

## January 13, 2015 – 4th Day on Snow

**Goal of K/1 practice:** Balance and gliding **and** having fun!

### Important notes:

**NOTE 1: Be careful on the hills!** Last I checked, the ground is very hard and kids could get hurt if they fall... Hopefully the little bit of new snow will help this a bit!

**NOTE 2: If you venture out of eyesight of the main field, please be careful and leave yourself at least 20 minutes to get back to the parking area.** If it is windy, it may be nice to find an area of the trail that is sheltered from the wind. If you think your kids are ready for it, consider the trail behind the Dartmouth College Child Care Center or the trail that runs alongside the stream. But, in order to get to either of these trails, the kids have to go down **and then back up** a major hill. Leave them plenty of time so that they don't get frustrated – and also be thoughtful and give them options for getting up and down hills. *It is OK for them to take their skis off and carry them up or down a hill! :)*

**NOTE 3: Keep it FUN – and give kids ownership over making some of the decisions!** Remember, kids this age love tag, follow-the-leader, red-light/green-light, Simon Says, Duck-duck-goose, thinking up silly things to do on skis, etc. Just keep them moving so they don't get cold!

**NOTE 4: Estimated times and activities below are suggestions! Use your best judgment on what works - and what seems to be fun for the kids. Again, keep the kids moving so they don't get cold.**

**NOTE 5:** I have 8 pairs of hand warmers in one of the Tupperware containers at the table. Hopefully parents send kids with hand warmers inside their mittens – but if not, please use them in an emergency if you can't get someone's fingers warmed up by swinging their arms in circles or by clasping their hands inside yours. **We don't want frostbite!** And, I know it seems obvious, but their little hands get cold really fast and some kids aren't good at letting you know. So, ask often how their hands are doing, and look for non-verbal cues!

### Proposed Structure for practice:

**3:20-3:35 (Sign in, put on skis, and send to the field to play games, or ski laps around the trail, and stay warm)**

All Coaches - *Please give yourself a name tag to help identify yourself as a coach - this will help parents, other coaches, and kids learn who our coaching team is.*

**3:35 – 3:40 – Introduce practice goal and group members**

- Find your skiers and start doing some warm up skiing around the short groomed loop on the top field.
- Have small group of kids get in a circle (Phrase: "Tips to Me")
- Introduce yourself and give practice goal: balance, gliding, FUN
- Ask kids to say their name

**3:40-4:20 Practice balance, coordination, and striding**

- Ski in large circles around the big flat area of Garipay Fields – or choose a new path to go on an adventure ski. Remember the importance of keeping them moving tomorrow!
- Play follow-the-leader, red light/green light, duck-duck-goose, simon says, etc. – try to do something fun, and let the kids help choose the activity.
- First demonstrate skill, then ask children to try out the skill. Some suggestions are:
  - Gorilla arms – big arm swings (opposite arm/leg motion)
  - Scooter skis: Glide as far as you can on each ski (with one boot out of the skis)
  - Kids often give suggestions like: Hop on your skis, Hold one ski up in the air, etc. *I like to let them have plenty of input into these kinds of game.*

### Getting up after falling down:

- Get both of their skis pointing in the same direction (not down the hill)
- Get their body weight centered over the ski, and then use their balance and strength to stand up
- Consider having the child lay on their back and get their skis straightened out up in the air, then get their skis pointing in the same direction on the snow, then pretend to "crawl like a baby" to the front of their skis, then grab the tips of their skis and walk their hands back to their feet. Once they do that, they can almost always stand up.

**4:10-4:25 Return from adventure ski or Active tag Games (combine 1-2 groups together)**

- If you choose an active tag game, make sure everyone is participating – so freeze tag is probably not the best option for tomorrow! Consider something like Sharks and Minnows, Noodle tag, or whatever other creative option you come up with.

**4:25-4:30: Return to check out area – and hot chocolate and sign-out**

- Discuss lessons learned / techniques used on your way back
- Coaches take their small group of skiers to the hot chocolate table to get one cup of hot chocolate and then go to the check-out area by the K/1 sign. (Try not to have too many skiers at the hot chocolate table at once).
- Guardians need to check-out each skier. If we have missing skiers, please report these to Tracy Walsh and the small group leader as soon as possible, and work together to locate the child.
- After skiers are signed out to their parent or KAST, they are welcome to more hot chocolate.

**Sign-out**