



Afternoon Mountain Program

Freestyle/Advanced Mountain Skiing

Ski Jumping

Alpine Racing

Ford Sayre Academy

Nordic - Bill Koch League

Junior Nordic Team

2013 Information Night

Thursday, October 17th 6:00 - 8:00 pm *Porter Community Room,*
Montshire Museum, Norwich, VT

Ford Sayre Hotline

603-643-2226

email: info@FordSayre.org

Visit us at: www.FordSayre.org

All programs require online registration!

Go to registration.FordSayre.org

Alpine Recreational & Jumping Programs

Afternoon Mountain Program (AMP) – Wednesday Only

The Afternoon Mountain Program offers children of all abilities, including “never-evers”, the opportunity to discover the excitement of downhill skiing & snowboarding in a fun and safe environment. The program is recreational in nature, designed to develop competent, safe and happy lifelong skiers & riders. Classes are small and taught by volunteer instructors, except for the Kindergartners, who are taught by the Dartmouth Skiway staff. Please note that **helmets are mandatory**.

Day & Time: Wednesdays, 3:00-4:00 on Jan 8th; 3:00-4:30 Jan 15th - March 5th (excl. Feb. vacation)

Programs:

- ❖ Skiing (1st grade and up) and Snowboarding (2nd grade and up)
Program fee: \$80 Skiway fee: \$80 Insurance fee: \$20 Total: \$180
- ❖ Kindergarten Program (skiing only)
Program Fee: \$200 Skiway Fee: \$0 Insurance Fee: \$20 Total: \$220

Location: Dartmouth Skiway

Program Directors:

Linda Bedford 603-643-6241; Barry Snyder 603-676-8310; Michelle Spaulding 603-277-9120

Other Important Information:

- ❖ Registrations after November 4th will be subject to a \$25 late fee.
For late registration, contact the Program Directors at AMP-Wed@FordSayre.org
- ❖ Kindergarten Program is limited to 25 participants
- ❖ For skiing and snowboarding participants: If you have a 2013/2014 Dartmouth Skiway season pass, the \$80 Skiway fee will be waived, for a total program and insurance cost of \$100. (*This does not apply to Kindergarten participants.*)
- ❖ **Parents, Students, Community members:** We need instructors and support staff at all skiing/snowboarding levels. Experience is not necessary! Skiing & boarding volunteers are professionally taught to instruct. All volunteers are eligible for free weekly group lessons at the Dartmouth Skiway.

For first time families to Ford Sayre, or families with kindergartners and/or 1st graders: One parent or guardian must volunteer for your child(ren) to participate in the program.

Freestyle / Advanced Mountain Skiing

This program, where Hannah Kearney got her start, is geared for strong intermediate and advanced skiers who can ski all terrain comfortably and confidently. Traditional freestyle skiing (Moguls, Big Air and Slopestyle) is the backbone of the program with an additional focus on advanced all-mountain skiing (powder, tree skiing, etc.). Twin tips preferred and helmets required. Our goal is to teach students how to tackle the different elements of Freestyle skiing and to strengthen their all around/all-mountain skiing skills. Overall, we want the students to learn how to have fun skiing in a variety of ways over a wide array of terrain.

Day & Time: Wed. 3:30 – 5:30

Program Dates: January 8nd – Mar 5th (excl. Feb. vacation)

Place: Whaleback (if opened) or The Skiway

Location will be determined by year end

If located at the Skiway, the time will be adjusted to account for the lack of lights at the Skiway.

Program Fee: \$95 (includes insurance) Fees do not include ski area pass. Pass options are available separately.

Program Head: Mike Woods, 802-649-1263

Head Coach: Ben Nichols, 603-795-4392

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Ski Jumping

The original Xtreme sport. Train alongside one of the top High School jumping teams in the state. Nordic Jumping allows skiers to develop the skills and confidence necessary for safe and enjoyable ski jumping. Skiers progress from small to larger jumps, advancing at their own pace. Beginning jumpers may use their alpine skis, eventually transitioning to jumping skis. Equipment is available for use. Helmets are mandatory. Work with former Olympian Mike Holland.

Day & Time: Mon. & Wed., 6:00 – 7:30 pm **Start Date:** January 6th
Place: Roger Burt jumps at Oak Hill, Hanover
Program Fee: \$195 **Program Head:** Heidi Nichols, 603-795-2203
Registration: Online or by email to Heidi Nichols: heidinichols13@gmail.com

Alpine Racing Programs

U8 Alpine Race- Birth Years 2006 & 2007 (formerly DEVO)

U8 Program is designed for our youngest skier who has at least 2 years of skiing experience. Children should be independent and confident skiers capable of riding the chair unassisted, comfortable skiing with ski poles, and be willing to ski all the terrain at the Dartmouth Skiway. The U8 program is designed to develop strong skiing fundamentals by giving young skiers quality skiing miles under the direction of expert skiers. We use age appropriate ski racing drills, 1-2 big mountain days and limited gate exposure to promote solid technical fundamentals.

The primary goal of the program is to instill a love of the skiing in our participants so they will continue skiing in whatever capacity that excites them. In addition, since this program is the entry level of the Alpine Racing Program, we hope that many children will move on from U8 to give competitive racing a try.

Parents are required to work at one home race during the season (\$200 security deposit is required). Registration is limited!

Date & Time: Sat & Sun. 9am – Noon **Program Dates:** January 5th – March 16th
Place: Dartmouth Skiway
Program Fee: \$390
Approximate number of training days: 20 days
Registration Deadline: Deadline for registration is October 20, 2013
Ski Passes: Each athlete is responsible for his/her own season pass or daily lift ticket.
Program Heads: Jeff Chu and Liz Hackett - AlpineRace@FordSayre.org
Head Coach: Sean Ross- sross@lymetimber.com

U 10 Alpine Race- Birth Years 2004-2005

The U10 program creates a positive environment to further develop fundamental skiing skills that build on balance, agility, basic carving and coordination. We base the curriculum on US Ski Team age appropriate progressions, which build on a race platform, but we also focus on all mountain skiing developing confidence through varied challenges and terrain.

Skiers in this group will participate in a range of competitions at other local mountains. These will likely include traditional alpine races, All-Mountain Challenges and Skills Quest events. There will also be big mountain days at areas such as Burke, Cannon or Pico. While many of the U10 skier will have participated in the U8 program in prior years, it is not a requirement. However, skiers new to the program are encouraged to contact the head coach or program directors prior to registration.

If your child is a 2005 birth year and you do not feel they are ready for the U10 program please contact the program directors to discuss possible options for participation.

Parents are required to work at three home races during the season (\$800 security deposit is required).

All programs require online registration!
Go to registration.FordSayre.org

Fall Conditioning: Sundays beginning November 3th 1 to 3 pm
On Snow Training: Weekends (Sat/Sun) @ Skiway 8:30 to 1 (When Skiway Opens)
Christmas Camp @ Skiway 8:30 to 1 (Except 12/24-25, ends 12/30)
February Vacation @ Skiway 8:30 to 1

Program Fee: \$700
USSA Membership: \$80
NHARA Membership: \$25

Approximate number of training days: 32 days

Registration Deadline: Deadline for registration is October 20, 2013

Ski Passes: Each athlete is responsible for his/her own season pass or daily lift ticket.

Program Heads: Jeff Chu and Liz Hackett- AlpineRace@FordSayre.org

Head Coach: Mark Schiffman- mark@nomadcommunications.com

U 12 Alpine Race- Birth Years- 2002-2003

The U12 program is designed for skiers who are excited to ski race and challenge themselves on the hill. This program accommodates many levels in a fun and supportive environment where children progress rapidly and enjoy the process of working through a ski racing year from early season dry land, to on snow training, to the State Finals or Championships. Ford Sayre is known throughout the state for being the most spirited Team and is always respected for the quality of its competitors and for their sportsmanship. This is the perfect program for those who want to progress quickly and who have an interest in competing.

Parents are required to work at three home races during the season (\$800 security deposit is required).

Fall Conditioning: Sundays beginning November 3th 1 to 3 pm
Wednesdays beginning November 6th 3:30 – 5 pm
On Snow Training: Weekends (Sat/Sun) @ Skiway 8:30 to 1 (When Skiway Opens)
Christmas Camp @ Skiway 8:30 to 1 (Except 12/24-25, 1/1)
February Vacation @ Skiway 8:30 to 1
Midweek Training Available for fee, see below

Program Fee: \$800
USSA Membership: \$80
NHARA Membership: \$25

Approximate number of training days: 36 days

Registration Deadline: Deadline for registration is October 20, 2013

Ski Passes: Each athlete is responsible for his/her own season pass or daily lift ticket.

Program Heads: Jeff Chu and Liz Hackett- AlpineRace@FordSayre.org

Head Coach: Matt Purcell- matthew.r.purcell@dartmouth.edu

U 14 Alpine Race- Birth Years 2000-2001

The U14 program is designed for experienced young skiers who are ready to push themselves in the competitive arena. No previous racing experience is required; however, participants must be able to comfortably ski all types of terrain. Racers train together and grow to be a supportive team.

Parents are required to work at three home races during the season (\$800 security deposit is required).

Fall Conditioning: Sundays beginning November 3th 1 to 3 pm
T/W/TH beginning November 5th 3:30 – 5 pm
On Snow Training: Weekends (Sat/Sun) @ Skiway 8:30 to 1 (When Skiway Opens)
Christmas Camp @ Skiway 8:30 to 1 (Except 12/24-25, 1/1)
February Vacation @ Skiway 8:30 to 1
Midweek Training Available for fee, see below

All programs require online registration!
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Program Fee: \$900

USSA Membership: \$80

NHARA Membership: \$25

Approximate number of training days: 36 days

Registration Deadline: Deadline for registration is October 20, 2013

Ski Passes: Each athlete is responsible for his/her own season pass or daily lift ticket.

Program Heads: Jeff Chu and Liz Hackett- AlpineRace@FordSayre.org

Head Coach: Gerd Reiss- gerd@sover.net

U12/14 Midweek Training

Midweek training options are available for all skiers registered for our U12 and U14 Alpine Race Programs. The current plan (may change, see notes below) is to train at the Skiway with extended hours.

Wednesdays: 2:30 pm – Dusk Thursdays 2:00 pm - Dusk Fridays 2:00 pm - Dusk

We anticipate the Skiway closing time schedule as follows:

Beginning the week of 1/20/14 - 4:30 pm

Beginning the week of 1/27/14 – 5:00 pm

Beginning the week of 2/10/14 - 5:30 pm

Option #1: Train up to 2 days per week. Cost: \$250**

Option #2: Train up to 3 days per week Cost: \$400**

**Sufficient interest is required to run these programs. The midweek training fees must be able to cover the operating cost of extending the Skiway's hours. If it doesn't, we will continue to explore options to provide skiers midweek training.

Final comment: *The Upper Valley Snow Sports Foundation has reached an agreement to buy and operate Whaleback for the upcoming season. When they will open and at what operating capacity is unknown. The Skiway is allowing us to "pay as we" go, so in the event that we switch training to Whaleback, families will be given the option of redirecting their fee or receiving a prorated refund.*

Ford Sayre Academy (Alpine)

The Ford Sayre Academy is nationally recognized for its unique quality academy-style program integrated with a public school. Academy athletes are dedicated ski racers age 14 or older (U16 and U18 athletes) who are interested in pursuing ski racing at all levels. Athletes may opt to train either part-time or full-time. Full-time athletes arrange their academic schedules so that they are dismissed at 12 noon, allowing them to travel and train during the day. The FSA full-time athlete is required to keep up with his/her missed academic classes by hiring a tutor. This allows the student/athlete to achieve the highest individual academic and athletic goals. Racing calendars are dependent upon individual athletic goals and competitions are available in State, Regional, National and International races. Parents are required to work at certain home races throughout the season.

Program Dates: November 4th 2013 to April 6th 2014

Training: Varies depending on Full- or Part-time - Tues, Wed, Thur, Fri. 12 – 5; Sat, Sun, and vacations 9 – 1

Locations: Dartmouth Skiway and other regional areas

Program Fees: TBD, depending on Full- or **USSA Member:** \$ 140 **Skiway Pass:** Approx. \$250

Part-time option **NHARA Fee:** \$ 30

Registrations and fees must be received by October 27th

Program Heads: Michelle and Robert Couture 603-795-3116 bob.couture@catchdata.com

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Nordic Programs *Bill Koch League (BKL) (Grades K – 8)*

Whether this is your introduction to the sport or you're a competitive skier already, the emphasis will be on having fun and developing a lifelong love for Nordic skiing. Our coaching adheres to Bill Koch's philosophy: "to be your best, not better than the rest." No prior XC skiing experience is necessary.

Garipay Field - One Day a Week Program (K thru 8th grade)

A 1 day/week program for skiers in grades K – 8 which caters to beginners and skiers looking to get out on the trails. This program takes place on Garipay Fields in Hanover.

Practice: Tuesdays, 3:30-4:30, January 7th thru March 4th

Program Fee: \$75.

Recommended Equipment: Waxless skis

Program Heads: Tracy Walsh (603) 643-1207 BKLREC@FordSayre.org

Oak Hill - Two Day a Week Program (2nd* thru 8th grade) at Oak Hill **One day for 2nd grade*

A 2 day/week program for skiers in grades 3 – 8 and a 1 day/week program for skiers in grade 2* who want to ski more often, experience racing or challenge themselves further on technique, skills, and endurance. This program takes place at Oak Hill Ski Area in Hanover. (Grade 2 One day program will be on Tuesdays)

Practice: Tuesdays & Thursdays, 3:30-4:30, starts THURSDAY, November 14th thru March 6th.
(2nd grade one-day program will start TUESDAY, December 3rd.

Program Fee: \$200 for grades 3-8. \$100 for grade 2

Equipment: Waxable combi or separate skate/classic skis for grades 3 – 8 Waxless skis for grade 2

Program Heads: Ashley and Peter Milliken (802) 649-2159 BKL@FordSayre.org

Please note: 2- and 3-day skiers pay a \$25 membership fee to our regional ski association, NENSA (New England Nordic Ski Association), and must purchase an Dartmouth XC Trails season trail pass. This pass (family or individual) is available from the Dartmouth Outing Club and comes with a Ford Sayre discount.

Oak Hill Three Day a Week Program (5th graders and above, optional)

A 3-day/week program is possible for 2-day/week program skiers in **grades 5 and above** who are interested in using Fridays to focus on techniques specific to racing or who would simply like a third day on the snow. The 3-day option adds a Friday practice beginning in January.

Practice: Tuesdays & Thursdays 3:30-4:30, starts THURSDAY, November 14th thru March 7th.
Fridays 3:30-4:30, beginning January 3rd.

Program Fee: \$300.

Equipment: Waxable combi or separate skate/classic skis

Program Heads: Ashley and Peter Milliken (802) 649-2159 BKL@FordSayre.org

Please note: 2- and 3-day skiers pay a \$25 membership fee to our regional ski association, NENSA (New England Nordic Ski Association), and must purchase an Dartmouth XC Trails season trail pass. This pass (family or individual) is available from the Dartmouth Outing Club and comes with a Ford Sayre discount.

Junior Nordic Team: U16, U18, U20 (formerly J2, J1 and OJ)

The Junior Nordic Team is for 14 to 19 year olds who want to better their racing skills and understanding of the sport. This program emphasizes skiing improvement, competition, and the development of athletes with skills in all facets of Nordic racing. Skiers seeking additional support in regional and national races will find the low athlete/coach ratio and team dynamic advantageous. The benefits of this program include: personalized planning, technical instruction, and team logistical support for practices and races coupled with the flexibility to adapt to each skier's individual goals and schedule. The program may either complement a skier's participation in the local high school programs or stand alone as a skier's primary team. Skiers should plan to participate in the majority of Ford Sayre supported NENSA races and are expected to keep a training diary. Enrollment is limited to 15 skiers and is contingent upon previous Nordic

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racing experience and consultation with the coaches. Two options are offered for weekday winter season coaching: two sessions per workweek plus weekends or three sessions per workweek plus weekends. The program will offer the three sessions per workweek provided there is sufficient interest. The program runs Nov through March, and includes a summer training program.

Program Fee: \$1,065 - two weekday coaching sessions per workweek \$1,240 three weekday coaching sessions per workweek.
NENSA fee: \$35 (join on your own, choose "Ford Sayre" as your club: www.nensa.net)
Facilities Fee: see Program Head
Days/time: Wed 3:00, Fri 3:30, third day TBA, Sat and/or Sun **Place:** Oak Hill
Head Coach: Scottie Eliassen 603-795-3165
Program Head: Dave Lindahl 802-785-4391 JNT@FordSayre.org

Register online for all programs before 11/2; no late registrations, please. Scholarships are available.

Important Registration Information

This year all programs are using online registration. Online registration is at: registration.FordSayre.org and will open no later than October 10th. All parents and skiers are invited to the information session on Thursday, October 17th from 6 – 8 pm. The open house is also a chance for all athletes and parents to meet coaches and program heads, and have any questions answered. If you are attending the information session, please visit www.FordSayre.org/registration to print and fill out the required waiver and bring to the open house.

Scholarships

Where need exists, the Ford Sayre Council may grant exemption from payment of program fees. For further information contact the Program Head or Treasurer, Mark Lindberg at scholarship@FordSayre.org

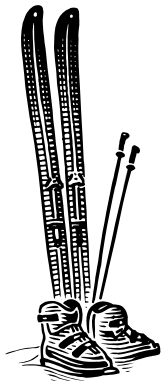
Refund Policy

Refunds of the program fee will be issued at the discretion of the Program Head. Refunds cannot be granted for sessions not attended or canceled due to weather or safety factors.

Annual Ford Sayre Ski and Winter Sports Equipment Sale

Sale Date: Sunday, November 3rd, 12:00 – 2:00pm
Consignment Date: Friday, November 1st, 6:00 – 7:30pm and Saturday, November 2nd, 9:00 - 11:00am
We will not accept straight skis. Please make sure equipment is in good condition.
Location: Richmond Middle School Gym

Sale includes new and quality used Alpine and Nordic ski equipment, clothing, ice skates, snowboards, helmets and much more. This is a great opportunity to upgrade or exchange used equipment. Sign up to volunteer for two or more shifts and you will be allowed to shop at the special pre-sale for workers only. SIGN UP AT REGISTRATION TO WORK AT THE SALE or by contacting Steve Thoms at 802.649.2855



For more information contact Steve Thoms: SkiSale@FordSayre.org

Donations

Donations to Ford Sayre are graciously accepted to help provide scholarships, equipment and fees to support our many programs. Please consider making a donation online during the registration process.

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