

Copper Country

SKI



TIGERS

Youth Cross Country Ski Program

All Ages and Abilities

Fresh Snow: *Let's Ski*

First Saturday

Ski Tigers starts Saturday, Jan. 3rd 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 later in this newsletter to find each skier's group assignment and coaches. **Skiers placed in the Evaluation Group will be contacted by the Coach Coordinator to arrange an appointment for a skill evaluation prior to the start of Ski Tigers. Skiers will be placed in appropriate groups based on skill levels.**

Ski Tiger Board President

Betsy Rossini 482-4824

Parent Involvement Program Coordinator

Barbara Wheeler 487-9695

Coach Coordinator

Laura Bulleit 334-2830

Ski Tigers Weather Policy

Ski Tigers will be cancelled when:

- Site temperature is below 0 F (-18 C.)
- The wind chill is below -10 F (-23 C.)
- When the Ski Tigers President, or an appointed designee, determine it is unadvisable to meet due to any combination of factors; such as temperature, wind, blowing snow and poor road conditions.

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 no 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.**

2009 Ski Tigers Schedule

Please Note Changes!

Date	Location
January 3	Swedetown Trails
January 10	Michigan Tech Trails
January 17	Swedetown Trails
January 24	Michigan Tech Trails
January 31	Michigan Tech Trails
February 7	Maasto Hiihto
February 14	Swedetown Trails
February 21	Michigan Tech Trails
February 28	Michigan Tech Trails
March 7	Jr. Bear Chase- Swedetown
March 14	Picnic in the Snow- Swedetown Trails
April 19	Pool Party- Finlandia 1-5

Tiger Pride

This year there will be a variety of ski items distributed to our skiers. Yellow, bronze, silver, adventure and gold skiers will receive a ski bag. Skiers in green, blue and red will receive a duffel bag or a Ski Tiger hat. Plan on picking up your item on January 10th at the wax building at Michigan Tech Trails prior to or just after Ski Tigers meets.

www.keweenawtrails.com

Information about Ski Tigers can be found online at www.keweenawtrails.com. From the home page of Keweenaw Trails, click on the "Ski Tigers" link in the left column. Here you will find the ski schedule, list of events, information about the KM Club, group lists, PIP duties, newsletters, coaching resources and more.

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. For more information, including how to sign up, visit the following website: <http://ski.mtu.edu> or 487-2291.

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 the Wasatch Mountains in Utah from Sunday, February 1st to Sunday, February 8th. Attendees will stay at the Marriott Hotel in downtown Provo and ski at Soldier Hollow. Applications and much more information about Ski for Light are available online at www.sfl.org or by contacting Doug Boose, local Ski for Light guide, at 482-4519.

Local Events and Races

The following events and races will be hosted in the Keweenaw in 2009 and invite public participation. We encourage you to visit the Keweenaw Trails website and click "Events and Races" to learn more about them and to obtain accurate event information.

Jan. 17 – Copper Isle Classic
Feb 14-15 MTU Michigan HS
Championships

Mar 7 MTU Junior Bear Chase

Mar 8 Swedetown Portage Health Great Bear Chase

Safety Policy for Lessons

Skiers

1. Ski with your group and follow your coach's directions.
2. Wear your armband nametag at all times during each lesson.
3. Turn in your armband at the end of each lesson to the group helper.
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.

Parents

1. Make sure that your child is dressed appropriately and fed before heading out to ski.
2. Make sure that you 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. Record the kilometers you ski this season until April 1, 2009 on the Kilometer Club sheet. Then mail your completed Ski Tigers Kilometer Club Chart by April 4 to: **Ski Tigers, P.O. Box 512, Hancock, MI 49931**. Everyone in the Kilometer Club will receive special recognition and a prize at the end of season Pool Party.

Win an Iditarod Hat

Ski Tigers who complete two races in the Ski Tigers season earn the **coveted Iditarod Hat**. Please contact Mary Fraley at 281-7721 or mary.fraley@charter.net with the name and date of the two races you 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

Many children have equipment that looks similar so labeling their gear can help prevent the frustration and financial headaches associated with lost items and equipment mix-ups. Labeling skis and poles is easy with colored permanent markers, especially silver for dark poles or skis. The marker is easily removed with rubbing alcohol when it is time to part with equipment. We encourage labeling equipment to prevent confusion during group activities and so you will be comfortable knowing your skier will get their own gear back. Skiers will be labeled with nametags worn on armbands during lessons. Skiers are asked to return their nametags at the end of each lesson. Skiers who lose their nametags will be asked to pay \$4 for a replacement.

Ski Tigers Coaching Clinic TBA

The date and time of the coaching clinic will be announced by e-mail. 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!

Give to the Future of Copper Country Ski Tigers

This past November an endowment was established for the Copper Country Ski Tigers with the Keweenaw Community Foundation (KCF). The purpose of the fund is to support the sport of cross country skiing in the Keweenaw Peninsula of Michigan for youth in order to provide the benefits of fellowship, sportsmanship, recreation and healthy lifestyles and to work in cooperation with other Nordic ski organizations to develop youth skiing opportunities and to develop, for those interested youth a program of competitive Nordic ski racing. The Copper Country Ski Tigers will have the option to receive an annual payment from the interest earned on this fund. The base funding for this endowment was from funding excess from the 2005 Junior Olympics that were held at Michigan Tech. Donations to the endowment are eligible for a Michigan tax credit (at 50%, i.e. up to \$200 per family for a \$400 donation). When tax time comes, the state refunds (not just deducts, but completely

refunds you) half of this donation. Plus, if you itemize, you can claim it on your federal return as well. Donations can be made by sending a check to KCF, P.O. Box 101, 326 Sheldon Ave., Houghton, MI 49931. Make checks payable to: KCF, Copper Country Ski Tiger Endowment or make a donation on line at www.keweenaw-community-foundation.org.

Other Ways to Give

Are you looking to upgrade your cross-country ski equipment this year? Do you have a child that has outgrown their skis, boots, or poles? Consider donating your used equipment to the Copper Country Ski Tigers?

The club provides the opportunity for many children in the Copper Country to learn how to ski. To overcome the equipment hurdle faced by families new to the sport, Ski Tigers is starting to build an inventory of ski equipment to be loaned out during the skiing season.

If you are considering a donation, the equipment should be in good working condition and not require substantial repairs. Skis can be either classic, skating or combi (universal), and range in length suitable for kids from Green Group to Gold. Boots and bindings should fit contemporary systems (SNS or NNN), no 3-pins please. Poles can also range in size to fit any size skier.

Please contact Betsy Rossini at earl@charter.net or 482-4824 if you wish to provide a piece of equipment to a good home or make a financial contribution to the Club. All donations of equipment or cash to the club are tax deductible since the Copper Country Ski Tigers, Inc. is a recognized 501c3, non-profit organization.



Parent Involvement Program

Assignments

Parents are asked to please visit the Ski Tiger website to review their posted PIP assignments and associated responsibilities for this season. Parents of Race Team members are identified as they participate in a separate PIP program with additional duties assigned.

We wish to extend a sincere THANK YOU to everyone who provides assistance and support to the Ski Tigers program. By generously sharing your time and talents you directly contribute to the success of the Ski Tiger program and the advancement of high quality Nordic Skiing opportunities and experiences for youth in the Keweenaw. Please consider how you may participate further by attending the next Ski Tiger Board of Director's meeting: 7pm, January 19, 2009 in the Houghton Portage Library Community Meeting Room. Hope to see you there.

Thursday Tigers

Do you wish you could spend more time on skis? Are you interested in ski racing but still too young for the middle school/high school race team? If you like to ski the fastest trails, tuck the biggest hills, jump the bumpiest jumps and play the silliest games, then Thursday Tigers may be for you !

Thursday Tigers will meet once a week, after school (Thursdays 4:15-5:30pm) and will alternate between Michigan Tech and Swedetown. This group does NOT take the place of your Saturday Ski Tiger session but is in addition to it. The main focus is fun! This is not a formal ski lesson or a race workout but is an opportunity to goof around on skis with other kids who like to ski. Although there is no age restriction for Thursday Tigers, it is intended to be for those skiers who;

- were in RED or above last year
- are not ready for the ms/hs team
- are proficient skaters
- can ski 5k-8k in an hour
- LOVES to ski-wants to be there

There is no charge for the program but you must register for the program. For more information or to register call Karl Peterson at 523-5134 (H) or 487-2433 (W) or email to krpeters@mtu.edu.

Adventure Group

The Adventure Group is open to those skiers interested in learning skills such as backcountry skiing, skijouring, winter camping and crust skiing. The class will cover skills in both classic and skate techniques. An overnight cabin rental is planned. Skiers in this group will meet at the same time and location for regular Ski Tigers, but will ski longer and/or travel to other ski areas. Eligibility for this group is completion of one year of YELLOW group or the capacity to test to that level. Please contact Gail Neufeld 337-5603 for any questions, to sign up, or to schedule a test to qualify if you are not yet in yellow.

Group Photo Date

Please plan on meeting by the Swedetown Chalet at the start of January 17th Ski Tigers for our annual group photo.



Wax Clinics

Ski Tiger racing team coach, Mike Young will demonstrate kick waxing application at the Swedetown Ski Trails Chalet on Saturday, December 20th from 1-2 pm. This is a hands on clinic so bring your skis! Learn how to keep your young Tiger's boards in top shape.

Group Assignments

Coach Coordinator: Laura Bulleit, 334-2830

Evaluation

The coach coordinator will contact skiers to set up an appointment for a skill level evaluation prior to the start of Ski Tigers. Skiers will be placed in appropriate groups based on skill levels.

Matthew Chard
Alex Dewald
Grant Haataja
Saul Haataja
Seth Helman
Ben Lilleskov
Michael McParlan
Leif Odegard
Sarah Peng
Kenny Peng
Isabel Schutte
Martin Schutte
Sam Wallace
Sloane Zenner

Green

Head Coach: Bill Karinen
Asst. Coaches: Jonathon Leinonen, Greg Waite
Group Helpers: Attendance – Judy Chizek

Ethan Blough
Andra Campbell
Ivamaría Chizek
Helan Clanaugh
Suzanne Dewald
Davin Evans
Eric Flaspohler
Mike Fraley
Gretchen Haggemiller
Ethel Karinen
Danelle Leinonen
Daniel Lyle
Chloe McParlan
Elijah McParlan
Jack Peterson
Billy Waite

Blue

Head Coach: Casey Huckins
Asst. Coach: Nathan McParlan, Jeff Walz
Group Helpers: Joan Darnell
Ski Along – Starr Dlubala

Jason Aho
Geneva Archer
Rachel Brandt
Jacob Chizek
Billy Darnell
Hayden Fisher-Huckins
Shalini Hayenga
Johan Hepokoski
Viyan Poonamallee
Kalani Shannon
May Amelia Shapton
Elliot Walz

Red

Head Coach: Rod Chimner
Asst. Coach: Erik Lilleskov
Group Helpers: Marilyn Dewald
Ski Along – Melanie Needham

Clayton Bulleit
Samuel Chizek
Addie Fisher-Huckins
Wesley Hyslop
Heidi Karinen
Jack Kinnenun
Brandy Kinnenun
Benjamin Leinonen
Thomas Lyle
Anabel Needham
Beck Peterson
Galen Resh Chimner

Yellow

Head Coach: Roger Tervo
Asst. Coach: Noel Urban

Allison Darnell
Rachel Darnell
Valerie Darnell
Mitchell Delong
Ingrid Dwyer
Kyle Steenport
Logan Tervo
Maya Urban-Perlanger
Cecelia Wallace
Leander Wheeler
Tobin Wheeler
Benjamin Wood

Adventure

Activity Coordinator: Gail Neufeld

Assistant: Mike Hyslop

Ian Hyslop
Dana Neufeld
Sean Hyslop
Betsy Lyle
Becca Lyle
Erin Lyle
Kyra Neufeld

Bronze/Silver

Head Coach: Bobbi Wood

Asst. Coach: Sheridan Ethen

Emma Binkley
Sylvia Binkley
Austin Hill
Oskar Karinen
Blair Zenner
Salvador Sharp
Carly Bulleit
Prabha Honrath

Gold

Head Coach: Mike Young, Wendy Sharp

Asst. Coach: Rachel Robertson, Tom Wood

Jane Gregg
Elizabeth Haataja
Hendrick Haataja
Emily Humes
Dylan Jackman
Emily Jackman
Nina Karinen
Peter Karinen
Jonathon Kilpela
Sarah Lyle
Anna Meese
Emily Oppliger
Ruth Oppliger
Isabel Sharp
Kai Sharp
Madelyn Shoup
Isaac Stone
Annika Wheeler
Daniel Wood
Jay Woodbeck

Tuesday Town Relays

A Fun Series of Weekly Nordic (Cross Country) Ski Races Tuesday Nights at Michigan Tech Trails

Free and open to the public (anyone with a daily or season trail pass). Come out and join the fun!

What?

12-lap relay races for teams of 2, 3 or 4 racers. Courses vary from week to week, but always more or less one kilometer (0.6 miles) per lap. You choose your team and how many laps each person skis.

Where?

Michigan Tech Nordic Trails. Meet at the small warming hut in the stadium/race start area, near the groomer garage. Races are on the lighted trails – Birch, Oak, Linden, Core, etc.

When?

Tuesday nights, Jan. 6 through Feb. 24., arrive no later than 6:10 p.m.

Registration: 6:00 to 6:15 p.m.

Handicap start times calculated and announced: 6:15 to 6:25

First team starts: 6:30

All teams on course by: 6:54

Teams Finish: 7:25 to 7:35

Hot Chocolate, snacks, results and announcements: 7:45 to 8:00

How?

Classic or Freestyle technique on alternating weeks, subject to change based on snow conditions. **Jan. 6 will be classic.** Check your email for schedule changes and other announcements.

Email Group?

For news including series point standings, last week's results, special events or costume nights, and changes due to weather or conditions, send an e-mail to majordomo@mtu.edu with the subject line blank and "subscribe townrelays-I" in the body of the message.

Handicapping System?

Not all teams start at the same time, but we hope they'll all finish around 7:30. Extra time is allowed based on the following criteria (team with most minutes handicap starts first):

Time per lap	Skier categories
0:00 (Scratch)	Elite men, college team men, high school boy J.O. racers, wave 1 Birkie
0:30	Elite women, college team women, girl J.O. racers, high school boys, wave 3 Birkie
1:00	High school/middle school girls, advanced adult skiers
1:30	Silver Group Ski Tigers, adult recreational skiers
2:00	Bronze Group Ski Tigers
3:00	Yellow or Red Group Ski Tigers

A one-minute bonus per team is awarded for bringing a snack or more hot chocolate mix. Other time bonuses, for costume contests or other criteria, may be announced one week prior to races. Race director may adjust handicaps from week to week to ensure competitiveness.

EXAMPLE: If a team has one elite male who skis 6 laps (no time bonus), a girl's middle school team member who skis 4 laps (4 X 1:00 = 4:00) and a Bronze Group skier who skis two laps (2 X 2:00 = 4:00), they will start 8 minutes before a team of all elite men. **THE MAXIMUM HANDICAP IS 24 MINUTES**, so it is not advisable to form a team with all skiers from below the Bronze group. This maximum handicap time is necessary to ensure that all teams start no later than 6:54 p.m.

Series Points and Awards

Each week, points will be awarded on a 5-4-3-2-1 basis by finish order, with all teams finishing 12 km in 5th place or beyond earning one point. Awards and prizes will be presented at the last race.