

Copper Country

SKI



TIGERS

Youth Cross Country Ski Program

All Ages and Abilities

Winter Is Here: *Let's Ski*

First Saturday

Ski Tigers starts Saturday, Jan. 7 promptly at 1 p.m. in front of the Swedetown Chalet in Calumet. **Please arrive by 12:30 and have all skiers (children, parents and coaches) outside and on skis by 12:55. Meet by the flag of the appropriate color.** Silver and Gold meet at the top of the hill.

The parking area tends to be windy, so please dress everyone in layers, such as synthetic long underwear that wicks moisture, middle layers to trap the heat, an outside wind layer if necessary, warm mittens or gloves (mittens are warmer, especially for young skiers) and a hat that covers the ears and as much of the face as possible. Thermal snow suits are great for the young Tigers, while skiers in the faster groups will dress a little lighter in anticipation of vigorous exercise. **Remember: Warm skiers are happy skiers.**

Group Assignments

Check the list on the next page to find each skier's group assignment and coaches. **Skiers placed in the Evaluation Group must arrive by 12:00 noon on Jan. 7 so that Steve DeLong and Richard Honrath can watch them ski and place them in the appropriate skill-level groups. Meet Steve and Richard at 12:00 p.m. in front of the Chalet, ready to ski.**

Ski Tiger Board President
Betsy Rossini 482-4824

Parent Involvement Program Coordinator
Debbie Hart 482-7534

WEATHER or NOT

The Ski Tigers Weather Policy

Ski Tigers will be cancelled when:

- The temperature at the site is below 0 degrees Fahrenheit (-18 Celsius.)
- The wind chill is below -10 F (-23 C.)
- When, in the judgment of the Ski Tigers President or her designee, a combination of factors such as temperature, wind, blowing snow and road conditions makes Ski Tigers unadvisable.

Note, however, that winter is supposed to be a cold and snowy season, and most weeks Ski Tigers will take place in less-than-perfect weather conditions. If Ski Tigers is held and you choose not to attend, there is no need to contact your coach. There are not, however, refunds for cancelled or missed weeks, nor are there "make-up" days. **Parents will be notified of cancellation via the phone tree or email list serve by 11am on Saturdays.**

Incorporation Update

The Ski Tigers board is developing bylaws to become an incorporated non-profit. Up till this point in time, the organization has been run by a group of very dedicated volunteers in an informal manner. The group will continue to be a volunteer only based group, but hopes to formalize their legal status through incorporation. This will allow Ski Tigers to take advantage of funding opportunities as well as to gain liability insurance through affiliated organizations. If you wish to review and comment on the draft by-laws, please get your comments to Blair Orr by January 7th at bдорр@mtu.edu or 487-9787. You can find the draft document at <http://www.keweenawtrails.com/skitigers/>

Evaluation Group

Please meet Steve and Richard at 12:00 noon on January 7 in front of the Swedetown Chalet to be placed in the correct group.

Jackman	Dylan
Rao	Nick
Wallace	Samuel
Wood	Daniel

Green Group

Head Coach- Karl Peterson

Assistant Coaches- Mike Hyslop, Amy Chard, Tom and Bobby Wood

Bulleit	Clayton
Daavettila	David
Hyslop	Wesley
Lyle	Thomas
Mather	Brendan
Peterson	Beck
Subhash	Sanika
Subhash	Sohan
Wood	Benjamin

Blue Group

Head Coach- Gail Neufeld

Assistant Coaches- Noel Urban, Ruth Archer, Barb Wheeler, Eric

Lilleskov, Chuck Wallace

Daavettila	Anna
DeLong	Mitchell
Fraki	Hannah
Froese	Connor
Gupta	Shalina
Hyslop	Sean
Jackovich	Halley Jo
Lilleskov	Ben
Lyle	Becca
Lyle	Betsy
Lyle	Erin
Lyle	Sarah
Neufeld	Kyra
Stone	Timothy
Storer	Finn
Storer	Kieri
Toorongian	Colleen
Tunstall	Clancy
Urban-	Maya
Perliger	
Wheeler	Leander
Wheeler	Tobin

Bronze Group

Head Coach- Rich Featherly

Assistant Coaches – Jim Meese, John Molnar

Booth	Veronica
Brandt	Michael
Featherly	Zebulon
Meese	Anna
Orr	Katherine
Sharp	Isabel
Wheeler	Annika
Wheeler	John

Red Group

Head Coach- Paul Lyle

Assistant Coaches- Christian Giardina, David Chard, Richard Honrath

Chard	Rachel
Darnell	Allison
Darnell	Rachel
Darnell	Valerie
Davis	Jessica
Geiselman	Ana
Giardina	Dylan
Helminen	Wayne
Honrath	Prabha
Hyslop	Ian
Jackovich	Dallas
Johnson	Esme
Lilleskov	Eli
Neufeld	Dana
Peck	James
Sharp	Salvador

Yellow Group

Head Coach- Laura Bulleit, Craig Makens, Jeff Twardzik

Assistant Coaches- Mary Booth, Steve DeLong, Scott Peck

Archer	Ruth
Binkley	Emma
Binkley	Sylvia
Booth	Griffin
Bulleit	Carly
DeLong	Evelyn
Makens	Elise
Stone	Isaac
Toorongian	Jill
Twardzik	Ellen

Gold Group

Head Coaches- Mike Young

Assistant Coaches- Doug Oppliger

Auguston	Trent
Featherly	Elias
Featherly	Mariah
Gregg	Jane
Helminen	Keith
Jarvis	Victor
Michica	Christina
Oppliger	Karen
Oppliger	Louise
Oppliger	Ruth
Orr	Olivia
Sharp	Kai
Shoup	Madelyn
Toczydlowski	Alan
Toczydlowski	Rachel
Woodbeck	Jay
Young	Amber

2006 Ski Tigers Schedule

Date	Location
Jan. 7	Swedetown Trails
Jan. 14	Michigan Tech Trails
Jan. 21	Swedetown Trails
Jan. 28	Michigan Tech Trails
Feb. 4	Swedetown Trails
Feb. 11	Michigan Tech Trails
Feb. 18	Swedetown Trails
Feb. 25	Michigan Tech Trails
March 4	Swedetown
March 11	Jr. Bear Chase - MTU Trails
March 18	Swedetown - Last Ski Tigers
TBA	Pool Party- Finlandia University

Kick and Glide!

Basic Waxing Clinics Available in December

Do you want to know how to keep your Tigers' boards gliding well all winter? Have you wondered how to select or apply kick wax to your skis? Here is your chance to learn the basics of ski waxing and maintenance before the season gets underway. Ski Tigers' HS/MS Racing Team coach Mike Young will present two wax clinics focused on basic ski preparation and maintenance. He will cover how to apply glide wax to skate and classic skis, and how to apply and remove kick wax from classic skis. The first clinic will be held at Downwind Sports' Houghton store on Saturday, December 10th from 2-4 pm. The second will be up north at Cross Country Sports in Calumet on Wednesday, December 14th from 7-8 pm. Both clinics are free of charge and open to the public.

TIGER PRIDE

This year the ski item that Ski Tigers will receive is a Ski Tiger duffel bag. The bag will be a good thing to carry your extra clothes, snack and ski boots in. Bags will be handed out on a Saturday session early in the season.

www.keweenawtrails.com

Information about Ski Tigers such as KM Club, schedule, events, group lists, PIP duties, newsletters etc. can be found at www.keweenawtrails.com. From the home page of Keweenaw Trails, click on "Clubs" link found on the left hand side.

Adult Ski Lessons

The Keweenaw Community Foundation Cross-Country Skiing Endowment and the Michigan Tech Nordic Ski Club (not to be confused with the Ski Team) will once again be providing lessons for adults who are learning to ski. Some lessons will be scheduled to coincide with Ski Tigers beginning on January 14. For more information, including how to sign up, go to forest.mtu.edu/ski/lessons.html

1st Annual Talvitohinat (Winter Scramble)

SKI RACE

The 1st Annual Talvitohinat (Winter Scramble) will be held on Saturday, January 21, 2006. At 1pm there will be a 10K freestyle race that's competitive and timed for a registration fee of \$10. At 2 pm there will be a 2.5k race for older kids that is also competitive and timed and free if you are a current MTU trail pass holder. These will be followed by a noncompetitive 6k family ski also free with an MTU trail pass. At 3:30 the days events will conclude with a snack potluck and cider gathering at an MTU location to be announced. For more information visit contact the Keweenaw Land Trust at 482-0820 or visit www.keweenawtrails.com

SKI FOR LIGHT - Share your passion for skiing and change a life! Each year Ski for Light, Inc., an all-volunteer nonprofit organization, conducts a weeklong program to teach blind and mobility-impaired adults the sport of cross-country skiing. Each disabled participant is paired with an experienced cross-country skier for six days of instruction and practice in the snow. This year's Ski for Light will take place in Granby, Colorado, near Winter Park, from Sunday January 29th through February 5th. Attendees will stay at the Inn at Silver Creek and ski at nearby Snow Mountain Ranch, one of the premier cross-country centers in the country. Applications and much more information about Ski for Light are available online at www.sfl.org or from local Ski for Light guide, Doug Boose at 482-4519.

SWEDETOWN CHALET IS OPEN!

The Copper Isle Ski Club would like to announce that the Swedetown chalet in Calumet will open for the season on Sat. Dec. 10. Our hours will be the same as last year: noon to 9PM Tues thru Sat and noon to 5PM Sun and Mon. We will close at 5PM on Christmas Eve and all day Christmas.

Safety Policy for Saturday Lessons

Skier

1. Ski with your group and follow your coach's directions.
2. Wear your nametag at all times during each lesson.
3. Hand in your nametag to the group helper at the end of each lesson.
4. Ski within your ability.
5. If you are lost, stay in the same location and wait for an adult.
6. Be respectful of other skiers on the trails.
7. Dress appropriately for the weather and make sure that your clothing is dry before heading out to ski.
8. Go to the bathroom before heading out to ski.

Parent

1. Make sure that your child is dressed appropriately and fed before heading out to ski.
2. Make sure that your child is ready to ski each Saturday and ready to join their group by 12:55pm.
3. Make sure that your child has gone to bathroom before they head out to ski.
4. Ski with all children 7 and under during the Ski Tigers lesson.

Kilometer Club

Join the Kilometer Club. Keep track of your kilometers from first day you ski this season until April 2, 2005 on the Kilometer Club sheet. Then mail your completed Ski Tigers Kilometer Club Chart by **April 4, 2004** to: **Chelley Vician, 1918 Sherwood Drive, Houghton, MI 49931**. Everyone in the Kilometer Club will receive special recognition and a prize at the end of season Pool Party.

*Count Kilometers, because
Kilometers Count!*

Win an Iditarod Hat

Ski Tigers who complete two races in the Ski Tigers season earn the **coveted Iditarod Hat**. Please contact Pallavi Gupta at 487-6502 with name and date of two races that you have skied. If you already earned an Iditarod Hat in a previous season, you are not eligible for a new hat (limit one per lifetime).

Equipment Identification and Labeling

Do your children recognize their equipment? Do they ever forget or lose things? Can they tell their skis or poles apart from the identical set of another Ski Tiger? Equipment mix-ups and left behind equipment are a common occurrence before, during, and after Ski Tiger lessons. Please label your child's skis and poles. Permanent markers come in many colors including silver for those all-black poles. If you are worried about leaving your child's name on equipment when it is passed on, or if you have some slightly used equipment with someone else's name on it, permanent marker can be removed with rubbing alcohol, so it is not really permanent! Please take a little time now to make life easier for everyone and put your child's name on his/her equipment. The next time you see your child skiing without poles and the coach carrying 8 pairs of poles, you will be able to rest assured that your child will get his/her own poles back. We will all thank you!



Ski Tigers Coaching Clinic
Sunday, December 18th
from 3:00 to 5:00 pm
at MTU Trails

The clinic will cover striding technique, skating technique, hills, turns, and ideas for teaching kids. We will have some fun and share some ideas. Dress warmly, especially your feet, as we will spend time standing and discussing as well as skiing. Come to touch up your own skills, to learn some fun ways to teach kids, to meet other coaches and to get fired up to coach. See you there!