

GVBKYS / RXCSF Youth Skiing

2009/10 Programs



GVBKYS / RXCSF Recreational Cross Country Skiing Program:

- Full Winter Season duration (05Dec thru 20Feb); Two age/ability levels; non-competitive
- Meets Saturday Mornings (10:00 - 11:30am) at Mendon Ponds Park, Bristol Mountain Summit XC Center or Harriet Spencer Rec Area (location depending on best snow/trail conditions)
- Includes basic ski instruction and ski-play facilitation (<10:1 instructor ratio), RXCSF Youth Ski Festival entry, GVBKYS Hat, and the traditional après-ski hot cocoa & healthy snacks
- Season Trail Pass to Bristol XC is Highly Recommended (not included in fee).
- Limited to first 38 registered skiers; Recreational Program Leader = Dianne Witkowski
- No-wax classic equipment recommended, waxable combi skis optional; Program fee = \$35

BOBCATS “Group 1”: For children aged 5-8 who are new to skiing and/or are interested in the basics of XC Skiing. Sessions include instruction in classic technique, game play and exploring nearby trails with an emphasis on FUN. Parents stay on-site during scheduled sessions and are encouraged to ski with the kids (parents without XC experience can learn with the kids!). Participants will be paired with experienced “big brothers/sisters” from GVBKYS Groups 3/4.

SNO MONKEYS “Group 2”: For children aged 7–12 who are new to skiing and/or are interested in the basics of XC Skiing. Similar to Bobcats but designed for the developmental levels of slightly older children who can ski without parents always present. Children will be encouraged to try diverse ski activities including introduction to ski orienteering, Biathlon, and skating technique (limited number of club skate skis available for use). Participants will be paired with experienced “big brothers/sisters” from GVBKYS Groups 3/4.

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GVBKYS / RXCSF Sport Skiing/Racing Development Program:

- Full Winter Season (05Dec - 20Mar) w/ pre-season activity sessions (07Nov - 28Nov)
- Two age/ability levels w/ age-appropriate transition to competitive skiing; level placement per coaches and parent agreement. (Skiers
- Meets Saturday Mornings (10:00 to 11:30am) and Thursday afternoon/evenings (at venues including Bristol Mountain Summit XC Center, Mendon Ponds Park & Harriet Spencer Recreation Area). Will also include special activities & travel/racing opportunities per the program schedule, plus optional supplementary training sessions with Coach Moreau and/or Coach Bob. Expectation of regular attendance at scheduled sessions.
- Parents will be provided with ski technique, training and waxing educational opportunities and are expected to energetically participate in GVBKYS activities.
- Includes instruction/coaching (<8:1), Holiday Training Camp, RXCSF Ski Festival entry, RXCSF custom sublimated Race Vest, RXCSF Race Hat, and Saturday après-ski hot cocoa/snacks.
- Season Trail Pass to Bristol XC is REQUIRED for program participation (not included in fee).
- Skiers encouraged to train & compete in RXCSF/GVBKYS uniforms (not included in fee).
- Limited to first 40 registered skiers; Head Coach = Bob Witkowski
- Program fee = \$125

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Sport Skier/Racing Development Program(cont):

SNO LEOPARDS “Group 3”: For children ages 6-13 who are ready to combine on-ski fun with a skier development curriculum. Activities include warm-up tour/games, direct instruction, fun races, ski orienteering, biathlon & terrain park explorations using both classic and skate techniques. Skiers will track their skills progression and kilometers skied (with assistance), and will mentor skiers in the Recreational Program. Parents will generally not ski with the children during practice sessions.

- *Requires performance classic & skating equipment.*

CHEETAHS “Group 4”: Training group for experienced J5 thru J3 ski racers (YOB 2000 – 1996; J2 skiers accepted with pre-approval). Activities include pre-ski theme discussion, warm up tour/games, and direct instruction to develop speed and efficient technique in both classic & skate styles. Prepares skiers for maximum skiing enjoyment & ski racing including travel to regional competitions (event entry fees not included in program fee). Skiers will set improvement goals and track skills progress and kilometers skied, and will mentor skiers in the Recreational Program. Parents will generally not ski with the children during practice sessions.

- *Requires classic & skating racing equipment and a commitment to regular training & racing.*

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RXCSF Holiday Youth Ski Racing Camp:

- 28/29Dec at Bristol Mountain Summit Center; 9:00am to 3:00pm (Bring Your Own Lunch)
- Open to any/all J6 – J2 racers
- Activities include instruction and video analysis in both Classic and Freestyle techniques, skill-building drills/games, sprint & relay races, race preparations/tactics, introduction to grip waxing and more!
- Includes DVD copy of technique videos, skier evaluation, energy drinks/snacks/hot cocoa (trail pass to be purchased separately if needed)
- Camp fee = \$30 + \$5 non-NYSSRA/NENSA (included in Groups 3 & 4 registration fees)

2nd Annual RXCSF Youth XC-Ski Festival:

- 30/31Jan at Bristol Mountain (Sat) and Mendon Ponds Park OR Harriet Hollister State Recreation Area (Sun AM) with Saturday evening dinner and activities banquet.
- Includes a variety of both competitive and non-competitive skiing activities to meet the needs of any/all youth skiing families. Planned activities include: sprint and distance races using classic and skate techniques, fun relays, organized ski games, Biathlon demonstration, hot dog roast, awards for ALL participants. Non-competitive skiers do not need to race to participate!
- Open to any/all J6 – J3 skiers (up to 13 years old)
- Festival fee = \$40 + \$5 non-NYSSRA/NENSA (included in Groups 1 - 4 registration fee)

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2010 Summer Youth Multi-Sport Program:

Goals include:

- Keep RXCSF Youth Skiers active and fit; build on the bases built during the ski season
- Introduce them to new activities & adventures that complement XC Skiing
- Provide social opportunities for kids and parents alike
- Program details:
 - Saturday mornings & select weekday evenings, Mid June thru September
 - Locations and activities will vary each session by design; attendance optional
 - Typical Saturday activity is trail running with ski drills and team-sport game afterwards
 - Typical evening activity is rollerblading (Group 3) and rollerskiing (Group 4)
 - Additional activity ideas include: flat water kayak, camping/mountain hike trip, agility/strength/balance games, ultimate Frisbee, soccer, basketball, swimming, fun runs/mini-triathlons, etc.
 - Program fee with waiver required; parents pay any extra fees directly (ex kayak rentals/instruction); registration opens May 2010