

2017
LEADVILLE NORDIC
BILL KOCH YOUTH SKI TEAM
PARENT HANDBOOK

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Leadville Nordic Bill Koch Youth Ski Team

We are excited to offer another year of the Bill Koch Youth Ski Team here in Leadville. Our focus is to teach children the joys of skiing and being outside in the winter. Bill Koch is designed for Kindergarten through 5th graders, although younger skiers may participate as long as a parent or guardian will accompany the child to practice.

What does it cost? Where does the money go?

The cost for joining is **\$30.00**, payable to **LEADVILLE NORDIC**. The money is returned directly to the Bill Koch skiers through an end of year gift (This year it will be a t-shirt) and also the awards luncheon at the Tennessee Pass Nordic Center. The money and registration form can be given to Marty at the first practice or sent to Leadville Nordic, PO Box 823, Leadville, CO 80461.

What do I need for equipment?

Your skier will need one set of cross country skis, poles, and boots. The skis can either be waxless (have fish scales) or be waxable (have no fish scales).

Rental equipment is available at Community Threads, located at 504 Harrison. The cost for renting the equipment for the entire season from them has historically been around \$50.00. Be sure to mention that you are a Bill Koch skier. You may also be able to rent equipment from the Frisco Nordic Center. They offer a deal where you can trade in equipment as your skier grows. More information can be found at <http://frisconordic.com/>.

How are the skiers grouped?

The skiers are split into four different group based on age. Skiers can move up or down group based on ability and experience.

Pikas: Ages 4 to 5
Marmots: Ages 5 to 6
Bobcats: Ages 7 to 8
Wolverines: Ages 9 to 11

What should my kids wear to practice?

Your child should be dressed to be outside and moving around for the entire practice. Please pay attention to the weather forecast so that your skier will be warm enough.

Who are the coaches?

Bill Koch has a wonderful assortment of volunteer coaches. Each program has a primary coach (listed below). We also have a few assistants and many parents who regularly tag along. If you are a parent and are interested in helping out on a regular basis, please let us know.

Head Coach: Marty Remsen
Pikas: (Ages 4 to 5) Marty Remsen
Marmots: (Ages 5 to 6) Malin Bengstonn
Bobcats: (Ages 7 to 8) Christine Horning
Wolverines: (Ages 9 to 11) Matthew Main

When and where are practices?**Primary Practices (for all skiers in all groups): Tuesdays 4 pm to 5 pm**

January 10th, January 17th, January 24th, February 7th, February 14th, and February 21st practice will be **at the CMC Soccer Field**.

January 31st and February 28th practice will be **at the Tennessee Pass Nordic Center**.

Friday Optional Practices: Fridays 4 pm to 5 pm

This second day of practice is generally for older and/or stronger skiers, but it is open to all. You do not need to sign up for this. While other days of practice focus on technique and games, this practice will be an hour-long ski on various trails around town.

Coach: Vicki Koch

Can I come to practice as well?

Yes! Feel free to attend practice with your child and ski with them. You might learn a few things that will help your own skiing.

Is there an end of season celebration?

Yes, it will be on **Sunday, March 12th at the Tennessee Pass Nordic Center** at the base of Ski Cooper. At this celebration, we go for a fun ski, enjoy some great food, and hand out awards to every skier who has participated in the program.

Are there opportunities for my skier to try some local low-key races?

Yes. Toward the end of the season, there are some local races that the skiers can participate in.

Sunday, February 12th: 1 km, 5 km, or 10 km Leadville Loppet

We have had many of our skiers participate in one of the Loppet races with the goal of completing them as a long ski. It can be a great parent-skier adventure.

Friday, March 3rd: Harrison Nordic Knockout Sprints

Bill Koch skiers compete to see who is the fastest in short sprints down Harrison Avenue.

More information can be found at www.leadvillenordic.org.

Sunday, March 5th: Leadville Nordic Paintball Biathlon at the Tennessee Pass Nordic Center.

Combining skiing and shooting paintball guns, this has been a favorite for

More information can be found at www.leadvillenordic.org.

What else do I need to know?

Feel free to contact Marty (martha.remsen@gmail.com) with any questions you may have.