



CLUB SPORTS ALASKA

Family Cross Country Skiing

NEW SKIER INFO

Be on Time

Plan to be about 5-10 minutes early to allow for parking and getting equipment organized. Families are expected to be at our meeting spot at the start time. The group instruction in the stadium (large open field) and/or heading out on the trails (depending on the groups' assignments for the day) will begin promptly. We do not want kids getting cold waiting for latecomers! Thank you in advance for making sure your family is on time. Please understand that it is your responsibility to make sure your children have met up with their groups and are not left alone. Please make arrangements ahead of time if you know you will be late. It will be difficult to locate a coach once the group has left the stadium area.

Weather Cancellations

Practices will be cancelled if the temperature, including wind chill, is less than 0°F or if the conditions are too icy. Cancellation notices will be sent out via GroupMe and e-mail two hours before the start of lessons. CSA does not guarantee the number of lessons due to the unpredictability of the weather.

Hats

All children/youth skiers will receive a CSA hat at the first practice.

Equipment

We do not provide equipment. A number of local ski stores including AMH, REI, Trax Outdoor Center, Hoarding Marmot, Play-It-Again Sports, and Barney's have equipment for sale or rent. There are also several local gear swaps where you can find used gear. Please see the gear information sheet for more details. Due to ski shortages, they have been much harder to find this year. Online orders may be another potential option.

Parental Participation

Parental involvement is an important factor for the success of our program, and we request at least one parent attend each practice. This could involve skiing along with a group, helping lead a group (focusing on keeping the group together and working on skills taught by coaches), or assisting with technique instruction (expert skiers who focus on teaching technique by running games and activities). Parents who are assigned as Group Leaders and Technique Coaches will receive discounts, and we will help you improve and learn tips for teaching kids. Call Brad Coy if you are interested in being considered for either of these roles. You do not have to be an expert to be a Group Leader, just enthusiastic and willing to participate!

Additionally, one option we will be adding this year is a class specifically to help parents learn to ski that occurs concurrently. We are still working on the details so please reach out if you may be interested or have any questions.

We have found from past experience that having parents at practices allows for improved coordination with coaches, increased friendships between families, and an overall better time for everyone! We understand if parents may need to miss an occasional practice, but we expect this will be the exception rather than the rule.