

**STRAFFORD LIONS CLUB
ROSA B. TYSON
SKI & SNOWBOARDING PROGRAM 2018**

The Ski and Snowboard program starts Friday, January 5, 2018 and will run for eight weeks (excluding vacation week). Children ski/snowboard in small groups with volunteer coaches at the Dartmouth Skiway. School dismissal is at 12:30; the groups go out when all members are assembled at the base of the beginner hill. The session ends at 3:30 when coaches return the children to the beginner hill base. Parents are responsible for transportation to and from the Skiway and for providing equipment. Also if you are not transporting your child you are responsible for finding them a ride. **It is REQUIRED that the school have written permission as to who will be providing the transportation.** A professional ski technician should adjust all equipment before the first session. **HELMETS ARE REQUIRED FOR ALL KIDS AND ADULTS (NO HELMET – NO SKIING).** THIS IS A SKIWAY RULE FOR ALL SCHOOL PROGRAMS.

FEE: The cost is \$85.00 for each child. There is no refund for missed sessions. Five dollars for cocoa at the base of the J-Bar is included in the \$85.00 fee. If your family needs scholarship assistance, contact Diane White at Newton School. If the session has to be cancelled for weather reasons, it will be made up if possible.

REGISTRATION: The registration form and payment must be returned to the school office c/o Diane White, no later than Wednesday, December 20th. Checks should be made payable to the Strafford Lions Club. Please call Diane White at school (765-4351) or email (dwhite@newtonschool.org) with enrollment or equipment questions. Questions about groupings or instruction can be addressed to Amy Huyffer, 765-4093 or ahuyffer@gmail.com.

NAME _____ GRADE _____
FRIDAY PHONE _____ CELL PHONE _____ EMAIL _____

(A PARENT MUST BE REACHABLE ON FRIDAY WHILE THE PROGRAM IS RUNNING)

My child will be (circle one) skiing snowboarding.

My child (circle those that apply) has never skied/snowboarded before has been out a few times but isn't fluent

can ride a beginner lift on his/her own has ridden a chairlift with an adult has ridden the chairlift without an adult
is comfortable on easier trails is comfortable on all but the hardest trails is comfortable on all trails

Please feel free to use the back of this form to tell us anything else you would like us to know about your child.

Allergies/Medical or other Special Concerns:

As parent or guardian of the child whose name is written above, I give permission for him/her to participate in the activities of the Rosa B. Tyson Ski & Ride School, a non-profit program of the Strafford Lions Club. I understand there is some risk in skiing and snowboarding and I will assume all responsibility and liability for the risks of my child ordinarily connected with the activities of the program. It is assumed that the student will follow the instructors' directions at all times or they may be removed from the program. In case of an accident or serious illness, I request to be contacted. If not able to reach me, I hereby authorize the ski & ride program to seek medical care, including ski patrol and transportation to the emergency room. I hereby authorize the physician in charge to administer whatever emergency treatment is necessary at my expense.

Signature _____ Date _____



*******VOLUNTEERS NEEDED*******

THE SUCCESS OF THE LIONS SKI/SNOWBOARDING PROGRAM IS DUE TO THE EFFORTS OF THE PARENT VOLUNTEERS AND HILL HELPERS.

PLEASE INDICATE BELOW WHERE YOU WOULD BE AVAILABLE TO HELP.

COACHES: Afternoon tickets are provided by the Skiway. Coaches generally ski/ride with the same small group of students each week. Coaches receive a weekly email with the focus of the week (balance, stance, etc.) and suggested drills. We take a warm-up run, learn and practice the drill for one run, then take the drill out on the hill. **Coaches are needed at all levels; if you can ski or ride most of the trails at the Skiway comfortably, there is a place for you in the program.**

ALL COACHES ARE REQUIRED BY THE SKIWAY AND LIONS TO COMPLETE AN ON-SNOW CLINIC AT THE SKIWAY BEFORE THE START OF THE PROGRAM (DATE TBA)

NAME: _____ email: _____

I can help as a:

Ski Coach
Snowboard Coach

Hill Helper
Lodge Helper

I can commit to the full 8 weeks _____

I can't come every week, but can come _____

I would be happy to help with (circle all that apply):

1st time skiers/snowboarders beginners who can ride the lift slower intermediates
faster intermediates experts

Please return this form to Diane White when you return your child's ski form. Thank you.

Questions? Call/email Amy Huyffer at 765-4093; ahuyffer@gmail.com

Strafford Lions Club Ski and Snowboard Program Frequently Asked Questions

1. How does it work?

The program runs for 8 weeks on Friday afternoons. Parents bring their children to the Dartmouth Skiway in Lyme, NH (about 20 minutes away) where they go out on the hill with volunteer coaches in small groups.

2. How much does it cost?

\$85.00, including hot cocoa at the end of each session. Scholarships are available from the Lions' Club. Contact Diane White at the school.

3. My child doesn't have equipment and I don't know where to start.

There are a number of options to outfit your child for the program. You can rent equipment for the season from many ski shops, including the one at the Skiway. You can buy equipment at a ski swap (the Thetford sale is the first Sunday in December.) There is also a fair amount of equipment to use for free at the Red Barn. Contact Amy Huyffer if you need help finding equipment. To fit ski boots, be sure to take the liners out of boots to check their fit and try them on with warm wool socks. Skis should generally be between the chest/shoulders and chin. Smaller-boned children will do best with skis closer to the shoulders; sturdier or older children will want them to come to the chin. A typical kindergartener will fit a 100 cm ski. Snowboards for beginners should generally come to the chin. Children don't need ski poles until second or third grade.

4. My child has never skied/snowboarded before. Can he/she learn in the program?

Yes. Generations of Strafford children have learned to ski in this program.

Important—first-time skiers in kindergarten and first grade need a parent (or other dedicated adult) with them at the Skiway for the first two sessions. Snowboarding is trickier business and I don't recommend children take on the sport before second grade; the learning curve is much longer and it can take most of the season before a child is riding the lift.

5. Who will my child ski/ride with?

Your child will ski/ride in a small group with a parent or community volunteer coach. I make every effort to put the children in groups that work socially as well as athletically. Matching kids for skill level is paramount because keeping the group together is such a safety concern.

6. What happens at the end of the day?

Coaching ends at 3:30 and your child will be dropped off at the base of the magic carpets, where the hot chocolate will be available. The lifts stay open until 4:00 and once they are able, children can take a last run with a parent on the chairlift or ski/ride on the magic carpet while a parent watches. After 3:30, children are the responsibility of their parent (or dedicated adult).

7. What if my child hates it?

Generally, children like to ski. The best way to ensure success is to start off right, with warm, dry mittens and socks (not the ones he/she wore to school that day) and to whisk a first-timer into the lodge for a break if frustration starts to build. (See question 4.) If your child gets cold easily or doesn't like to play in the snow, you might want to wait a year. If your child isn't especially athletic or coordinated, don't worry about that. Skiing is magic and can transform the physically uninspired. If the magic fails (which I've never seen happen), there are, alas, no refunds. The Skiway doesn't offer them, so we can't

either.

8. Do the children take breaks? Do I need to send my child with money?

Most groups go in for one break most days. Some children bring money, some children bring a snack in their pocket, some children don't bring anything. In my experience, a child who buys french fries will generally share them around. The cocoa is included in the cost of the program.

I'd like to help, but I've never taught skiing or snowboarding before.

You don't need instructional experience to be a great coach. You just need to like kids and the sport. There is an on-snow clinic for all coaches over holiday break and I send out weekly drill-suggestions via email. If you don't ski or snowboard and would like to help, we can always use lodge and hill helpers, especially the first two sessions.

What will my child be learning?

Beginning children will start off with their skis off and learn how their bindings work, then scoot around on one ski to check out their sliding. They'll work their way up to taking short runs at the bottom of the hill and learning to stop, slow down and turn. When they are ready, a coach will take them up the J-bar one at a time, riding first with an instructor and later on his/her own J-bar. On the second and third session, beginners can usually start riding the chairlift and will be put in groups of three with their coach for the season. Children who can ski/ride on the chairlift will be grouped with peers (see question 5) and will focus on a basic skill each week. The program format is to take a warm-up run, learn and practice a drill, then take the drill out on the hill. The philosophy is that it's more fun to ski better, but not so fun to stand around talking about it.

Who should I contact if I have questions? If you have questions about scholarships or sourcing equipment, contact Diane White at the school. If you have other questions about the program, please call or email me, Amy Huyffer at 765-4093 or ahuyffer@gmail.com. Compiled by On-snow Coordinator, Amy Huyffer.