

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, January 8 promptly at 11 a.m. at the Michigan Tech Trail head in Houghton.

When you arrive:

- 1) **Stop by the registration table** to pick up your skier's bib/nametag.
- 2) **Put bib on skier**
- 3) **Take them to the flag of the appropriate color.** Coaches will also have on color coded bibs to help you locate the correct group. ([Flag map](#) below)
- 4) **All skiers (children, parents and coaches) should be outside and on skis by 10:55.**

Arrive early. It always takes longer than you think 😊

See [MTU Levels](#) for COVID Protocol.

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** 😊

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.

2022 Ski Tigers Calendar

January 8 Michigan Tech Trails
 January 15 Michigan Tech Trails
 January 22 Michigan Tech Trails
 January 29 Swedetown Trails
 February 5 Swedetown Trails
 February 12 Maasto Hiihto Trails
 February 13 [Barnelopet](#), Maasto Hiihto Trail
 February 19 Michigan Tech Trails
 February 26 Swedetown Trails
 March 5 [Ski Tiger Games](#) - Michigan Tech Trails
 March 11 [Jr. Bear Chase](#) - Swedetown Trails
 March 29 [Picnic in the snow](#) & End of Year Awards - Swedetown Trails

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.

Fleece Hats

All first time Ski Tigers will receive a fleece MyXC ski hat. The hats will be handed out starting the third Saturday session.



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.***

Volunteer Registration

All volunteers will be required to register with MyXC – [Click Here](#) for instructions. This will take about 10 minutes (no cost). If you have questions please contact Hannah our Parent Involvement Program (PIP) Coordinator 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://www.michigantechrecreation.com/trails/membership> 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. 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 online at <http://www.kmtracker.org>. If you want to learn more about the program, or you are unable to record online and would like to download a tracking sheet, visit www.skitigers.com/kilometer-club.html. The Kilometer Club tracking season begins whenever you start skiing for the year and will end on March 12th - any kilometers reported after March 12 will not count towards season totals. If you choose to record on the paper form, please email the number of kilometers you skied to the Kilometer Club Coordinator, Mandy Massaway (massaway@gmail.com), by March 12, 2022. 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 some technique drills and lots of games to work on balance and agility. It may also include some interaction with the development (Devo) skiers.

Barneloppet

The Barneløpet is Norwegian for “kid’s race” and once again KNSC (Keweenaw Nordic Ski Club) is proud to assist with this Sons of Norway event hosted especially for the community’s youngest skiers. There are 6Km, 4Km, 2Km & 1Km events.

Ski for time or take your time! For more information or to register: <https://keweenawnordic.org/barneloppet/>



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

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. Highly 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).

Red & Yellow Skiers

Important - Red & Yellow group skiers are required to have both Classic AND Skate equipment. If you have any questions please contact the equipment manager at tomwoodski@gmail.com.

Jr Bear Chase



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.

Ski Tigers 2022

Green

Head Coach: Jessica Brassard
Asst Coaches: Fiona Brassard,
Megan Warner, Michelle Eggart,
Brianna Simmons

Scarlet Andress
Scott Cortright
Franklin Dombrowski
Michael Eggart
Isaiah Green
Avery Gruver
Janiah Guili
Jolene Heinonen
Eli Howell
Adelfiina Kilpela
Maxwell Labovsky
Roland Lechner
Edith Lieburn
Daxton Lizzadro-McPherson
Nagi Nakamura
Nevada Novak
Annabelle Schwaller
Reagan Simmons
Wesley Steelman
Judah Watrous
Rosalie Watt
Oscar Werner

Red

Head Coach: Rob Cooke
Asst Coaches: Kate McCloud,
Amy Marcarelli

Ryan Anderson
Jonathan Eikenberry
Matthew Labovsky
Oskar McCloud
Samuel Miller
AnnaMae Nolan
Colin Penfold
Ruby Petersen
Alexa Robertson
Seth Robertson
Sonya Swetich
Nolan Webb
Hannah You
Clare Zimmer

Grey (Pink)

Head Coach: Traci Webb
Asst Coaches: Amanda Kilpela,
Braham Smith, Sarah Fayen

Frederic Ahrens
Ella Mae Arundel
Iley Bustos
Collin Carlson
Joseph Golimbieski
Julianna Guili
Mason Howell
Paola Kilpela
Ada Maki
Auggie Meckler
Greta Munoz Tefft
Michael Nolan
Greyson Novak
Celine Park
Henry Pettibone
Sofia Reynoso
Isaac Scarlett
Sybil Semmler Smith
Oliver Shannon
Linnaea Tomlinson
Alistair Trewartha

Yellow

Head Coach: Mike Young
Asst Coach: John DePue

Gunnar Carlson
Casper Carn
Rory DePue
Tate Evans
Ty Evans
Emma Jukuri
Daniel Lounibos
Katia Rudak

Float Coach: Jana Meckler

Blue 1

Head Coach: Sharon Kisiel
Asst Coaches: Karen Fay, Amy
Zimmer

Orrin Andress
Genevieve Baker
Marshall Baker
Thomas Brueggeman
Lucia Bustos
Lola Bustos
Jack Carlson
Silas Cooke
Robert Eggart
James Eikenberry
Adeline Fiala
Sebastian Fiss
Jairus Guili
Keira Kaiser
Jack Lieburn
Jack McCarty
Easton Miller
Simon Miller
Sarah Myers
Jayna Park
Lucia Petersen
Danny Schuett
Emma Simmons
Jerome Swetich
Ruth Talbot
Roary Watt
Oliver Werner
Nora Zimmer

Blue 2

Head Coach: Shelie Hubert
Asst Coaches: Jennifer Eikenberry

Isla Abbotts
Gabriel Brueggeman
Lillian Champion
Luke Green
Avalyn Gruver
Audrey Konkel
Cyra LaBeau
Eero Maki
Layne Massaway
Ruth Shannon
Lily Simmons
Gideon Talbot
Jasmine Tang
Maxwell Webb
Miya Xue



Purple 1

Head Coach: Kevin Hubert

Asst Coaches: Jessica Jukari

Jack Andress

Naomi Baker

Mae Gagne-Marzan

Elix Grenier Sewell

Elli Harju

Henry McCarty

Gavin Miller

Paul Myers

Tyler Narhi

Camilla Palek

Isaac Talbot

Marie Thompson

Greysen Webster

Natalia Werner

Emma Ylitalo



Adventure

Head Coach: Dylan Carlson

Asst Coach: Michelle Sarafin

Jack Cooke

Wyndham David

Byron David

Corbin Eikenberry

Vincent Gemelli

Xavier Hutchinson

Max Massaway

Evan Massaway

Braden Morse

Lily Ross

Max Sidortsov

Madalynn Simmons

Aspen Stoll-Pietila



Purple 2

Head Coach: Erin Mercier

Asst Coaches: Bryan Kokel

Rory Anderson

Emma Andress

MaryBelle Chosa

Santiago Gonzalez

Adam Hemmer

Jackson Henkel

Maxwell Livesay

Gavin Massaway

Sophia Miller

Warren Scarlett

Samantha Scott

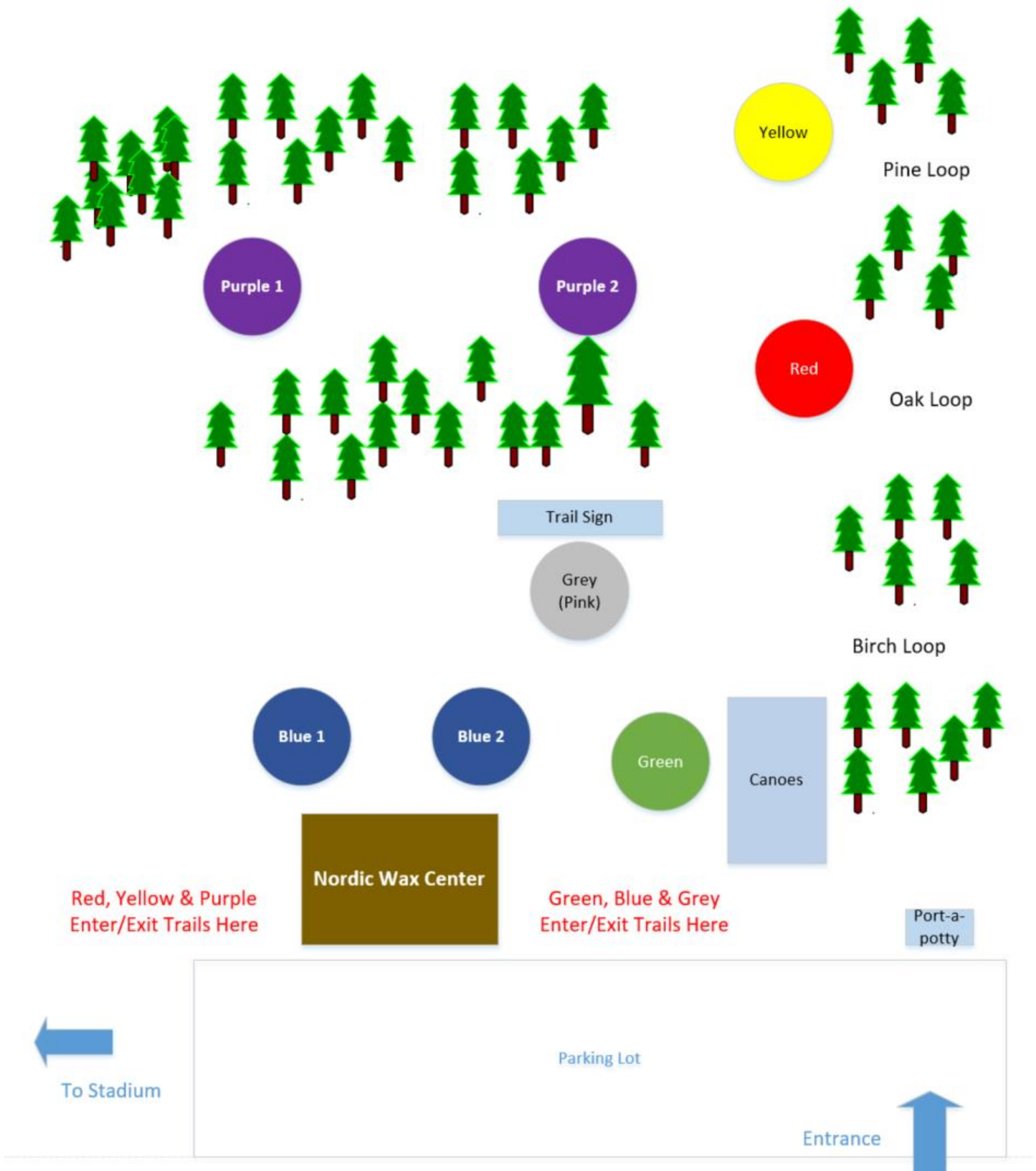
Nate Thompson

James Thompson

Karl Zimmer

Flag Map

MTU Trailhead



Youth Program

(ages 5-14yrs)



Green – Level 1



Grey – Level 2



Blue – Level 3



Purple – Level 4
(Older Beginners
can start here)



Red – Level 5
(learn to Skate)



Yellow – Level 6

Teams



Development Team
(ages 10-14)
[MS age Skiers that
have completed
Yellow and would
like to ski more
than once a week
with a team.]



Adventure Group
(ages 14-18)
[HS age skiers not
interested in
racing.]



Competition Team
(ages 14-18)
[HS age skiers
interested in racing
at any level (HS to
National)]