

Copper Country

SKI TIGERS



Youth Cross Country Ski Program

All Ages and Abilities

Snow Is Here: *Let's Ski!*

IMPORTANT - First Saturday

Ski Tigers starts **Saturday, January 9** promptly at **11 a.m.** at the **Michigan Tech Main Trailhead**.

Before you arrive:

- **Please stay home if anyone in your family is sick** or has been around someone that has been sick.
- **Fill out MTU's online health screening form.** https://www.banweb.mtu.edu/owassb/visitor_symptom_form.p_form (no login required)

Social Distancing:

- A mask (a buff can be a mask) is required if you can not maintain 6 feet apart at all times.
- All group sizes must be 25 or less total at all times.

When you arrive:

- 1) **Go directly to your group color flag (see map).** Please do not congregate in front of the wax building.
- 2) **Your skier will receive a bib from their coach.** The bib will include a card with skier's name (front of card) and contact information (back of card).
- 3) **Coach will take attendance (required).**
- 4) **All skiers (children, helpers and coaches) should be on skis and ready to ski by 10:55.**

Arrive early. It always takes longer than you think 😊

If your skier's group leaves before your skier is ready, please find a volunteer to help you/your skier locate their group. Please do not send them off on their own to find their group. It is best to be on time as it can be challenging

to find a group once they have left the main trailhead.

2021 Ski Tigers Schedule

January 9 Michigan Tech Trails
 January 16 Michigan Tech Trails
 January 23 Michigan Tech Trails
 January 30 Michigan Tech Trails
 February 6 Maasto Hiihto Trails
 February 13 Swedetown Trails
 February 20 Michigan Tech Trails
 February 27 Swedetown Trails
 March 6 [Jr. Bear Chase](#) - Swedetown Trails
 March 12 [Ski Tiger Games](#) - Michigan Tech Trails
 March 20 [Picnic in the snow](#) & End of Year Awards - Swedetown Trails

Group Assignments

Check the list on the last page to find each skier's group assignment and coaches. If you feel your skier should be in a different group please talk to the coach coordinator at the end any Saturday session or email: coachcoordinator@skitigers.com Kids will have more fun if they are in a group that matches their skill set and endurance.

Group Descriptions can be found here: <https://www.skitigers.com/groups.html>

What to Wear

For cross country skiing it's very important to dress in layers:

Inner Layer: synthetic long underwear or clothes that wick moisture and long socks (to prevent boot blisters)

Middle Layer: layers to trap the heat

Outer Layer: wind layer if necessary (The parking area and trailhead tends to be windy)

Head and Hands: 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.

Snow suits are great for young Tigers, while skiers in the faster groups should dress lighter in anticipation of vigorous exercise. **Remember: Warm skiers are happy skiers ☺**

MyXC Fleece Hats

All new Ski Tigers will receive a fleece MyXC ski hat. The hats will be handed out at the first couple Saturday sessions.



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 their 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 email list serve no later than

9am on Saturdays. ***Please check your email BEFORE you leave for our ski location to make sure there is no cancellation.***

MyXC

Ski Tigers is a member of MyXC (formerly known as the Minnesota Youth Ski League – MYSL). The benefit to Ski Tigers includes: liability insurance, coaching resources (including weekly lesson plans), coach & skier bibs, and Safe Sport training and background checks for all volunteers.

MyXC Volunteer Registration

All volunteers will be required to register with MyXC. This will take about 10 minutes (no cost). The PIP Coordinator and Coach Coordinator will be sending out instructions. This is for the purpose of safe sport training, background checks and insurance. Volunteers will receive a MyXC buff. Questions? Contact Hannah at: pipcoordinator@skitigers.com

Trail Passes

Kids under 18 years old ski free at Swedetown & Maasto Hiihto. Kids under 13 years old ski free at MTU. Passes for all others can be purchased here: <https://keweenawtrails.com/nordic-skiing/> Please take the time to purchase a yearly or daily pass if you plan to ski with your skier to support our amazing ski trails.

Safety Policy for Lessons

Skiers

1. Ski with your group and follow your coach's directions.
2. Wear your bib/nametag at all times during each lesson. We will NOT be collecting after each lesson this year. You MUST remember to bring it each week.
3. Ski within your ability.
4. If you are lost, stay in the same location and wait for an adult.
5. Be respectful of other skiers on the trails.

6. Dress appropriately for the weather and make sure that your clothing is dry before heading out to ski.
7. 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. Pack a snack for after. No Juice will be distributed this year.
2. We will have no building access this year. Be sure you are able to be reached at your contact number during the lesson if needed.
3. Make sure that your child is ready to ski each Saturday and ready to join their group by 10:55pm.
4. Make sure that your child has gone to bathroom before they head out to ski. Note that the trails do not have indoor facilities – only a Port-a-Potty.

Kilometer Club

Join the Kilometer Club. Record the kilometers you ski this season on the Kilometer Club sheet or online at www.skitigers.com/kilometer-club.html or www.kmtracker.org. Email the number of Kilometers you skied to the kilometer Club Coordinator before March 15, 2020. Everyone in the Kilometer Club will receive special recognition and a prize at the Picnic in the Snow.

Count Kilometers because Kilometers Count!

Thursday Tigers

Red and Yellow skiers who would like to get in another day of skiing during the week are invited to ski on Thursdays from 4:30-5:45 at MTU Trails. The session will include lots of fun and games to work on balance and agility.

Equipment Labeling

Lost items and equipment mix-ups can happen when skiers have similar equipment (skis, poles.) Labeling their gear can help prevent the frustration and financial headaches associated with losing or mixing up items. Please label skis and poles with colored permanent markers (Sharpies) or masking/painter's tape and sharpie written on it.

The marker is easily removed with rubbing alcohol at the end of the season. This is especially important to prevent confusion during group activities and so you will be comfortable knowing your skier will get their own gear back.

Ski Tigers Coaching Clinic

Thank You! We could not have this program without each of you.

We are still planning to have a coaching clinic. The date and time of the coaching clinic will be announced by email. 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!

In the mean time...here is a link to an online coach training session put on by MyXC. Lots of useful information on coaching youth. Recommended watch for all coaches.

How to be a Great Youth Ski Coach

<https://mysl.org/node/127844>

Coaches – the amount of ski experience needed depends on the group you are coaching.

Assistants – coach helper, set up cones, help coordinate skiers during games/relays, etc.

Sweeper – ski at the very back of the group to assist slower skiers.

We are always looking for people who are interested and willing to coach - either as a helper, assistant or group leader. If you are interested, please contact Sharon (coachcoordinator@gmail.com).

CXC Grant

Ski Tigers has applied for a \$500 grant through CXC/Salomon Club Support. The grant can be used for any purpose, but is geared toward helping special needs skiers with adaptive needs such as sit skis.

Jr Bear Chase

As of right now we are still planning to hold our Jr Bear Chase in March. The Ski Tiger board and social distancing committee will continue to evaluate as the time gets closer.



New “Tiger Loop” at Swedetown Ski Trails

Swedetown made some trail updates this year including a new loop named “Tiger Loop”!



Virtual Tigers

Ski Tigers will be offering a virtual option this year. Every Thur/Friday you will receive an email with group appropriate activities for your skier as well as intro to skiing videos put out by MyXC.

It our goal to be outside on snow if it is safe to do so. If, on any week, the Governors Orders or Trails safety policy prohibits outdoor group gatherings, we will only offer a virtual Ski Tigers option for that week.

Keep your fingers crossed that we can be on the trails!

Still Have Questions?

Visit the Ski Tigers website at www.skitigers.com you will find the ski schedule, list of events, information about the KM Club, PIP duties, equipment information, FAQs and much more. You can also email questions to info@skitigers.com.

Contact Information

Ski Tiger Board President

Bobbi Wood - bobbi@skitigers.com

Parent Involvement Program (PIP) Coordinator

Hannah Abbott - PIPCoordinator@skitigers.com

Coach Coordinator

Sharon Kiesel - coachcoordinator@skitigers.com

Registrar

Jamey Anderson - registrar@skitigers.com

Mission Statement

Copper Country Ski Tigers (CCST) is dedicated to introducing local youth to Nordic (cross country) skiing and sustaining their development and enjoyment of the sport of skiing through outdoor adventures or competitive skiing for middle and high school aged skiers. CCST accomplishes this mission through age-appropriate instruction, skills and technique development, and fun and games on Nordic skis.



Green

Head Coach: Jessica Brassard
Asst Coaches: Sarah Fayen, Alana Nolan

Ben Bonacorsi
Mason Howell
Walter Johnson
Greta Muñoz Tefft
Michael Nolan
Lucia Petersen
Henry Pettibone
Sofia Reynoso
Isaac Scarlett
Sybil Semmler Smith
Oliver Shannon
Alistair Trewartha
Carter Zerbst

Grey (Pink)

Head Coach: Traci Webb
Asst Coaches: Chris Hohnholt, Roman Sidorstov

Thomas Brueggeman
Silas Cooke
Rachel Dowden
Marshall Hohnholt
Nyssa Kelly
Ruth Shannon
Misha Sidortsov
Emma Simmons

Blue1

Head Coach: Jennifer Eikenberry
Asst Coaches: Erin Mercier, Dave Robb

Isla Abbotts
Lillian Champion
Jacob Chosa
Alex Dowden
James Eikenberry
Luke Green
Margaret Johnson
Corben Jukuri
Jada Klein
Cyra LaBeau
Jack Lieburn
Sophia Miller
Colin Penfold
Vivian Robb

Meta Semmler Smith
Hazel Sever
Lily Simmons
Maxwell Webb

Blue2

Head Coach: Jessica Lawson
Asst Coaches: Rachel McDonald, Sharon Cuffe/Kelly Sauvanto

Gabriel Brueggeman
MaryBelle Chosa
Kayleigh Dart
Cameron DePue
Jonathan Eikenberry
Adam Hemmer
Jackson Henkel
Sam Klein
Sophia Lawson
Patrick McDonald
Aliina Penfold
Alexa Robertson
Warren Scarlett
Samantha Scott
Gage Suvanto
Nolan Webb
Hannah You

Purple1

Head Coach: Kevin/Shellie Hubert
Asst Coaches: Sharon Kisiel

Jack Sever
Lela Desai
Abigail Dart
Lorelei Fryer
Sonya Swetich
Seth Robertson
Violet Sever
Sarita Desai
Sterling Fryer
Samuel Miller
Maija Mechlin
Greysen Webster
Ruby Petersen

Purple2

Head Coach: Kate McCloud
Asst Coaches: Kelley Christensen

Casper Carn
Jonathan Christensen
Matthew Labovsky
Oskar McCloud
Cecilia McDonald
Evelyn Robb

Red

Head Coach: Rob Cooke
Asst Coaches: Amy Marcarelli

Ryan Anderson
Rory DePue
Tate Evans
Ty Evans
Emma Jukuri
Sidney Kelly
AnnaMae Nolan
Terrence Nolan

Yellow

Head Coach: Mike Young
Asst Coach: John DePue

Jerome Bow Pearce
Gunnar Carlson
Byron David
Wyndham David
Vincent Gemelli
Xavier Hutchinson
Brenden Jukuri
Molly Kisiel
Daniel Lounibos
Katia Rudak
Max Sidortsov
Joshua You
Holly Cooke

Adventure

Head Coach: Dylan Carlson
Asst Coach: Michele Sarafin

Corbin Eikenberry
Madalynn Simmons
Indrek Seigel
Braden Morse
Mateo Franco
Bethany Green
Lily Ross
Chloe Sarafin

Float Coach: Richelle Winkler



MTU Trailhead

