



## **SKI PROGRAMS FOR ALL AGES! 2019-2020 INFORMATION**

**Alpine Recreational Skiing/Snowboarding**  
**Alpine Racing**  
**Ford Sayre Academy**  
**Ski Jumping**  
**Bill Koch League Nordic**  
**Junior Nordic Team**  
**Nordic Club**

## **Ford Sayre Ski and Winter Sports Equipment Sale**

**SUNDAY, NOVEMBER 3rd, 2019**

**RICHMOND MIDDLE SCHOOL, Hanover, NH 12 – 2:30 pm**

*Ski consignment Friday November 1st 6-7:30 pm, Saturday Nov. 2nd 9-11 am*

Ford Sayre Hotline 603-643-2226

All programs require online registration!  
Go to [registration.FordSayre.org](http://registration.FordSayre.org)

**email: [info@FordSayre.org](mailto:info@FordSayre.org)**

Visit us at: [www.FordSayre.org](http://www.FordSayre.org)

All programs require online registration!  
Go to [registration.FordSayre.org](http://registration.FordSayre.org)

# Alpine Recreational Skiing / Snowboarding

## Alpine Recreation Program - Wednesdays at the Dartmouth Skiway

The Alpine Recreation Program offers children of all abilities 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 and riders. Classes are small and taught by volunteer instructors, except for the Kindergartners and Never Evers, who are taught by the Dartmouth Skiway staff.

Please note that appropriate equipment is required; waterproof gloves, ski pants and jacket. **Helmets and goggles are mandatory.** New and used equipment may be purchased at the Annual Ford Sayre Winter Sports Sale or rented from numerous vendors in the area: [www.omerandbobs.com](http://www.omerandbobs.com), [skiway.dartmouth.edu](http://skiway.dartmouth.edu), [www.hendersonskis.com](http://www.hendersonskis.com) and [www.golfskiwarehouse.com](http://www.golfskiwarehouse.com).

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

### Programs:

**Skiing** (1<sup>st</sup> grade and up) and **Snowboarding** (2<sup>nd</sup> grade and up) **Program fee:** \$ 230\*  
**Kindergarten and Never Ever Program** - Instruction by Certified Dartmouth Skiway Instructors **Program Fee:** \$ 295

**Junior Instructor Program** - Offered to Students 7th grade and above to train in basic Ski and Snowboard Instruction. Students will assist Volunteer Instructors, act as role models for beginning skiers, and eventually assume group leader responsibilities by 9th grade. They are also eligible for the free volunteer group lessons. **Program fee:** \$ 135\*

**High School Student Instructors** - Offered to students 9th grade and above, with one year of Junior Instructor experience. Dependent on interview with Program Director(s). Opportunity to lead a group of eager young skiers, teach, mentor and navigate this great sport. Great on the resume! **Program fee:** Free

\*If you have a Skiway Pass deduct \$85

**Program Directors:** Megan Tompkins (415) 609-5593 Email [AlpineRec@FordSayre.org](mailto:AlpineRec@FordSayre.org)

### Other Important Information:

- The Alpine Recreation Program will have limited enrollment; applicants that have a parent volunteer will be given priority placement
- Applications after November 30th will be subject to approval by Program Directors and a \$50 late fee
- Kindergarten and Never Ever Program are limited to 25 participants; all participants in these programs **require a parent volunteer**

**Parents, Students, Community members:** We need instructors and support staff at all skiing/snowboarding levels. Experience is not necessary! **All on-snow volunteers are professionally taught to instruct and are eligible for free group lessons** (4 in total) at the Skiway to improve their own skiing and learn techniques to help them in the instruction of their groups.

### Mandatory:

- For first time families - **One parent or guardian must volunteer for your child(ren) to participate in the program**
- New Volunteer Meeting in late-November
- New Volunteer On-Snow training day at the Dartmouth Skiway

All programs require online registration!  
Go to [registration.FordSayre.org](http://registration.FordSayre.org)

## Alpine Racing Programs

### Racing Development (DEVO) – Birth Years 2011, 2012 & 2013

For the past 20 years, the Ford Sayre Alpine Racing Development Program (DEVO) has given enthusiastic young skiers the ability to reach the next level in the sport by emulating the technique of the best skiers on the hill. All DEVO skiers become proficient enough to have a lifetime of fun in the sport, whether or not they choose to move on to competition as they grow older and stronger.

DEVO is designed for self-motivated young skiers who love to ski, have a solid foundation of skills (turning, stopping, controlling speed) and are eager to do more. Because this is not a learn-to-ski program, participants are required to have at least one full season of skiing experience and should be eager to ski the full variety of terrain at the Dartmouth Skiway. Participants should be ready to use ski poles and must be able to ride the chairlift with minimal assistance. The DEVO ski season includes miles and miles of skiing with coaches, age-appropriate free-skiing drills, 1-2 big mountain days and introduction to ski racing elements to promote solid technical fundamentals.

The primary goal of the program is to instill a love of 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 DEVO and give competitive racing a try.

**Note for 2011 Birth Year skiers:** Children born in 2011 have the option to enroll in DEVO or the U10 program. Please contact the program heads or head coach if you need input on which choice would be most appropriate for your child. Factors to think about are skiing ability, maturity, and desire to learn to race.

*Parents are required to work at one home races during the season (\$400 security deposit is required).*

**Program Fee: \$475 + [Ski Pass](#)**

**Registration Deadline:** Deadline for registration is October 25, 2019

[All programs require online registration!](#)  
[Go to registration.FordSayre.org](http://registration.FordSayre.org)

**November Team Building:** Sundays, November 3rd, 10th, 17th 1 – 3pm

**On Snow Training:**

- We strongly encourage our “Little Rippers” to get out skiing before our DEVO season starts. With a Dartmouth Skiway pass, you receive tickets to a [variety of local mountains](#) who tend to open before the Skiway.
- Weekends (Sat/Sun) at Dartmouth Skiway 8:45am to noon, beginning Saturday, December 28th. Groups take at least one break during the training session.

**Program Heads:** Megan Holthoff and Reese Madden – [AlpineRace@FordSayre.org](mailto:AlpineRace@FordSayre.org)

**Head Coach:** Kristin Fauci – [kriscorvo@yahoo.com](mailto:kriscorvo@yahoo.com)

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## U10 Alpine Race Program – Birth Years 2010-2011

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. We ski the entire mountain in virtually all conditions (and weather) to develop confidence through varied challenges and terrain.

Skiers in this group will participate in a range of events and 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 Bolton Valley and Burke. While many of the U10 skiers will have participated in the DEVO program in prior years, it is not a requirement. Skiers who are new to Ford Sayre should have at least two years of skiing experience including at least one year in a structured program.

**Note for 2011 Birth Year skiers:** Children born in 2011 have the option to enroll in DEVO or the U10 program. Please contact the program heads or head coach if you need input on which choice would be most appropriate for your child. Factors to think about are skiing ability, maturity, and desire to race.

*Parents are required to work at two home races during the season. Family max of 3. (\$400 security deposit is required).*

**All programs require online registration!**  
[Go to registration.FordSayre.org](http://registration.FordSayre.org)

**Program Fee: \$850 + Ski Pass**

**Registration Deadline:** Deadline for registration is October 25, 2019

**US Ski & Snowboard** membership (\$25) is required.

**New Hampshire Alpine Racing Association** membership is required. The \$20 membership supports NHARA's vision to create and support opportunities for all level athletes in their pursuits to reach their highest potential within the sport of alpine skiing.

**November Conditioning:** Sundays, **November** 3rd, 10th, 17th 1 – 3pm

**On Snow Training:**

- *Informal Sunday Skiing:* Starting 12/1 at locations TBD until Skiway opens. These are family ski days without formal coaching. It is a great opportunity for the kids to get some time on snow before Christmas Camp. Group lift tickets will be at a discounted rate whenever possible.
- *Weekends (Sat/Sun) at Skiway:* 8:30am – 1pm (when Skiway opens)
- *Christmas Camp at Skiway:* 8:30am – 1pm (4-5 days TBD)
- *February Vacation* – 2 days TBD

**Program Heads:** Megan Holthoff and Reese Madden – [AlpineRace@FordSayre.org](mailto:AlpineRace@FordSayre.org)

**Head Coach:** Kristin Fauci – [kriscorvo@yahoo.com](mailto:kriscorvo@yahoo.com)

## **U12 Alpine Race Program – Birth Years 2008-2009**

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 New Hampshire 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 two home races during the season. Family max of 3. (\$400 security deposit is required).

**Program Fee: \$1000 + Ski Pass**

**All programs require online registration!**  
**Go to [registration.FordSayre.org](http://registration.FordSayre.org)**

**Registration Deadline:** Deadline for registration is October 25, 2019

**US Ski & Snowboard** and **New Hampshire Alpine Racing Association** are required.

**Pre-Season Conditioning:** Nov 3 to Dec 4: Wednesdays 3:30 – 5pm (Richmond Middle School) and Sundays 1 – 3pm (Location Varies)

**On Snow Training:**

- *Thanksgiving Camp in Colorado: November 23 - 28 (additional fee)*
- *Sunday Skiing: Starting 12/1 at alternative locations TBD until Skiway opens*
- *Weekends (Sat/Sun) at Skiway 8:30am – 1pm (when Skiway opens)*
- *Christmas Camp at Skiway 8:30am – 1pm (12/21/19 - 1/5/20 except 12/24, 12/25 & 12/26)*
- *February Vacation at Skiway 8:30am – 1pm (2/15/20 – 2/23/20)*
- *Midweek Training at Whaleback 3:30 – 5:30pm (Tue/Wed/Thur) starting Tues 1/7/20*

**Program Heads:** Megan Holthoff and Reese Madden – [AlpineRace@FordSayre.org](mailto:AlpineRace@FordSayre.org)

**Head Coach:** Matt Purcell – [mrpurcell1@gmail.com](mailto:mrpurcell1@gmail.com)

## **U14 Alpine Race Program – Birth Years 2006-2007**

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 but participants must be able to comfortably ski all types of terrain, and a desire to race is a must. Similar to the U12 program, the U14 introduces new challenges including an introduction to speed events. Racers train together and grow to be a supportive team.

Parents are required to work at two home races during the season. Family max of 3. (\$400 security deposit is required).

**Program Fee: \$1150 + Ski Pass**

**Registration Deadline:** Deadline for registration is October 25, 2019

**US Ski & Snowboard** and **New Hampshire Alpine Racing Association** are required.

**Pre-Season Conditioning:** Nov 3 to Dec 15: Wednesdays 3:30 – 5pm (Richmond Middle School) and Sundays 1 – 3pm (Location Varies)

**On Snow Training:**

- Thanksgiving Camp in Colorado: November 23 - 28 (additional fee)
- Sunday Skiing: Starting 12/1 at alternative locations TBD until Skiway opens

**All programs require online registration!**  
**Go to [registration.FordSayre.org](http://registration.FordSayre.org)**

- Weekends (Sat/Sun) at Skiway 8:30am – 1pm (when Skiway opens)
- Christmas Camp at Skiway 8:30am – 1pm (12/21/19 - 1/5/20 except 12/24, 12/25 & 12/26)
- February Vacation at Skiway 8:30am – 1pm (2/15/20 – 2/23/20)
- Midweek Training at Whaleback 3:30 – 5:30pm (Tue/Wed/Thur) starting Tues 1/7/20

**Program Heads:** Megan Holthoff and Reese Madden – [AlpineRace@FordSayre.org](mailto:AlpineRace@FordSayre.org)

**Head Coach:** Matt Purcell – [mrpurcell1@gmail.com](mailto:mrpurcell1@gmail.com)

## Midweek Only Training – U12/U14 Birth Year 2006, 2007, 2008, 2009

The Midweek Only Training program is open to racers who participate in sanctioned race programs on the weekends and are looking to get some extra time on snow during the week. Participants will train with our U12 and U14 team (see U12 and U14 descriptions above for more information). Program includes Whaleback training, fall conditioning sessions and pre-season skiing, including optional Thanksgiving Camp in Colorado (supplemental fee). We strongly encourage our Midweek Only athletes to participate in fall conditioning sessions to help them build relationships with coaches and teammates. Program is limited to 10 participants. If program is full, please sign up to get on the waiting list as we will try to accommodate all skiers.

Parents are required to work at one home races during the season (\$400 security deposit is required).

**Note:** Christmas Camp and February Break Camp are NOT included in the Program Fee. Athletes who wish to participate in either or both of these camps should register as full U12 or U14 team members.

**Program Fee:** **\$550** + [Whaleback Training Ski Pass](#)

**Registration Deadline:** Deadline for registration is October 25, 2019

**Program Heads:** Megan Holthoff and Reese Madden – [AlpineRace@FordSayre.org](mailto:AlpineRace@FordSayre.org)

**Head Coach:** Matt Purcell – [mrpurcell1@gmail.com](mailto:mrpurcell1@gmail.com)

### 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, U19 and U21 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

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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 4<sup>th</sup> 2019 to Apr 3, 2020 (start/end date could vary by a day or two)  
**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:** Part Time - \$3,500  
Full Time U16 - \$9,000  
Full Time U19 - \$11,000  
**USSA Member:** \$170                      **NHARA Fee:** \$45  
**Ski Passes:** Each athlete is responsible for his/her own season pass or daily lift ticket.  
**Program Heads:** Michelle and Robert Couture 603-208-9900 [bob.couture@catchdata.com](mailto:bob.couture@catchdata.com)  
*Parents are required to work at three home races during the season, family max. 5 (\$800 security deposit is required)*  
*Registrations and fees must be received by November 1<sup>st</sup>, 2019*

## Ski Jumping

The original X-treme 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. An agreement with Lebanon Outing Club allows new jumpers to start on their smallest jump (5 meter) and move to their 50 meter hill after your jumper has progressed passed the Ford Sayre 32 meter jump. Jumping skis and boots are available for use at no added cost. Helmets are mandatory. Work with former Olympians, coaches Mike and Joe Holland. Parent help on the hills is much needed and appreciated, especially after snow storms.

**Day & Time:** Mon. & Wed., 6:00 – 7:30 pm  
**Start Date:** January 6th  
**Place:** Roger Burt jumps at Oak Hill, Hanover  
**Program Fee:** \$270  
**Program Head:** Heidi Nichols, 603-795-2203 [Jumping@FordSayre.org](mailto:Jumping@FordSayre.org)

## Bill Koch League (BKL) Nordic - Grades K to 8

Whether this is your introduction to nordic skiing or you're a competitive youth skier, the emphasis of the BKL program is on having fun and developing a lifelong love of Nordic skiing.

*As Bill Koch remarked, "A love of sport, competitive or recreational, opens the door to fun, play and joy. Positive skiing experiences for all our children are paramount. Not everyone can come in first, but everyone can challenge him or herself, learn from experiences, encourage each other, and celebrate together."*

### Important Notes - Please Read:

- Children in Kindergarten through 2nd grade will participate in a program with ski practice on Tuesday afternoons;

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Go to [registration.FordSayre.org](http://registration.FordSayre.org)

- Children in 3rd to 4th grade will participate in one program with ski practice on Tuesday and Thursday afternoons;
- Children in 5th through 8th grade will have two program choices that have practice on Tuesday and Thursday afternoons. The programs have different emphases, objectives, and equipment requirements.
- A subset of children in the 5th to 8th grade development/racing program may participate in the Friday Race Clinics. Interested and experienced 7th and 8th graders will also have the opportunity for a Weekend Program this winter.

**Location of practice** can vary, but will primarily occur at:

- *Oak Hill*: Oak Hill Drive, Hanover, NH; top parking lot of the Storrs Pond Recreation Area
- *GariPAY Fields*: 9 Reservoir Rd, Hanover, NH; near the Dartmouth Rugby Fields

These locations are within walking distance of the Ray School and Richmond Middle School. Verification of location will be sent by e-mail and posted on the Ford Sayre BKL website the night before practice.

**Cancellation of practice**: Practice will be cancelled if the Dresden School District is closed, including snow days, early dismissals, or school vacations, OR if conditions are dangerous to children (cold temperatures, unsafe or icy trail conditions).

**Practice times**: Weather and trail conditions permitting, duration of practice may be extended in February to coincide with the longer daylight hours.

**Participant Behavior Code**: We expect that Ford Sayre nordic skiers will follow coaches' instructions, make an effort to stay with the ski group, not interfere with other skiers' learning, and generally maintain a positive attitude. Should a participant not be able to follow these expectations consistently, the age group Lead Coach or BKL Head Coach will call parents to discuss. If the pattern of behavior continues, the coaches and Program Director may determine that the BKL program is not a good fit for the participant and the parent will be notified. The program reserves the right to remove any participant from the program if inappropriate behavior cannot be modified.

**Refund Policy**: Please note that \$40 of the program fee is non-refundable. Refunds of the remaining program fee will be issued at the discretion of the Program Director. Refunds cannot be granted for sessions not attended or canceled due to weather or safety factors.

**Questions**: Please contact the BKL Program Directors should you have any questions about enrolling your child in the Ford Sayre nordic programs for the upcoming season.

**Co-Program Directors**:

Kelly Dent, 603-667-8512, [JuniorBKL@fordsayre.org](mailto:JuniorBKL@fordsayre.org) (Grades K-4) [BKL@fordsayre.org](mailto:BKL@fordsayre.org) (Grades 5-8)

## BKL Grades K-2

This program is geared toward our youngest children who are in Kindergarten through 2nd grade. Children will learn fundamental skiing skills of agility, balance, and coordination with a focus on ski play and fun.

**Prior Experience:** None

**Grades:** Kindergarten through 2nd grade

All programs require online registration!  
Go to [registration.FordSayre.org](http://registration.FordSayre.org)

**Technique:** Classic  
**Equipment:** Waxless classic skis (no poles for Kindergarten skiers)  
**Practice Schedule:** Tuesdays, December 4th thru March 5th, 3:30-4:30pm (likely extending to 4:45pm in February, depending on conditions) & Ford Sayre Silver Fox Trot Festival, January 19  
**Location:** Garipay Fields (Hanover, NH)  
**Program Fee:** \$150  
**Trail Pass:** Our program fee covers the cost of using Dartmouth's XC trails during practice. If you wish to ski outside of practice, please purchase a daily or seasonal trail pass from Dartmouth.

**Program Director:** Kelly Dent, 603-667-8512, [JuniorBKL@fordsayre.org](mailto:JuniorBKL@fordsayre.org)

**Volunteer Requirement:** For every child enrolled in the program, one parent/guardian must volunteer for a minimum of one volunteer session. More details will be provided at a later date, but there will be volunteer opportunities on & off snow, before, during & after practice times and during Ford Sayre events.

*Registration for the K-2 program closes on November 20th. Late registrants must contact the Program Director to apply, will be subject to a \$35 late fee, parent must volunteer on snow, and is provisional based on us meeting our coaching ratio requirement.*

## BKL Grades 3-4

Our 3rd and 4th grade program teaches fundamental skills for the classic and skate skiing techniques. Having fun, while developing skills through play, will be an integral part of practices. For children interested in racing, Ford Sayre coaches will provide encouragement and support at local and regional races.

**Prior Experience:** None  
**Grades:** 3-4  
**Technique:** Classic & Skate  
**Equipment:** 2 separate pairs of skis (classic & skate skis) OR 1 pair of combi skis; 2 sets of poles (classic & skate lengths) & 1 pair of combi ski boots.

*NOTE: We highly recommend 2 pairs of skis for 3-4 grade skiers (one pair of classic skis and one pair of skate skis). Technique-specific skis often lead to more rapid skill progression, and reduce the time needed to wax and maintain skis. If cost is an issue, skiers may select 1 pair of combination ("combi") skis that work for both classic and skating technique. However, please be aware that this option requires extra time and skill to clean and re-wax the skis for different techniques (on a practice-to-practice basis.) Refer to the Fordsayre.org website for more detailed information on equipment and contact the Program Directors with any specific questions.*

**Practice Schedule:** Tuesdays & Thursdays, November 8th thru March 5th, 3:30-4:30pm & Ford Sayre Silver Fox Festival, January 19

**Location:** Oak Hill or Garipay Fields (Hanover, NH)

**Program Fee:** \$280, plus \$25 NENSA membership (New England Nordic Ski Association)

**Trail Pass:** Dartmouth XC ski center season trail pass is required. Purchase separately. *Individual junior season pass: \$75 (or, family pass: \$320), if purchased prior to 12/15; Starting 12/15 price increases to \$105 (or family pass: \$355). Application & info at: <http://www.fordsayre.org/nordic/bkl/dartmouth-trail-passes/>*

**Program Director:** Kelly Dent, 603-667-8512, [JuniorBKL@fordsayre.org](mailto:JuniorBKL@fordsayre.org)

All programs require online registration!  
Go to [registration.FordSayre.org](http://registration.FordSayre.org)

Registration for the 3-4 program closes on October 31st. Late registrants must contact the Program Director to apply, and will be subject to a \$35 late fee.

## BKL 5th-8th grade, Adventure

This program is designed for skiers and families who prefer the recreational approach of skiing, the ease of waxless classic skis, and the opportunity to readily access and explore our local wilderness. The program will include skiing adventures on and off the groomed trails. The program emphasizes adventure, exploration, fun, and skill development. Practice may also include learning about wilderness safety, orienteering, leadership skills, and exploration of the skate skiing technique. This program promotes skiing for health and fitness and as a lifelong sport.

- Prior Experience:** None  
**Grades:** 5-8  
**Technique:** Classic, with optional exploratory skate skiing  
**Equipment:** Waxless classic skis required for classic technique days and may also be used on the exploratory skate technique days. Additional pair of Skate skis or combi skis are optional for the skate technique days.  
**Practice Schedule:** Tuesdays & Thursdays, November 14th thru March 5th, 3:30-4:30pm  
**Location:** Oak Hill or Garipay Fields (Hanover, NH)  
**Program Fee:** \$280, plus \$25 NENSA membership (New England Nordic Ski Association)  
**Trail Pass:** Dartmouth XC ski center season trail pass is required. Purchase separately. *Individual junior season pass: \$75 (or, family pass: \$320), if purchased prior to 12/15; Starting 12/15 price increases to \$105 (or family pass: \$355). All passes can now be purchased online at the Dartmouth CX Ski Center Website!*  
[https://outdoors.dartmouth.edu/services/xc\\_ski\\_center.html](https://outdoors.dartmouth.edu/services/xc_ski_center.html)

**Program Director:** Dennis & Elisabeth Kulakowski, 802-461-6891, [BKL@fordsayre.org](mailto:BKL@fordsayre.org)  
Registration for the 5-8 Adventure program closes on November 7th. Late registrants must contact the Program Director to apply, and will be subject to a \$35 late fee.

## BKL 5th-8th grade, Development/Racing

The Development/Racing program is dedicated to the teaching and improvement of proper classic and skate techniques, and emphasizes foundational skiing skills such as balance, speed, and agility, while also building fitness and having fun. The various levels of skier abilities will be accommodated by smaller groups. Skiers will be strongly encouraged to participate in local and regional races. Coaches will support skiers through races, including individual goal setting, waxing skis on race day and cheering. Skiers and families are expected to learn to wax and maintain two sets of skis (classic and skate).

- Prior Experience:** None  
**Grades:** 5-8  
**Technique:** Classic & Skate

All programs require online registration!  
Go to [registration.FordSayre.org](http://registration.FordSayre.org)

**Equipment:** 2 separate pairs of skis (waxable classic & skate skis) OR 1 pair of combi skis; 2 sets of poles (classic & skate lengths) & 1 pair of combi ski boots. *Waxless classic skis are not appropriate for skiers participating in this program.*

**Practice Schedule:** Tuesdays & Thursdays, November 8th thru March 5th, 3:30-4:30pm & Ford Sayre Silver Fox Festival, January 19th

**Location:** Oak Hill or Garipay Fields (Hanover, NH)

**Program Fee:** \$280, plus \$25 NENSA membership (New England Nordic Ski Association)

**Trail Pass:** Dartmouth XC ski center season trail pass is required. Purchase separately. *Individual junior season pass: \$75 (or, family pass: \$320), if purchased prior to 12/15; Starting 12/15 price increases to \$105 (or family pass: \$355). All passes can now be purchased online at the Dartmouth CX Ski Center Website!*  
[https://outdoors.dartmouth.edu/services/xc\\_ski\\_center.html](https://outdoors.dartmouth.edu/services/xc_ski_center.html)

**Program Director:** Dennis & Elisabeth Kulakowski, 802-461-6891, [BKL@fordsayre.org](mailto:BKL@fordsayre.org)  
*Registration for the 5-8 Dev/Racing program closes on November 7th. Late registrants must contact the Program Director to apply, and will be subject to a \$35 late fee.*

**\* NOTE:** *We highly recommend 2 pairs of skis for 5-8th grade skiers (one pair of waxable classic skis and one pair of skate skis). Technique-specific skis often lead to more rapid skill progression, and reduce the time needed to wax and maintain skis. If cost is an issue, skiers may select 1 pair of combination ("combi") skis that work for both classic and skating technique. However, please be aware that this option requires extra time and skill to clean and re-wax the skis for different techniques (on a practice-to-practice basis.) Refer to the [Fordsayre.org](http://Fordsayre.org) website for more detailed information on equipment and contact the Program Director with any specific questions.*

## **BKL 5th-8th grade, Friday Race Clinics**

The Friday Race Clinic program is designed for children enrolled in the Development/Racing program who are motivated to ski fast and interested in racing. The Friday Race Clinic program provides an additional day of practice to focus on race-specific techniques and strategies, and dedicated time to train and prepare for upcoming weekend races. Coaches will support skiers through races, including individual goal setting, waxing skis on race day, and cheering.

**Prior Experience:** Must be enrolled in the Development/Racing Program, have experience in both classic and skate techniques, **AND** have previous racing experience.

**Grades:** 5-8

**Technique:** Classic & Skate

**Equipment:** 2 separate pairs of skis (1 pair of classic & 1 pair of skate skis) OR 1 pair of combi skis. *Waxless classic skis are not appropriate for skiers participating in this program.*

**Practice Schedule:** Fridays, November 15th thru Feb 21st, 3:30-4:30pm

**Location:** Oak Hill or Garipay Fields (Hanover, NH)

**Program Fee:** \$150 additional to BKL program fee

**Program Director:** Dennis & Elisabeth Kulakowski, 802-461-6891, [BKL@fordsayre.org](mailto:BKL@fordsayre.org)

## **U14/U16 Race Program (Friday & Weekend)**

All programs require online registration!  
Go to [registration.FordSayre.org](http://registration.FordSayre.org)

For 7<sup>th</sup> & 8<sup>th</sup> grade skiers who are passionate about ski racing and who desire a more focused training regimen, we are offering a 4<sup>th</sup> program day on weekends this winter. This additional day (either Saturday or Sunday each week, depending on race schedules) will include over-distance training on land (roller skiing, running, hiking), on snow (skiing!), and some extra race opportunities (citizen racing and/or Eastern Cup). Skiers will work with coaches to develop and maintain a training log that will include elements of distance, intensity, and strength. Families will be responsible for transportation to practice and races, and any additional trail passes & race fees. This program also includes Friday Race Clinic.

*\*\*\*Please note that the offering of this program is contingent upon the employment of the appropriate coaching staff. Any questions, please contact Head Coach Jay Davis at [headcoachbkl@fordsayre.org](mailto:headcoachbkl@fordsayre.org)\*\*\**

**Prior Experience:** Program is open to 7<sup>th</sup> & 8<sup>th</sup> grade skiers who participated in the 7<sup>th</sup> & 8<sup>th</sup> grade summer program. Other interested 7<sup>th</sup> & 8<sup>th</sup> graders must have a conversation with the Head Coach ([headcoachbkl@fordsayre.org](mailto:headcoachbkl@fordsayre.org)) to discuss participation prior to registration.

**Grades:** 7<sup>th</sup> & 8<sup>th</sup>

**Technique:** Classic & Skate

**Equipment:** 2 separate pairs of skis (waxable classic & skate skis)

**Practice Schedule:** Friday Race Clinic, plus 1 weekend day/week, November 10<sup>th</sup> thru February 24<sup>th</sup>, time and location will vary each week.

**Location:** Variable

**Program Fee:** \$325 additional to BKL fee

**Program Director:** Dennis & Elisabeth Kulakowski, 802-461-6891, [BKL@fordsayre.org](mailto:BKL@fordsayre.org)

All programs require online registration!  
Go to [registration.FordSayre.org](http://registration.FordSayre.org)

## Junior Nordic Team: U16, U18, U20

The Junior Nordic Team is for 9th through 12th graders who want to continually improve their racing skills and develop a lifelong appreciation of the sport. This program emphasizes skiing improvement, competition, and the development of athletes with skills in all facets of Nordic racing. Skiers with regional and national goals will find the low athlete/coach ratio and team dynamic advantageous. The benefits of this program include: personalized planning, an emphasis on personal responsibility as a young adult, technical instruction, and team logistical support for practices and races coupled with the flexibility to adapt to each skier's individual goals and schedule. This program is designed to be a skier's primary (only) ski team. Skiers should plan to participate in the majority of Ford Sayre supported NENSA races (single and multi-day trips across New England) and are expected to keep a training log. Enrollment is limited to 19 skiers and is contingent upon previous Nordic racing experience and consultation with the coaches. The program runs Nov through March. A summer training program runs late June through mid August (separate registration in June).

**Program Fee:**

\$2500 including most travel expenses for Eastern Cup Races

**NENSA & USSA Memberships:** Both are required. Join on your own. NENSA go to [www.nensa.net](http://www.nensa.net) and choose "Ford Sayre" as your club. USSA go to [www.ussa.org](http://www.ussa.org) and choose "competitor U16 and up."

**Facilities Fee:** Each athlete must have a Dartmouth trail pass (purchase on your own or receive via HHS if on the HHS team)

**Days/Time:** TBA

**Place:** Oak Hill

**Head Coach:** Hilary McNamee ( [hilary@FordSayre.org](mailto:hilary@FordSayre.org) )

**Program Head:** Jonathan Chipman ( [JNT@FordSayre.org](mailto:JNT@FordSayre.org) )

## Ford Sayre Nordic Club

One of the appeals of nordic ski racing is that it can be done at any age or fitness level. The Nordic Club - focused on Upper Valley Athletes 18 through age 22 - offers technique sessions, periodic outings and social events throughout the fall and winter, and help with waxing for select races during the season. Whether you are an active or former racer, a recreational skier, or parent interested in racing or developing further in the sport ( i.e. to keep up with your children ), this is an opportunity to connect, learn, improve, and enjoy a lifelong sport with old and new friends. Members are encouraged to register with NENSA and race using the Ford Sayre affiliation and uniform. You will have access to periodic updates, team wax, and a calendar with events and races in and out of ski season. All club members are encouraged to share ideas, plan events, and impromptu outings, and engage in all levels of the program.

**Program Fee:** \$40 per adult, \$60 per family

**Program Head:** Joel and Elissa Bradley

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## Important Registration Information

This year all programs are using online registration. Online registration is at: [registration.FordSayre.org](http://registration.FordSayre.org) and will open no later than October 10<sup>th</sup>.

## 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, Clay Adams at [scholarship@FordSayre.org](mailto:scholarship@FordSayre.org)

## Refund Policy

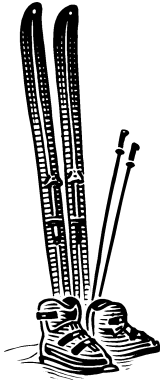
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Refunds of the program fee will be issued at the discretion of the Program Head. Refunds cannot be granted for sessions not attended or canceled due to weather or safety factors.

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## Annual Ford Sayre Ski and Winter Sports Equipment Sale

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



**For more information contact Steve Thoms:** [SkiSale@FordSayre.org](mailto:SkiSale@FordSayre.org)

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 ONLINE TO VOLUNTEER TO WORK AT THE SALE** or by contacting Steve Thoms at 802.649.2855

**Volunteer Sale:** registered volunteers only: Saturday, November 2nd, 2:30 pm

Ford Sayre will have representatives from all programs and volunteers able to assist with appropriate equipment decisions as needed. Please feel free to email program heads with registration questions.

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## 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.*



Visit us at [www.FordSayre.org](http://www.FordSayre.org)

All programs require online registration!  
Go to [registration.FordSayre.org](http://registration.FordSayre.org)