



## Blackhawk Ski Jumping Program

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### Intro to Ski Jumping

**Purpose:** Blackhawk's Introduction to Ski Jumping class is designed for young skiers who like going off little jumps and are looking for a new challenge and some fun. Ski jumps provide the young skier with a safe environment specifically designed to allow jumpers to fly close to the ground. Jumpers begin on very small jumps and progress to larger jumps as they gain confidence and skill.

**Requirements:**

- ❖ Must be at least 5-years old
- ❖ Must be able to ski down hill #2
- ❖ Must be confident stopping
- ❖ Must be able to ride the tow rope
- ❖ **An adult guardian must be present during lessons.**

**Schedule:**

There are three options for day/ time the Intro class. Both sessions will include six, one-hour lessons.

- ❖ **Tuesday lessons** will take place from **5:30 – 6:30 p.m.** beginning on January 8<sup>th</sup>, weather permitting.
- ❖ **Saturday lessons** will take place from **10:15 – 11:15 a.m.** beginning on January 5<sup>th</sup>, weather permitting.
- ❖ **NEW! Sunday lessons** will take place from **12:30 – 1:30 p.m.** beginning on January 6<sup>th</sup>, weather permitting. This class runs before the Nordic Kids program, which begins at 2:00 p.m. Our hope is to introduce kids to Nordic Combined, which is a sport in which athletes compete in ski jumping and cross-country skiing.

Lessons cancelled due to weather will be made up on Thursdays, when possible.

New jumpers are encouraged to watch or to participate, if they feel prepared, in Blackhawk's home tournament on Sunday, January 13<sup>th</sup>.

**Cost:**

The fee is \$100 for six, 60-minute lessons.  
(If you have a need to make up a lesson on another day, that can be arranged.)

**Equipment:**

Jumpers are required to have their own alpine skis, ski helmet, and leather gloves/mittens. Specialized jumping skis are not needed. If, however, the coaches, parent, and jumper together determine that the jumper is ready to move up to jumping skis, that can be arranged.

**Questions:**

Contact Christine Gessner at [jumping@blackhawkskiclub.org](mailto:jumping@blackhawkskiclub.org)