

2018
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 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 will be available through Leadville Nordic and Get Outdoors Leadville. We are currently in the process of acquiring the equipment, so it may not be available to rent until January. We will have more information on this as soon as we can. The cost will be \$50 for the season.

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.

When and where are practices?

Primary Practices (for all skiers in all groups): Tuesdays 4 pm to 5 pm

January 9th, January 16th, January 23rd, February 6th, February 13th, and February 20th practice will be **at the CMC Soccer Field**.

January 30th and February 27th practice will be **at the Tennessee Pass Nordic Center**.

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 11th 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.

Saturday, February 17th: 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 2nd: 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 4th: 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.