

RXCSF / Genesee Valley Bill Koch Youth Skiing 2009/10 XC Ski Programs



Genesee Valley Bill Koch Youth Skiing is a premier **Cross Country Skiing** program for children 13 & under. A function of the **Rochester XC Ski Foundation** (a 501(c)(3) public charity) and named for Bill Koch, USA's only Olympic medalist in XC Skiing, GVBKYS has "graduated" hundreds of youth skiers since the 1970s. Our alumni range from happy adult ski tourers to national and world-class competitive athletes.

GVBKYS is ready for the 2009/10 XC Ski season and is looking for athletic, outdoor-oriented children to join us skiing this winter. Cross Country Skiing is a great family activity for both winter participation and overall good health. It is also a great competitive outlet for those so inclined.

For 2009/10, there are GVBKYS programs designed to meet the needs of all active families. Our traditional season-long program has been developed into **Recreational and Sport/Racing Programs**, each with two age/ability groups to assure all children a great skiing experience. We also work with parents with limited or no XC skiing experience to grow into the sport with their children. We also will be conducting a **Holiday Ski Racing Camp** that is a great choice for Junior High Modified Program skiers looking to take their performance to the next notch, as well as hosting the **RXCSF Youth Skiing Festival** in late January with participation and competitive activities attracting young skiers and families from across New York State.



Skiing starts in early December and continues until March, using RXCSF-supported locations such as Mendon Ponds Park, Harriet Spencer State Recreation Area, and the Bristol Mountain Summit XC facility with snowmaking that virtually guarantees skiing all season long. The Sport groups start preparing for the season in advance with sessions starting on Saturday 07Nov09, with Recreational groups starting on-snow in December. ***If you are looking to start a healthy, life-long family activity this winter...come ski with us!***

For detailed GVBKYS program information, schedules and registration forms please check out our website <http://www.xcrochester.com/new/GVBKYS/GVBKYS.htm>. To learn more about GVBKYS and to register in person for the Recreation or Sport programs, please join us at the **GVBKYS Parent Meeting and Ski Swap on Thursday, November 5th from 6:30 to 8:30pm** at St. Catherine's Schnacky Center in the hamlet of Mendon. Bring your old equipment too to "swap" with other GVBKYS families.

Please feel free to contact us any time if you have any questions about the program.

Sincerely,

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