



SKI PROGRAMS FOR ALL AGES! 2020-2021 INFORMATION

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

Check us out at www.fordsayre.org

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

All programs require online registration!
Go to 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, skiway.dartmouth.edu, www.hendersonskis.com and www.golfskiwarehouse.com.

Day & Time: Wednesdays, 3:00-4:30 Jan 6th - March 3rd (excl. Feb vacation)

Programs:

Skiing (1st grade and up) and **Snowboarding** (2nd 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 & Skyler Tompkins (415) 609-5593 Email 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

Alpine Racing Programs

Racing Development (DEVO) – Birth Years 2012, 2013 & 2014

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 2012 Birth Year skiers: Children born in 2012 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 race during the season (\$400 security deposit is required).

Program Fee: \$495 + [Ski Pass](#)

Registration Deadline: Deadline for registration is October 25, 2020

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

November Team Building: Sundays, November 1st, 8th, 15th

On Snow Training:

- We strongly encourage our “Little Rippers” to get out skiing before our DEVO season starts. With a Dartmouth Skiway pass, you may receive tickets to a variety of local mountains who tend to open before the Skiway.
- Weekends (Sat/Sun) at Dartmouth Skiway (times TBD), beginning Saturday, January 2nd. Groups take at least one break during the training session.

Program Head: Jane LeMasurier – jane.lemasurier@gmail.com

Head Coach: Kristin Fauci – kriscorvo@yahoo.com

U10 Alpine Race Program – Birth Years 2011-2012

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 2012 Birth Year skiers: Children born in 2012 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 three home races during the season. Family max of 4. (\$400 security deposit is required).

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

Program Fee: \$875 + Ski Pass

Registration Deadline: Deadline for registration is October 25, 2020

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** 1st, 8th, 15th

On Snow Training:

- *Informal Sunday Skiing:* Starting 12/6 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:* time TBD when Skiway opens
- *Christmas Camp at Skiway:* 4-5 days TBD
- *February Vacation* – 2 days TBD

Program Head: Jane LeMasurier – jane.lemasurier@gmail.com

Head Coach: Kristin Fauci – kriscorvo@yahoo.com

U12 Alpine Race Program – Birth Years 2009-2010

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 three home races during the season. Family max of 4. (\$400 security deposit is required).

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

Program Fee: \$1025 + Ski Pass

Registration Deadline: Deadline for registration is October 25, 2020

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

Pre-Season Conditioning: Nov 3 to Dec 4: Wednesdays and Sundays (Location & times vary)

On Snow Training:

- *Thanksgiving Camp: November 23 - 25 (location TBD)*
- *Sunday Skiing: Starting 12/6 at alternative locations TBD until Skiway opens*
- *Weekends (Sat/Sun) at Skiway (times TBD when Skiway opens)*
- *Christmas Camp at Skiway (12/27/20 - 1/3/21)*
- *February Vacation at Skiway (2/15/21 – 2/19/21)*
- *Midweek Training at Whaleback 3:15 – 5:15pm (Tue/Wed/Thur) starting Tues 1/5/21*

Program Head: Jane LeMasurier – jane.lemasurier@gmail.com

Head Coach: Nicholas Purcell - nicholas.purcell23@gmail.com

U14 Alpine Race Program – Birth Years 2007-2008

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 three home races during the season. Family max of 4. (\$400 security deposit is required).

Program Fee: \$1195 + Ski Pass

Registration Deadline: Deadline for registration is October 25, 2020

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

Pre-Season Conditioning: Nov 3 to Dec 15: Wednesdays and Sundays (Location & times vary)

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

On Snow Training:

- *Thanksgiving Camp: November 23 - 25 (location TBD)*
- *Sunday Skiing: Starting 12/6 at alternative locations TBD until Skiway opens*
- *Weekends (Sat/Sun) at Skiway (times TBD when Skiway opens)*
- *Christmas Camp at Skiway (12/27/20 - 1/3/21)*
- *February Vacation at Skiway (2/15/21 – 2/19/21)*
- *Midweek Training at Whaleback 3:15 – 5:15pm (Tue/Wed/Thur) starting Tues 1/5/21*
-

Program Head: Jane LeMasurier – jane.lemasurier@gmail.com

Head Coach: Allie Clarke – allie.s.clarke@gmail.com

Midweek Only Training – U12/U14 Birth Year 2007, 2008, 2009, 2010

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 (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 the 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 race during the season (\$400 security deposit is required).

Note: Christmas Camp and February Break Camp are NOT included in the Midweek Only 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: **\$575** + [Whaleback Training Ski Pass](#)

Registration Deadline: Deadline for registration is October 25, 2020

Program Head: Jane LeMasurier – jane.lemasurier@gmail.com

Head Coach: Nicholas Purcell & Allie Clark - nicholas.purcell23@gmail.com & allie.s.clarke@gmail.com

Ford Sayre Academy (Alpine)

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

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 U19 athletes) who are interested in pursuing ski racing at all levels. Athletes may opt to train either afterschool or full-time. Full-time athletes arrange their academic schedules so that they are dismissed at 11, 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. **No Vans this season due to covid restrictions.**

Program Dates: November 2nd 2020 to Apr 5th, 2021 (start/end date could vary by a day or two)
Training: Varies depending on Full-time or Afterschool : Tues, Wed, Thur, Fri. 11 – 4; Sat, Sun, and vacations 9 – 1
Locations: Dartmouth Skiway and other regional areas
Program Fees: Weekend Only - \$2500
Afterschool - \$2900
Full Time U16 -
Full Time U19 -
New High School Skier - \$1800 (can participate in ½ of the weekend/holiday sessions)
USSA Member: \$170 **NHARA Fee:** \$45
Ski Passes: Each athlete is responsible for his/her own season pass or daily lift ticket.
Program Head: Liz Hackett 603-643-0084 Liz.Hackett@alumni.nd.edu
*Parents are required to work at three home races during the season, family max. 4 (\$800 security deposit is required)
Registrations and fees must be received by November 1st, 2020*

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 past 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

Bill Koch League (BKL) Nordic - Grades 1 to 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.

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

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 for All XC Programs– Please Read:

- Children in 1st through 2nd grade will participate in a program with ski practice on Monday afternoons. ***This year in an effort to keep our numbers manageable we won't be offering a weekly kindergarten program, but will be offering some weekend events.***
- Children in 3rd to 4th grade will participate in one program with ski practice two afternoons a week, Tu/Th.
- Children in 5th through 8th grade will have two program choices that meet two afternoons a week, Tu/Th. 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 “Race Clinic”, which is an additional practice once a week. 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 for 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, adhere to COVID risk-mitigation protocols, 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

Susie Matter, 603-266-9727

JuniorBKL@fordsayre.org, (Grades K-2)

Dennis & Elisabeth Kulakowski, 802-505-0560,

BKL@fordsayre.org (Grades 3-8)

BKL Nordic: 1st thru 2nd grade (BKL 1-2)

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

This program is geared toward our youngest children who are in 1st 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:** 1st through 2nd grade
- **Technique:** Classic
- **Equipment:** Waxless classic skis (poles only needed for 1 & 2 grades)
- **Practice Schedule:** Mondays, December 7th thru March 8th, 3:30-4:30pm (likely extending to 4:45pm in February, depending on conditions) & Ford Sayre Silver Fox Trot Festival, January 16
- **Location:** Garipay Fields (Hanover, NH)
- **Program Fee:** \$175
- **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:** Susie Matter, 603-266-9727, 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 1-2 program closes on November 20th. We will cap our registrations to 100 skiers so please register early! 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 Nordic: 3rd thru 4th grade (BKL 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:** Tu/Thu November 17th thru March 11th,(17) 3:30-4:30pm & Ford Sayre Silver Fox Festival, January 16
- **Location:** Primarily at Oak Hill, Garipay Fields (Hanover, NH)
- **Program Fee:** \$300, 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: \$89 (or, family pass: \$320), if purchased prior to 12/15; Starting 12/15 price increases to \$99 (or family pass:*

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

\$355). All passes can now be purchased online at the Dartmouth XC Ski Center Website! https://outdoors.dartmouth.edu/services/xc_ski_center.html

- **Program Directors:** Dennis & Elisabeth Kulakowski, 802-505-0560, BKL@fordsayre.org
Registration for the 3-4 program closes on November 6th. We will cap our registrations for 3rd-4th to 50 skiers so please register early! Late registrants must contact the Program Director to apply, will be subject to a \$35 late fee and is provisional based on us meeting our coaching ratio requirement.

BKL Nordic 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 17th thru March 11th,(17) 3:30-4:30pm
- **Location:** Primarily at Oak Hill, Garipay Fields (Hanover, NH)
- **Program Fee:** \$300, 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: \$89 (or, family pass: \$320), if purchased prior to 12/15; Starting 12/15 price increases to \$99 (or family pass: \$355). All passes can now be purchased online at the Dartmouth XC Ski Center Website! https://outdoors.dartmouth.edu/services/xc_ski_center.html*
- **Program Directors:** Dennis & Elisabeth Kulakowski, 802-505-0560, BKL@fordsayre.org
Registration for the 5-8 Adventure program closes on November 6th. We will cap our registrations at 75 skiers (across Racing and Adventure) so please register early! Late registrants must contact the Program Director to apply, will be subject to a \$35 late fee and is provisional based on us meeting our coaching ratio requirement.

BKL Nordic 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

- **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 17th thru March 11th,(17) 3:30-4:30pm & Ford Sayre Silver Fox Festival, January 19
- **Location:** Primarily at Oak Hill, Garipay Fields(Hanover, NH)
- **Program Fee:** \$300, 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: \$89 (or, family pass: \$320), if purchased prior to 12/15; Starting 12/15 price increases to \$99 (or family pass: \$355). All passes can now be purchased online at the Dartmouth XC Ski Center Website! https://outdoors.dartmouth.edu/services/xc_ski_center.html*
- Program Directors: Dennis & Elisabeth Kulakowski, 802-505-0560, BKL@fordsayre.org
Registration for the 5-8 Dev/Racing program closes on November 6th. Late registrants must contact the Program Director to apply, and will be subject to a \$35 late fee. We will cap our registrations at 75 skiers (across Racing and Adventure) so please register early! Late registrants must contact the Program Director to apply, will be subject to a \$35 late fee and is provisional based on us meeting our coaching ratio requirement.
** 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 website for more detailed information on equipment and contact the Program Director with any specific questions.*

BKL 5th-8th grade, Race Clinics

The Race Clinic program is designed for children enrolled in the Development/Racing program who are motivated to ski fast and interested in racing. The 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 or events. 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 (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:** Likely on Fridays, November 20th thru March 12th, 3:30-4:30pm
- **Location:** Primarily at Oak Hill, Garipay Fields (Hanover, NH)
- **Program Fee:** \$175 additional to BKL program fee
- **Program Director:** Dennis & Elisabeth Kulakowski, 802-505-0560, BKL@fordsayre.org
We will cap our registrations for Race Clinic at 45 skiers so please register early! Late registrants must contact the Program Director to apply, will be subject to a \$35 late fee and is provisional based on us meeting our coaching ratio requirement.

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

U14/U16 Race Program - Race Clinic + Weekend

For 7th & 8th grade skiers who are passionate about ski racing and who desire a more focused training regimen. This program also includes Race Clinic, plus a 4th program day on weekends this winter. Weekend offerings begin Nov 21. 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.

****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****

- **Prior Experience:** Program is open to 7th & 8th grade skiers who participated in the 7th & 8th grade summer and/or fall program. Other interested 7th & 8th graders must have a conversation with the U14/16 Coach (jntassistant@fordsayre.org) to discuss participation prior to registration.
 - **Grades:** 7 & 8
 - **Technique:** Classic & Skate
 - **Equipment:** 2 separate pairs of skis (waxable classic & skate skis)
 - **Practice Schedule:** Friday Race clinic, plus 1 weekend day/week, November 17th thru Mar. 11th, Weekend practices will begin Nov. 21, but will *not* happen Nov 28 (Thanksgiving). Weekend time and location will vary each week.
 - **Location:** Variable
 - **Program Fee:** \$350 additional to BKL fee
- Program Director:** Dennis & Elisabeth Kulakowski, 802-505-0560, BKL@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 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 20 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).

COVID Adjustments -- The 20/21 race season will probably look very different from years' past. At this point, we are making an educated guess that racing will be day-trip only, without transportation or housing support from Ford Sayre. These costs, which have been included in the program fee, will *not* be included in this year's fee. This year's fee covers coaching, wax support, trail passes for travel-to-snow practices, and a few other misc. expenses. NENSA and Ford Sayre are committed to creating racing opportunities this winter, but are anticipating smaller competition fields, more individual start formats and less travel across state lines. With High-School winter sport seasons also a big question mark, we are engaged in on-going conversations with local high school programs about how

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

we can support those motivated skiers; high school skiers who are curious about JNT programming for 20/21 should contact the Nordic Head Coach (hilary@fordsayre.org) to discuss the possibilities.

Program Fee:

\$1000 base program fee covers coaching, trail passes for venues other than Oak Hill, waxing, and miscellaneous expenses.

Additional out-of-pocket costs will be associated with races and/or training camps (should they occur), including travel, lodging, and food. Should JNT staff coordinate and pay for these logistics, these expenses will be assessed based on the actual costs for the team to attend these events and subsequently charged to participants.

NENSA & USSA Memberships: Both are required. Join on your own. NENSA go to www.nensa.net and choose “Ford Sayre” as your club. USSA go to 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)

Program Head: Scott May (JNT@FordSayre.org)

Ford Sayre Nordic Club

The Ford Sayre Nordic Club is for Upper Valley skiers beyond the high school age group. Most centrally, the club is focused on love of the sport and fostering community across generations. Summer and fall offerings include trail runs and roller ski workouts (some focused on beginners, others on those confident on roller skis). In the winter, we will offer weekly workouts, technique clinics for all abilities, wax support at several regional races, and a forum for Club members to organize other events of interest. Racers are encouraged to race using the Ford Sayre club affiliation, and will be able to purchase a race suit and discounted racing skis, boots and poles through local suppliers. This year (2020/2021) we are offering two membership tiers. Whichever tier you choose, your registration fee covers membership from Spring 2020 through Spring 2021. Additional details are available on our website:

<https://www.fordsayre.org/nordic/nordic-club/>

Program Fee: \$60 per person for General membership; \$200 per person for Next-Level membership

Program Head: Joel and Elissa Bradley

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

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

Refund Policy

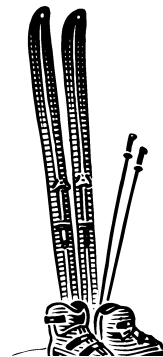
Refunds of the program fee will be issued at the discretion of the Program Head. Refunds cannot be granted for sessions not attended or canceled due to weather or safety factors.

This year there will not be an in-person Ford Sayre ski swap. Please stay tuned for details about an online alternative.

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



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