

4-H CANSKI offers four program HUBS:

Ashland Elementary School

Instruction: classic and skate recreational K-5th
Schedule: Fridays 3:45-4:30
Start date: 1/05/12 (Meet) 1/13 (ski)
Location: Ashland Hospital Trails
Contact: Sara Hudson 682-7059 or Valena Hoffman 715-209-1019

Washburn Elementary CANSKI

Instruction: skate skiing grades 3-5
Schedule: Fridays 3:45-4:30
Start date: 1/05/12 (meet) 1/13 (ski)
Location: Ashland Trails
Contact: Kathie Hinson 373-5051

Ashland & Washburn Middle School

Instruction: classic & skate recreational and racing
Schedule: Tuesdays & Thursdays 4pm
Start date: 1/10/12
Location: Tu-Ashwabay; Th-Ashland
Contact: Doug Liphart 682-7017 (fall)

Ashland & Washburn High School

Instruction: classic & skate recreational & racing
Schedule: Tu-Ashwabay & Thu -Ashland 4pm
Start dates: recreational 1/10/12; 12/1/11 race
Contact: Mary Cotherman at AHS 682-7089
Doug Liphart (Ashland) 682-7017
Beth Reed (Washburn) 373-6188

An EEO Affirmative Action employer, the University of Wisconsin - Extension provides equal opportunities in employment and programming including Title IX and ADA requirements.



Important Dates

Annual Meeting @ Nov 3rd 7 pm
Ashland High School Library

Registrations DUE at gear checkout or by 1/05/11

Ashland High School Gear Wax Nov. 10 5:00pm

Gear Check Out—At Ashland High School

High school: Dec. 5, 5:30-7:00
Middle school: Dec. 6, 5:30-7:00
Elementary school and adult: Jan 5, 5:30-7:00
Final gear checkout at AHS Jan. 5 5:30-7:00

Recreational skiing begins Jan. 10

Community Events

Ashwabay Summit Race/ Tour Fundraiser Feb. 4 10am
Free Community xc ski clinic TBA
Book Across the Bay Feb. 18 6:00
End of Year Club Pot Luck March 2nd 4:30pm

Membership Dues:

Annual dues: \$25/individuals
\$55/families

Provides club T-shirt (2/family), instruction, 4-H membership, event coordination and accident insurance. Does not include equipment.

Access to Club Equipment (optional):
\$25/skier (middle or high school aged skier)
\$60/family
\$15 (elementary aged skier)

*Note: damage/late return deposit required at time of checkout (refunded at check in 3/8 and 3/20 if gear is in good condition).

Transportation fee (optional) MS & HS skiers:
\$30 (for Washburn skiers) and \$20 (for Ashland skiers) provides a seat on the BART to and from practices. Space is limited. Make checks payable to BART

Scholarships are available. Please ask.



A partnership between
Ashland and Bayfield County
4-H, local schools, BART
and the Ashwabay Outdoor
Education Foundation

www.4hcanski.org

2011-12 4-H CANSKI SKI SEASON

Ski gear (optional)

Gear checkout policies:

- Priority is given to active youth members
- Gear available only during scheduled checkouts
- 4-H members assume replacement cost for lost or abused equipment
- Members must be registered prior to rental

Renters' responsibilities:

- Ski at least once a week with the club
- Attend a wax clinic
- Return gear on/ before the end of year gear return dates

4-H CANSKI encourages teen and adult members to purchase personal equipment after two years. Local shops give club discounts.

Recommended apparel:

- Hat and gloves or mittens*
- Wool or synthetic socks (not cotton or ankle socks)
- Long underwear or synthetic shirt (not cotton)
- Wind or snow pants, sweater or jacket (jeans or cotton pants not recommended)

* **Elementary skiers CANNOT ski without a hat or gloves/mittens**

4-H CANSKI MISSION:

To promote **FUN, FITNESS, EXCELLENCE** and safety in the lifelong sport of cross country skiing. **4-H CANSKI provides ongoing instruction, social ski opportunities and leadership development for skiers of all levels.**



How Do YOU Register for CANSKI

Enrollment forms are available at:
Announced Registration and Gear Check out meetings.
The Ashland or Bayfield County 4-H Offices
Download forms at www.4hcanski.org

Bring Registration Forms & Payment to gear check-out or mail to:

Ruth Oppedahl, Treasurer 4H-CANSKI
116 Jones Road
Washburn, WI 54891

WE NEED YOUR HELP

4-H CANSKI is a member driven organization that relies on active adult volunteer leadership. Why do parents organize their schedules so they can ski with their kids? Because it gets them outside, improves their ability to ski and the best of all, it's FUN. Here are ways you can be involved:

- Attend a coaching clinic
- Help organize at school levels
- Supervise elementary skiers
- Transport skiers
- Bake for the Ashwabay Summit Race and Tour
- Volunteer at the Ashwabay Summit Race and Tour
- Assist with Book Across the Bay wax fundraiser or help take down the tent after the race
- Groom trails
- Assist with gear maintenance or waxing clinics
- Help at the Bayfield or Ashland County Fair food booths
- Fundraising or grant writing

Contact Doug Liphart at the Ashland County 4-H Office (682-7017) or Ian Meeker at the Bayfield County 4-H Office at (373-6104) to get connected.



4-H is a Community of Young People Across America who are Learning Leadership, Citizenship and Life Skills.

