots) to be issued on a first-come, first-served basis. The equipment will be provided by Brampton Bike and Ski in Gladstone and Mr. Bike and ski shop in Escanaba. It is the parent's responsibility to obtain the equipment on Saturday before the clinic and to return the equipment on Monday. Failure to return equipment promptly may result in a personal charge to the parent. If promptly returned by Monday there is no charge for use of equipment.

Group Assignments and Coaches

Your child will be placed in the corresponding groups based on their age, skill level, and cross-county ski experience. It is our intent to have no more than five children with each coach. The coaches will vary from week to week.

Parent Participation

Your participation is encouraged. You are invited to watch from the sidelines or put on a pair of skis and participate along with your child.

Weather and Cancellations

We will cancel any session due to blizzards, wind chills below 0° F, or other unsafe weather conditions. There may be make-up sessions depending on coach availability and weather. We will post cancellations and updates on the DCNT Facebook page, or you can call (906) 280-2923 for information. We will also try to reach impacted parties by email.

Equipment and Clothing

Equipment will be handed out on a first-come, first-served basis. It is your responsibility to obtain equipment and arrive with adequate time receive assistance putting on equipment and be prepared to start class on time. Class will begin promptly at 2:00 pm. We ask that you arrive between 1:30 – 1:45 for this purpose. Parents are responsible for returning equipment to the bike shop they received it from by Monday.

Dress in layers for active outdoor sports! Two thin layers of synthetics with a wind-breaking outer layer is generally good for most kids for cross-country skiing. Avoid heavy, bulky outerwear and cotton (cotton gets wet and cold very easily).

Protect sensitive skin from wind and sun. Use lotions and creams on exposed skin and cover up with hats, balaclavas, neck gaiters, etc. All skiers must have hats and gloves.

If you are planning on purchasing ski equipment for your child prior to the start of the ski season here are a few tips:

- ✓ For beginners, basic classic ski length should come to mid-forehead.
- ✓ Classic poles should come to the middle of the shoulder.
- ✓ Ski boots should fit comfortably, snug but not too snug.

TRAINING SESSION REGISTRATION & WAIVER

A Ski Clinic registration form and waiver is attached. The registration form and waiver must be completed, signed, and returned prior to your child's participation.



Thank you for your participation and support!

Warmly,
Delta County Nonmotorized Trails



2019 Youth Ski Clinic

REGISTRATION

Child Name: _____
First _____ Last _____

Parent Name: _____
First _____ Last _____

Address: _____
_____ City _____
_____ Zip Code _____ Phone _____

Email address: _____

Male: _____ **Female:** _____ **Shoe Size:** _____

Age at Registration: _____ **Ski Boot Size:** _____
(if known)

Please circle what best describes your child's skiing ability:

First Time on Skis Beginner Some Experience Experienced Yeti

Comments/Concerns:

WAIVER

In consideration of my participation in the DCNT Youth Ski Clinic, I for myself, my heirs, executors, and assigns waive all rights and claims for damages I may have against the Delta County Nonmotorized Trails organization ("DCNT") or the volunteers of this program, representatives, successors and assignees for any and all injuries suffered by me and loss of or damage to my property at said event, or which may arise out of my traveling to, participating in, and returning from this event. I agree to follow the rules provided to me for the event, whether written or oral and to follow directions given to me by the leaders of the event. I give my consent to medical attention if needed and assume responsibility for any and all medical and related bills that I may incur because of any injury. I further state that I am in proper physical condition to compete in training sessions. I also consent to the use of any photos or videos taken of me during the five-week program for use in commercial or promotional marketing and advertising in this or future events held by DCNT.

ALL PARTICIPANTS MUST SIGN WAIVER
(under 18 also must have parent/guardian signature)

Child Signature

Date

Parent/Guardian Signature, if Child under 18

Date