

# CROSS COUNTRY SKIING 2010

**PROGRAM:** Bretton Woods Nordic Center believes that the time spent on the trails is some of the most enjoyable time the children will have during the winter in New Hampshire, with safety being the main concern. Chaperones will deliver the students to the Bretton Woods Nordic Center and Bretton Woods Nordic Center instructors are responsible for lessons.

**DATES:** Six (6) weeks; each Friday beginning January 8<sup>th</sup>  
January 8, 15, 22, 31 and February 5, 12  
Cancellations will be rescheduled, if possible.

**COST:** The cost is **\$38 if you use your own equipment** or **\$56 if you need to rent equipment** (includes hot chocolate). Trail tickets will be issued upon arrival at Bretton Woods Nordic Center.

**CHAPERONES:** In addition to the school representatives, a sufficient amount of parent chaperones will be required in order for this program to be successful. This number will be determined once we have a definite amount of participants. Kindergarten students must be accompanied by an adult for one-on-one supervision.

**TRANSPORTATION:** Children, grades K-6, will leave the Lafayette Regional School at approximately 10:15 a.m. for Bretton Woods Nordic Center. Parents and chaperones will provide transportation. Upon arrival, we will have sufficient time to eat a snack prior to our lesson. There will also be sufficient time to each following the lesson. One hour lessons begin at 11:30 a.m., followed by free skiing with chaperones until 1:30 p.m., at which time we will return to school. Time will be allowed for children to enter the school building to collect their belongings to take home. Chaperones may continue to ski at the Nordic Center with their child until closing. If another child stays with you, a signed permission slip from their parent must be provided to Joyce Evans on the morning of the program. If you are a chaperone/driver, you must provide the school with a proof of your automobile insurance. Minimum requirements are \$100,000/\$300,000.

**SET UP:** Classes will meet at a designated area outside the Nordic Center. A one hour lesson begins at 11:30, followed by free skiing with chaperones.

**SKIING ABILITY:** Depending on number of participants, students will be placed in groups by ability.

- A. Never skied before
- B. Skied before, but only on beginner trails
- C. Confident cross-country skier comfortable stopping, turning, herringbone on hills

**CLOTHING:** Warm clothes are a must. Please make sure your child has the appropriate clothing (jacket, snow pants, heavy socks, hat, mittens, scarves, etc.). Extra hats, gloves, and socks are a great idea, too. Your child will not have fun if he/she is cold or wet. Dressing in layers is a good idea. Please make sure your child has a backpack to carry shed layers or extra clothes, as necessary. A water bottle or Camelback is also a good idea.

**PROPER EQUIPMENT:** Even the best teaching program will fail if students are on poor equipment. Please have your children's equipment checked in a ski shop before they ski. Students with unsafe equipment ARE NOT ALLOWED ON THE TRAILS.

**RENTALS:** If your child is renting, they will be fitted the Bretton Woods Nordic Center on the first day of the program. If you decide to rent from some other location, it will be your responsibility to have your child fitted for the proper equipment.

**SKIS AND POLES:** If you use your own equipment, please place your skis and poles beside the #3 Door (beside Mrs. Anderson's office) on Friday mornings no later than 10 a.m. Please take care to mark skis and poles with the student's name, and firmly secure poles and skis together. Chaperones will be responsible for transporting equipment to the Bretton Woods Nordic Center.

# WINTER OUTDOOR PROGRAM RELEASE & REGISTRATION 2010

## CROSS COUNTRY SKIING

I give my child, \_\_\_\_\_, Grade \_\_\_\_\_, permission to participate in the 2010 Winter Program sponsored by Lafayette Regional School, scheduled during January and February of 2010. I realize that I take full responsibility for this decision, will purchase any insurance that I feel is necessary (Student Accident Insurance is available), and will not hold the school district or its personnel responsible for accidents or injuries resulting from participation in this program.

### ABILITY LEVEL:

- \_\_\_\_\_ A. Never skied before
- \_\_\_\_\_ B. Skied before, but only on beginner trails
- \_\_\_\_\_ C. Confident cross-country skier, comfortable stopping, turning, herringbone on hills

### LESSONS/EQUIPMENT COSTS:

- \_\_\_\_\_ Will use my own equipment/\$38.00
- \_\_\_\_\_ Will rent from Bretton Woods Nordic Center/\$56.00

**PAYMENT:** Please make checks payable to Lafayette Regional School

**DUE DATE:** This Release/Registration Form, along with your check, must be completed for all participants and provided to Joyce Evans by **October 15, 2009**.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date** \_\_\_\_\_