

Welcome to Nordic Kids 2022 at Blackhawk Ski Club!

We are so happy to have your kids joining us this winter to learn to cross country ski! Please read the following email carefully as it contains the overview for the season and important dates and volunteer needs.

Nordic Kids begins January 2 (Sunday lessons) and January 5 (Wednesday lessons).

Sundays

Junior Ski Team: 1:45-3:00

Blue, Green 1:55-3:00

Red, Yellow, 2:00-3:00

Parent Tot 2:15-2:45

Wednesdays

Junior Ski Team: 4:15-5:30

Blue, Green 4:25-5:30

Red, Yellow, 4:30-5:30

Parent Tot 4:45-5:15

Arrive Early!

The greatest key to kids' success in nordic skiing is to have fun! We've found that one of the ways to keep it fun is to reduce the stress involved in getting ready to ski. This sport requires a lot of equipment and allowing time to comfortably get ready (boots, hats, gloves, neck gators all on) helps set your skier up for a great lesson. **Please plan to arrive at least 20 minutes prior to start time** if your skier is renting gear (maybe more the first day as our volunteers get oriented to the hand out process!) and at least 10 minutes if you are using your own gear.

Please remember the big 5 during lessons at Blackhawk:

Stay home if sick

Keep physically distant when possible (at least 6 feet).

Wear a mask indoors

Wash hands frequently

Communication

- I will send out a weekly email with any important activities for that week's lessons. Emails will go out on Mondays for Wed/Sun the following week. Skate/Classic for groups will also be posted in email.
- Join our parent orientation on Dec 14 at 7pm on zoom
Join Zoom Meeting
<https://us02web.zoom.us/j/81709215936?pwd=c1hpbFFvZzAvOGY0Q2NvYTJkL2k2UT09>

Meeting ID: 817 0921 5936

Passcode: 991657

- Check Blackhawk website for last minute changes due to weather
- Check your email for special events

Volunteering with Nordic Kids

Nordic Kids relies 100% on volunteers to run our program. All parents can be involved, regardless of their experience nordic skiing. We have 152 slots to fill and about that many skiers. *We require at least two slots per family to be filled over the course of the season.* Our Sign-Up Genius page is filled with volunteer slots (see descriptions below). Please sign up for at least 2 slots prior to December 17 (we will all forget about it over winter break!).

- **Gear Hand out** (arrive 20 minutes prior to first group start time): This job entails finding boots, skis and poles in the trailer and handing out to skiers/parents.
- **Gear Return:** Similar to hand out but in reverse. Wednesday evening gear return requires a headlamp.
- **On-ski floater:** This person helps when kids need to leave their group to go back to the start area (bathroom, cold, need parents, etc); carries gear to groups if needed, or jumps in as assistant if needed.
- **Off-ski floater:** This person talks with parents at the beginning of lessons who may have questions. May help with gear if needed.
- **Hot Cocoa:** Back by popular demand, we will have hot cocoa for the skiers after their lessons (and gear is put away). All drinks will be mixed & consumed outdoors.

[Volunteer here](#)

Volunteering with Blackhawk Snowmaking

Help make our snow! This can involve hands on operations of pumps, snow machines and snow guns, but it also requires people to clean filters (inside job). Hours are evenings, overnights and early mornings with a few daytime shifts. Email me if interested: amy.grunewald@blackhawkskiclub.org

Color Group Progression overview

All skiers come to nordic skiing with the goal of having fun and enjoying the great outdoors during winter. Some have lots of experience, others have never stood on skis before. Some like to go as fast as they can, others like to enjoy the ride. **We meet all skiers where they are at and try to group them together according to both age and experience.** In all color groups, there will be a variety of experience but relatively the same ages within 1-2 years.

- The red group (roughly ages 5-7, occasionally a 4) focuses on balance and stride without using poles. Putting on gear by themselves is a major goal of this group.

- The yellow group (ages 6-8) begins without poles but introduces them as soon as skiers show they are confident balancing, striding, and coordinating arm swings.
- The green group (ages 7-10) focuses on increasing coordination, efficiency of stride and confidence on hills, both up and down. Skate technique is introduced in the green group.
- The blue group (ages 8-12) is a continuation of green and works on gaining endurance and improving both skate and classic technique.
- Our Junior Ski Team creates a bridge for those skiers who have completed the color progression and are hungry for more! The JST focuses on improving technique, gaining racing experience and having fun skiing.

Blackhawk Ski Club Store: closes Dec 19!

While items won't be here until late January, there is still a lot of winter after that. Buy some club gear and support the Prime the Pump fundraising underway now!

[Blackhawk Ski Club Apparel Store](#)

Blackhawk Buffs

These neck gators (same as we had last year) are great for wind and an extra layer over skier's ears/neck. Available for sale at \$10 (and 100% goes to our Prime the Pump fund). Email me if interested and if supplies last will be available first day of lessons as well.

Fun Events Tentative Schedule

- Olympic Theme day Feb 6 & 9
- Costume Day & Prime the Pump Ski-A-Thon Feb 20 & 23
- Cookie Race (race or distance) March 2 & 6

A lot of info to digest, so if you have questions, or I have missed something, feel free to email me. Here's hoping to a cold and snowy winter!

Amy

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