



MT SHASTA NORDIC

## Mt. Shasta Nordic Ski Organization Youth Nordic Ski Program (12-20 group)

### Parent Information sheet

#### Introduction

The Youth Nordic Ski Program is an initiative of the Mt. Shasta Nordic Ski Organization (Mt. Shasta Nordic). Our aim is to encourage as many area youth as possible to enjoy the sport of cross-country skiing. The teenage youth program for people between the ages of 12-20 will hold regular meetings throughout the ski season in which participants will receive expert instruction from program volunteers and go on group ski tours. We also plan a field trip to the Lake Tahoe area between February 15-18<sup>th</sup> at which we will ski at other top-notch Nordic centers, watch a



CNISSF High School Nordic Championship race, and even have the chance to participate in a race.

Cross-country skiing is a healthy and stimulating way to get outdoors in the winter. It is a challenging and physically demanding sport that can be enjoyed and refined over the course of a lifetime. The discipline that it takes to become a proficient Nordic skier is likely to cross over to a young person's school and work life. The conditioning will no doubt improve his or her ability to excel in other sports and engender a healthy habit of regular exercise.

#### A Word About Group Dynamics

Every effort will be made to make participants of all ability levels feel welcome. Ski tour groups will be split into faster and slower subgroups when necessary and another responsible leader is present. More experienced skiers will be asked to help teach those who are less experienced. Cliques, snobbery, and teasing will not be tolerated. In our group we are all nice to each other.

#### Activities

- **Saturday** afternoon youth program (Meet and form carpools in front of Mt. Shasta High @ 1 PM. Back at High School around dark)
  - Learn to ski through games, fun exercises and mini tours
  - Pre-season training begins Saturday, October 20 @ 1 PM.
  - First Saturday on-snow session begins, December 15 @ 1PM (snow permitting)
  - Last day will be Saturday, March 22.
- **Tuesday** after school program for youth 12-20 years old (3:15-dark. Back at high school about 20 minutes after sundown.)
  - Skills development
  - Tours
  - Fun competition
  - First Tues. on-snow session begins, Dec. 11 @ 3:15PM (snow permitting).
- Field trip to Lake Tahoe February 16-18
- There are more than five events including races and fun tours on the Mt. Shasta Nordic Calendar. Youth members are encouraged to participate free of charge in these events.

## New This Year

**More Emphasis on Fitness... and Fun!**- Fitness is good for everyone, not just jocks. Everyone has his or her limitations. Very few people could ride a bike as well as Lance Armstrong or play basketball as well as Michael Jordan no matter how much they practiced. Very few people however actually get close their full potential at the sport of their choice. Cross-country skiing is a challenging activity both in terms of technical proficiency and in terms of physical exertion. Athletes will tell you that nothing beats the feeling of being fit for your sport. They will also tell you that the perseverance needed to get there is well worth it. Even if they don't care about becoming great Nordic skiers, we hope that participants will feel the exhilaration of getting closer to their own individual potential. Just to add to the fun, we plan to occasionally have guest leaders, who will take us on their favorite routes and give us their unique perspectives on Nordic Skiing.

**Team Logo Jackets-** All members of the team who sign up in time this year will get an official Nordic racing jacket worth \$120 retail with the Mt. Shasta Nordic logo emblazoned on the breast. This will be something they can wear with pride to school or while skiing, running or biking to show their Nordic team spirit while keeping warm and dry.

**Pre-snow Saturday training sessions-** Sessions beginning Oct. 20 will focus on ski-specific exercises such as striding with ski poles and various balance and strength exercises. *This is particularly for members who are not involved with other athletic activities in the pre-ski season.*

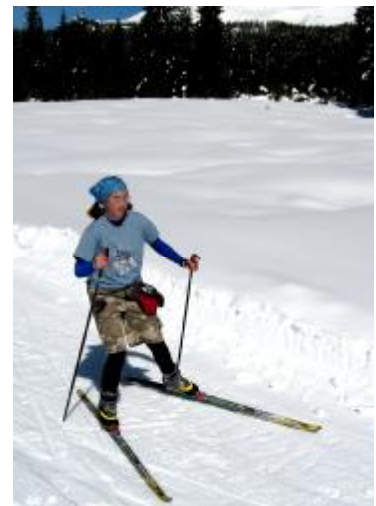
**Training Diary-** Members will be encouraged to do aerobic exercise a minimum of 3 times per week for a minimum of 30 minutes throughout the year. This is the minimum required to see improvement in endurance sports. This means that members will need to supplement their club activities with additional exercise sessions. Keeping a training diary is a great way to motivate yourself because you can see improvement over time. A good diary is available free on-line at <http://www.coolrunning.com>. The same information can be tracked on paper if the member doesn't have access to the Internet.

**Wax Clinics-** Having well-prepared skis is very important to the enjoyment of cross-country skiing but the waxes and tools to do it properly are expensive. At several intervals throughout the season, Craig will open his garage and offer help to members who would like to tune-up their skis.

**A Spirit of Volunteerism and Club Loyalty-** We want our teenage members to be good ambassadors for Mt. Shasta Nordic. Members will be expected to participate in all appropriate club activities this year unless they have other pressing obligations. If the member doesn't want to ski in a Mt. Shasta Nordic Race or event, we can certainly find something useful for them to do to help with the event.

### Costs

Requirements will be membership to Mt. Shasta Nordic, which will include a top quality team logo jacket for teenage youth Nordic members. Rental equipment will be loaned for the season to those who need it. The field trip costs include 3 days of lodging, meals, transportation and ski passes. Transportation to and from the ski park and to Lake Tahoe for the field trip is done with car pools. All parents are welcome and encouraged to join the group in all of its activities. Mt. Shasta Nordic isn't using this program to raise money for the club's general fund. Bringing quality Nordic experiences to teenagers is part of the clubs core mission. The suggested donation levels below cover the expenses incurred for delivering the services. Please donate whatever you feel you can comfortably afford.



<b>Item</b>	<b>Suggested donation</b>
Membership (including team logo jacket)	\$75.00
Classic skis, boots, and poles- seasonal use	\$75.00
Skate skis, boots, and poles- seasonal use	\$125.00
Both classic and skate skis. Boots and poles	\$175.00
Field Trip including food, lodging, passes, transportation	\$300.00

### **Deposits**

Ski equipment deposit- \$200 (cash or check) required when picking up skis. Will be refunded when skis are returned in good condition.

Ski cleaning deposit- \$20 (Cash only) required when picking up skis. Will be refunded if skis are freshly cleaned and waxed when returned.

### **Financial Considerations**

Our goal is to make this program available to all interested youth regardless of financial constraints. The Youth Program is run entirely by volunteers who are passionate about cross-country skiing and introducing the sport to others. We were fortunate to have much of our equipment donated to us and are able to purchase additional equipment and apparel at wholesale. Nevertheless the program does carry a cost. This cost is born by the generosity of our general membership, business donations, philanthropic grants, and by the participants in the program. This year we will purchase 6 sets of badly needed skate ski equipment for the youth group with the money generated by last year's rental donations. Simply donate what you can comfortably afford. If you are able to make an additional contribution to help another young skier, your assistance will be greatly appreciated.



### **Adult Volunteers**

The Youth Nordic Program simply would not exist without volunteers. Volunteering can be as simple as helping occasionally with carpooling, leading a ski tour, or chaperoning the field trip. So far we have always had enough cars to transport everyone to the Nordic Center through an informal on-the-spot arrangement at our meeting place in front of Mt. Shasta High thanks to the participation of parents and volunteers. If you want to help, please contact Craig Vivas.

### **Deadlines**

December 8<sup>th</sup> - Pick-up Skis. Deposit check for \$200 plus \$20 cash wax deposit needed.

January 7<sup>th</sup> - Payment for field trip must be received.

We at Mt. Shasta Nordic sincerely hope that you will take advantage of this opportunity for your child to get involved in this fantastic sport.

Sincerely,

Craig Vivas- Director MSNSO Youth Developmental Nordic Ski Program  
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