

December 2nd

Hi K-1 coaches,

We are looking forward to kicking off our season on Tuesday at Garipay.

I expect that we will have some kids with skis and some kids in their boots (some skis have not yet arrived from the NENSA lease program).

Focus/purpose: Introduction to coaches/skiers; Introduction to nordic skiing, Understanding of equipment, Balance/coordination

3:30-3:35: Welcome and introductions (kids into groups of about 15). Likely this will be: K/1 girls; K boys; 1st boys

3:35-3:45: Basics on equipment – how do you put on/take off your skis; poles; etc. What are the basic parts of the ski and how does it work? (Let's make this fun with races (different styles) to pile of equipment and bring back the right stuff – **no one should have equipment on yet!**)

3:45-3:50: Kids with skis, put them on and move around (practice turning in circles, practice balance on one ski then the other); kids without skis stretching, athletic stance, and pole positioning (borrow poles and practice dragging movement to get arms and legs in correct pattern).

3:50-4:05: Balance and coordination games (Hokey Pokey, Name games, Dead bugs (practice getting up and down from skis), Trash can pick-up)

4:05-4:15: Large game of tag (full K/1 group)– perhaps one game for kids on skis, one game for kids on boots. Relay combining kids in skis and snow boots,

4:15-4:20: Recap focus of day

4:20-4:30: Water/hot chocolate and meet and greet/questions with parents.

Please start to keep an eye on who should be placed together when we start to form smaller groups (based on friendships, abilities, etc.). Feel free to leave notes on our sign-in sheets with things that we need to follow-up on.