

Bill Koch League – Everything you need to know! [2011-2012] **KEEP THIS HANDY!**

- 1) Koch is pronounced “Coke”
- 2) Participants: The program is open to kindergarten – 6th graders. Kindergarten participants **MUST** have a parent present at Ole’s during the session as these little guys bonk or need to bail at various times, and we need to have a receiver available so the rest of the group can continue. No experience is necessary at any age, and we encourage parents to come and ski with us when they can so that families can enjoy Nordic skiing together.
- 3) Schedule: We will meet on Tuesdays, from December 13 – March 20. We hold practice every Tuesday, regardless of weather. If conditions are not good for skiing, we will do other *active* activities. We **DO NOT** meet during school vacations, so **NO** practice on December 26, February 28, and March 6. **SEE ATTACHED SEASON SCHEDULE.**
- 4) Practice Times: **3:30 – 4:45**. We will be on the snow skiing at 3:30; please arrive earlier to get ski clothes and gear on. We know some schools don’t let out until 3 – come as soon as you possibly can and be ready for a quick gear change. Did we mention that we will be skiing at 3:30?
- 5) Fee: Mad River Valley BKL skiers fees help purchase equipment, pay for incidentals (chocolate!) and support program activities. Please fill out the registration form, and mail it to Kate Williams at 308 Wallis Drive, Waitsfield, 05673 or bring it with you on December 15. **The fee is \$125 if paid before November 18, and \$140 by December 13 (first day of practice). No registrations will be accepted after December 13.** Registration includes a participant NENSA membership. Please talk to Kate if you need financial assistance or would like to work out a payment plan for your family’s participation in the program.
- 6) NENSA Membership: All Mad River Valley Bill Koch League skiers must join NENSA (New England Nordic Ski Association). NENSA provides support for clubs in the form of insurance, education, and race opportunities. The cost is \$20 per person. **All you need to do is fill out the MRV BKL Info Sheet, and we’ll get you signed up.**
- 7) Paintball Biathlon: As of 2010-11, we have paintball biathlon as part of our regular Tuesday program. Groups will rotate through biathlon participation, meaning that not every child will be doing biathlon every Tuesday (please prepare your little sharpshooters for this fact). If you would like your child to be able to participate in the paintball biathlon part of our program, please sign and return the Paintball Biathlon Permission Form.

- 6) Equipment: There are several options – we encourage leasing, but make the choice that fits your needs:
- Seasonal lease of boots, skis and poles for full-time winter use (you take the gear home with you each week, return at end of season): \$70
 - Seasonal rental of boots, skis and poles for use during practices (you leave the gear at Ole's): \$40
 - Special rate purchase of gear: See current Ole's rate sheet
 - PRE SEASON LEASE/RENTAL PICK UP: We are holding two pre-season Gear Pick Up Sessions at Ole's – you MUST attend one of these to pick up your gear if you are planning to lease or rent gear for 2010-11. Dates are: Friday Dec 9, 4-7 pm and Saturday Dec 10, 10 am – 12 pm at Ole's.**
- 8) Absences and other communication: Contact Kate Williams at kate@northernforestcanoetrail.org / 802-279-8302. You must contact Kate whenever a participant is going to be absent.
- 9) Parent Participation: There are a lot of ways that parents can help with the program – please let us know if you are interested!
- Assist with getting kids geared up before practice.
 - Provide healthy snacks for the group, and help make hot chocolate.
 - Help out with a group of skiers
 - Assist coaches in setting up the day's activities
 - Offer club dinners or gatherings
 - Assist at our Ole's race (Date TBD)
 - Learn as much as you can about Nordic Skiing so you can support your child's enthusiasm!
- 10) Skier groups: Students will be roughly divided by age, with some shifting due to ability and experience. Our goal is to have each child feel both comfortable in their group and challenged to learn and grow as a skier. We appreciate parent feedback on their child's experience, and we also appreciate parental help with participant attitudes about their groups!
- 11) Racing: Optional races are held at Central Vermont Nordic Centers on Saturdays and/or Sundays throughout the season. We encourage young skiers to try racing, and will include some fun races in our Tuesday program. Our thinking is that we don't want kids to wait until they think they're "good enough" to race – participating in racing can be a really fun way to improve technique and fitness, and to visit some beautiful Nordic centers. We will provide information during the season about racing opportunities.
- 12) What to Bring: We expect each skier to bring the following to each practice:

- Water bottle
- Healthy snack for before practice
- Hat
- Dry mittens or gloves (NOT the wet ones from recess!)
- Dry ski socks (that you know fit in your child's boots)
- Warm layers (the kids start cold and end up hot – layers instead of a one big parka, please!)
- Wind layer
- Neck gaiter
- Skis, boots, and poles (if you are renting, you MUST arrive early enough to pull your gear – coaches will be there to help, but we depend on your promptness to keep us all moving toward skiing at 3:30 sharp!)
- A big smile