



## Nancy Greene Ski League 2011-12

### Ages 6 and Up

#### Cost: \$230 + HST

- Insurance Levy and Alpine Ontario fees will also be applied ranging from \$44 to \$95 depending on age (based on rates from 2010-11)
- This price does not include lift tickets and/or membership.

### Overview

This program consists of 10 sessions at 4 hours each, beginning December 31<sup>st</sup> to March 3.

### Format

The Nancy Greene Ski League will be run like a ski training camp. Each session will consist of a warm-up routine, skills and drills, instructed free skiing, training courses, and a final debrief at the close. Punctuality, preparedness and effort will be rewarded. Program will include video feedback, timing, and skills challenges. Nancy Greene Fun Day is scheduled to take place at Mount Baldy this season. Parent volunteers will be needed to help plan for and run this event.

Additional optional training and competitive opportunities usually arise throughout the season for Nancy Greene Ski League kids in Thunder Bay. Events such as the Northern Kids Ski Spirit Camp and the E2/K1 Challenge have been quite popular in the past for kids ages 8 and up. Typically, these events take place on a Friday afternoon. Dates for additional optional training and events will be published after competition calendars are set in the fall.

### Goals

- To improve skiing skills
- Have fun with friends while improving skiing skills
- Learn how to train
- Gain understanding of the mechanics of skiing

### Equipment

- Helmets are mandatory.
- All kids should have one good pair of “sandwich construction”, sharp, carving skis at an appropriate length – between their chin and nose.
- Ski boots should be standard style with 3-4 buckles on the front/top of the boot. Ski boots must fit snugly, but not pinching, for optimal balance and control of skis.

Please note: The effect that well matched equipment can have on a child’s ski development can be quite dramatic. There is plenty of good performing used equipment around town. Our coaches want to help families match appropriate equipment to their skier. Please contact us at [mtbaldyprograms@tbaytel.net](mailto:mtbaldyprograms@tbaytel.net) for consultation regarding equipment and/or a copy of the Equipment Selection Guidelines for Children.