

2016 NORDIC SKI PROGRAM

THETFORD RECREATION DEPARTMENT
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We are looking forward to skiing with your child in the Nordic ski program this year! This page contains some basic information about the program as well as details on schedules, equipment tips and contact information for program coordinators.

Coordinators: Inge & Heinz Trebitz

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Program Overview:

- ❄ Thetford's ski program takes place on Friday between January and March. This year's dates are: January 15, 22, 29; February 12, 19; March 4.
- ❄ On Ski Program Fridays TES closes at noon, at which time students gear up for an afternoon of skiing. Nordic skiers stay at TES to eat lunch and then ski on the Thetford Hill/TA trails from 12:30-3:00 pm.
- ❄ Parents are responsible for arranging transportation for their children at day's end.

Parent helpers:

As you know, our ski programs are run entirely by volunteers. Inge and Heinz will be in touch to discuss how parents can help to coordinate snacks for the skiers and assist with being on duty in the cafeteria as "lodge parents."

Clothing:

- ❄ Socks: Wool socks are preferred over cotton. They keep the feet warmer, even when wet. Knee socks are the better choice. Often we see students with short socks that get filled with snow during the course of the afternoon, which doesn't make for a happy skier.
- ❄ Upper Body: Multiple layers are recommended! When getting too warm, the student can always drop one (group leaders usually have a back pack and carry the extra clothing). Shirts/undershirts should not be too short; they should reach well into the bottom of the pants.
- ❄ Don't overdress your child. Once we get skiing we warm up quickly!

Equipment:

- * All Nordic skiers will need cross-county skis, poles and boots. The Recreation Department has a limited supply of skis, poles and boots which we will gladly loan to students who do not have their own equipment.
- * Before skiing on the first Friday (Jan. 15) volunteer leaders will inspect your skis and poles for proper fit and size, and make recommendations for necessary changes.
 - Poles: Downhill poles are not suitable for XC skiing (They are usually too short, too heavy and employ the wrong grips).
 - Boots: The fit of the boot is important! Boots too small result in blisters and cold feet. Boots too large do not provide the necessary support and may slip off the foot during skiing.
 - Skis: Make sure the ski bindings are designed for the sole profile of your boots.
- * *All equipment, whether owned by the student or the Rec Department, will be the responsibility of the student for the duration of the season.* This includes bringing the skis on program day and taking the skis home at the end of the day.
- * When bringing the skis to school on program days, drop them off at the main school entrance. They will be brought over to the small gym entrance when the bus for the Skiway has left.

Thank you for your attention to these details and for your willingness to help make the program a success. If you have any questions, please don't hesitate to contact Inge and Heinz or the Recreation Department

Best,



Laurel Mackin
Recreation Director