# Important Information:

# Ford Sayre Bill Koch League - Kindergarten-2nd Grade Program

## Dates of practice:

* Tuesdays between November 29th and March 7th, from 3:30-4:30 pm, likely extending to 5:00 pm in February if the temperatures and snow conditions allow it
* Practice cancelled if Dresden School District is closed, including snow days, early dismissals, or school vacations, or if conditions are dangerous to children (due to temperature or ice)
	+ If practice is cancelled, we *may* attempt to schedule an optional make-up day on a Thursday.

## Locations of practice can vary (check program e-mails for location)!

* Ray School: 28 Reservoir Rd, Hanover, NH (Rear parking lot, near the school garden and gymnasium entrance)
* Garipay Field: 9 Reservoir Rd, Hanover, NH, near the Dartmouth Rugby Fields
* Verification of location will be sent by e-mail and posted on our website the night before practice: <http://www.fordsayre.org/nordic/bkl/bkl-recent-program-emails/>

## What to bring to practice

* Appropriate clothing (see below)
* Cross-country ski boots, classic skis, and ski poles *(not needed during dryland practice)*
	+ *Note: If your child doesn’t have waxless (a.k.a. fish scale) skis, please contact us.*
	+ Note on poles: *We will not use poles for our first several on-snow practices. We will announce when children should bring poles.*
	+ Guidance on finding equipment: <http://www.fordsayre.org/nordic/bkl/ski-gear-information/>
* Snack: Consider sending along a snack in your child’s pocket.

## Recommended clothing

* **Dress in layers … and AVOID cotton clothing!**
* Feet: Warm socks (e.g., SmartWool socks are great)
* Legs: Long-underwear, fleece pants/lycra tights, water proof pants *(Snow pants are great for this age group!)*
* Upper body: Long-underwear, fleece top, water proof jacket *(Winter parkas are great for most children; some of our 2nd graders may begin to wear athletic jackets, with appropriate under-layers)*
* Hands: Waterproof mittens
* Neck: Neck gaiter, scarf, or buff
* Head: Hat

## Extra tips for staying warm on really cold days

* Consider putting a pocket hand warmer (e.g., “hot hands”) inside your child’s mittens
* Consider putting a foot warmer between your child’s socks and boots (below the toes)
* Light layer of Dermatone or Warm Skin Lotion on their face
* Light pair of ear muffs (or a hat that fully covers their ears)

## Typical practice structure/timing

* Welcome & overview of practice, expectations, and objectives (~5 minutes)
* Short warm up/stretching (~5 minutes)
* Skills (~25 minutes)
* Games (purposely matched to build on skills) (~15 minutes)
* Cool down/stretching (~5 minutes)
* Wrap-up and check out with parents/guardian (~5 minutes)

## What is “dryland” practice?

* We will use dryland practices to get to know your children; play fun games; practice agility, balance, and coordination; and teach basic program rules and expectations before the snow arrives.
* We will have “dryland” practice until we have sufficient snow to ski.

## What cross-country technique does the K-2 program teach

* Classic technique, sometimes called diagonal stride.

## Behavior expectations for children

* Conduct yourself in a manner that is conducive to learning and safety. *Examples: Keep your body to yourself, leave objects/snow on the ground, and use ski equipment for its intended purposes.*
* Show respect for program participants, coaches, other trail users, and equipment. *Examples: Use appropriate language, keep a safe distance from others when skiing, and follow all instructions given by coaches.*
* Ski only under supervision of coaches and not leave the group.
* Arrive to practice on time: 3:30pm. *If your ski group has already left, a coach may assign you to a different group for the day.*
* Communicate with coaches if there is a problem or injury at practice.

## What to keep in your car for “post-practice”

* Water
* Snack
* Warm clothes and dry mittens

## Trail passes

* Children in the K-2 program do not need a trail pass to ski during practice (a facility use fee is built into their registration cost).
* If your child/family wants to ski on other days of the week, please purchase a daily or season trail pass. See: <http://outdoors.dartmouth.edu/services/xc_ski_center.html>

## To race or not?

* Racing can be exciting for many kids, but others may not be interested. Remember, the BKL philosophy is to “*Be your best, not better than the rest*.”
* We will encourage your child to try a race, and will practice some basic race principles (in the form of fun games).
* We will tell you about upcoming races. You and your child can decide whether to participate.

## Who to contact with questions

* **K-2 Lead coaches**:
	+ Aricca Van Citters: JuniorBKL@FordSayre.org
	+ Tracy Walsh: walshtracya@gmail.com

## Volunteer opportunities

* **Help out as an on-snow parent helper or assistant coach!**
* Help making and/or serving hot chocolate at the end of practice.
* Help sign children in and out of practice.
* Help coordinate end of year celebration.
* [Sign-up to volunteer by clicking here!](http://www.signupgenius.com/go/20f0c44a8a629a5f49-ford)
* Have other ideas? Let us know…JuniorBKL@FordSayre.org