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| <b>March 3, 2015</b>  | <b>9<sup>th</sup> Day on Snow</b>   |
| <p><b>Objective:</b> Fun, fun, fun!</p> <ul style="list-style-type: none"> <li>• Skiers can perform “Introductory” BKL skills, as captured in Photo Scavenger Hunt!</li> <li>• We have fun and LOTS of pictures of our skiers!</li> </ul>   | <p><b>Format:</b><br/>6 groups, with 2-3 coaches/group</p>  |
| <p><b>I. Sign-in &amp; warm-up</b></p>  | <p><b>Check-in:</b></p>   |
| <p><b>II. Gather group and introduce practice goal</b></p> <ul style="list-style-type: none"> <li>• Share objective and plan: <i>Photo scavenger hunt, and mixed age ski celebration</i></li> </ul>   | <p><b>5 minutes</b><br/>~3:30-3:35</p>  |
| <p><b>III. Photo Scavenger Hunt</b> (Ski and assess introductory/intermediate skills if not done)</p> <p><b>Skills to catch on film/video</b> (<i>Choose those applicable to your group</i>)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Herring-bone (duck walk) up a hill</li> <li><input type="checkbox"/> Side stepping up a hill</li> <li><input type="checkbox"/> Diagonal stride</li> <li><input type="checkbox"/> Star turn</li> <li><input type="checkbox"/> Snowplow</li> <li><input type="checkbox"/> Dead-bugs (skis up in the air) (<i>Practice falling and rising</i>)</li> <li><input type="checkbox"/> Ready position (soccer goalie stance)</li> <li><input type="checkbox"/> Free glide down hill (or tuck – intermediate skill)</li> <li><input type="checkbox"/> Double-poling (intermediate skill)</li> </ul> <p><b>Silly photos / videos</b> (<i>Choose 2 or 3</i>)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Craziest downhill – or – slalom turns around a temporary obstacle course</li> <li><input type="checkbox"/> “Indy 500” – Kids kneel on skis and “race car ski” down a little or medium hill steering with hands on ski tips.</li> <li><input type="checkbox"/> “Catching air” – Vertical jumps of all of your skiers at the same time</li> <li><input type="checkbox"/> “Bushwhacking” – Getting off the beaten trail – How crazy can you get?</li> <li><input type="checkbox"/> Group photo with your coach(es) (<i>find another coach to take the picture</i>)</li> </ul>  | <p><b>30 minutes</b><br/>~3:35-4:05</p>   |
| <p><b>IV. Mixed age skiing celebration:</b> <i>Bring all skiers together at 4:05 to begin mixed age skiing celebration, where multi-age groups of kids rotate through three stations. Plan for 3 groups of about 30-40 skiers. Each group should have about 18 K/1s; about 12 2<sup>nd</sup> graders; about 10 3<sup>rd</sup>-8<sup>th</sup> graders.</i> Each station will last 15 minutes</p> <p><b>Station #1: “We’ve got skills” Relay Race</b>      <u>Location:</u> Inner small loop</p> <ul style="list-style-type: none"> <li>• <i>Relay race with teams of 8 – half of the team is on the course at any given time, and there are 4 stations on the course. When four members of the team finish the course, than they hand off to the next 4 skiers in their group. (If this will take too long, start the second half of the relay team when the first set of skiers reach station #3)</i></li> <li>• <b>Leg 1 - Chariot pull:</b> Skier #1a has no skis and pulls skier #1b to station #2 (using their poles). Skier #1a then runs back to station #1, puts on skis, and skis backward to station #4 to wait for the rest of their team.</li> <li>• <b>Leg 2 – Locked arm ski:</b> Skier #1b locks arms with skier #2 and skis from station #2 to #3.</li> <li>• <b>Leg 3 – Biathlon ski:</b> Skiers #1b, 2, and 3 ski to station #4 to meet skier #1a – each takes 2 bean bag tosses (can bring bucket closer for youngest skiers) – If skier misses, then a penalty – star turn or four big jumps.</li> <li>• <b>Leg 4 – Blob ski:</b> When all skiers have completed the beanbag toss, all four skiers hold hands and ski back to tag next relay group (or to a finish line).</li> <li>• <u>Set up:</u> 4 stations along the inner loop. All skiers are distributed amongst stations 1-3, no skiers start at station 4. <i>Strongest skiers at station #1 (twice as</i></li> </ul> | <p><b>50 minutes</b><br/>~4:05-4:55</p> <p>Arrive promptly to a station by 4:05.</p> <p>Stations: 4:05-4:20<br/>Switch<br/>Station: 4:25-4:40<br/>Switch<br/>Station: 4:45-5:00</p> <p>Whistle blown between stations to indicate time to switch.</p> |

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| <p><i>many skiers at station #1), mid-experience skiers at station #2, least experienced skiers at station #3. Differentiate relay teams with orange flagging:</i><br/> a) leg, b) arm, c) waist, d) boot, e) necklace.</p> <ul style="list-style-type: none"> <li>• <u>Equipment:</u> Cones to mark each station, bean bags and buckets at station #4.</li> </ul> <p><b>Station #2: Egg races</b>                      <u>Location:</u> Ungroomed snow to South of relay.</p> <ul style="list-style-type: none"> <li>• Kids line up on starting line with eggs. Race to finish line without dropping/breaking their egg. When they cross the finish line, they get a bead necklace. Let skiers race in groups of 5-8.</li> <li>• <i>Notes:</i> Please encourage kids to stay on powder snow to avoid breaking eggs on trail (if possible). And, I only have 48 eggs – so don't let them break the eggs when they are done with the race.</li> <li>• <u>Equipment/set-up:</u> Cones to mark the beginning and end of the course; 4 dozen eggs; Container of big plastic spoons</li> </ul> <p><b>Station #3: Sharks and Minnows</b>   <u>Location:</u> Groomed trail South of parking area</p> <ul style="list-style-type: none"> <li>• Minnows line up on the “beach” and one shark is it in the “ocean”. When the shark yells “minnows!” all the minnows have to ski across the sea to the beach on the other side. The beaches are safety zones. If a minnow is tagged he becomes a shark, too. Continue the game as more and more minnows turn into sharks until only one minnow is left.</li> <li>• <i>Notes:</i> May need to break group into two subgroups, if too large to play as one group.</li> <li>• <u>Equipment:</u> Cones to mark the beach areas.</li> </ul> |  |
| <p><b>VI. Hot chocolate and Sign-out</b></p> <ul style="list-style-type: none"> <li>• At check-out, have children remove their skis and stick them in the snow. Bring them to the hot chocolate table to get a cup of hot chocolate, then return to their skis. Keep skiers with you until guardian arrives. Remind guardian to sign-out at the K/1 sign.</li> </ul>  | <p><b>5:00</b><br/> <b>Sign-out:</b></p> |

## Ford Sayre BKL One-Day Program Skills (DRAFT)

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| <b>Introductory</b>  |   |   |  |
| <br><b>Ready position</b>                 | <br><b>Falling &amp; rising</b>          | <br><b>Side stepping <i>up hill</i></b> | <br><b>Star turn</b>        |
| <br><b>Diagonal stride <i>Shuffle</i></b> | <br><b>Herringbone <i>Small hill</i></b> | <br><b>Free glide <i>Small hill</i></b> | <br><b>Snowplow braking</b> |
| <b>Put skis on<br/>&amp; Take them off</b>   | <b>Put poles on<br/>&amp; Take them off</b>   |   |  |

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| <b>Intermediate</b>  |   |  |  |
| <br><b>Diagonal stride <i>Glide</i></b> | <br><b>Double poling</b> | <br><b>Herringbone <i>Large hill</i></b> | <br><b>Free glide <i>Large hill</i></b> |
| <br><b>Snowplow stop</b>                | <br><b>Snowplow turn</b> | <br><b>Downhill tuck</b>                 |  |

**Advanced skills:** Advanced skills may be taught to skiers who demonstrate competency on the above skills, and may include: One-step double-poling, step-turns, transitioning between techniques, etc.

\* Adapted from: "Cross Country Canada – The Programmer’s Guidebook." November, 2014 and "BKL Coaches Manual"