



# ELEMENTARY SKIING SEASON INFO



THURSDAY, JANUARY 5, 2012 at AHS

MEETING – 5:00-5:30 pm    REGISTRATION & GEAR CHECKOUT – 5:30-7:00 pm

## 4-H CANSKI & Elementary Recreational Skiing

4-H CANSKI (Chequamegon Area Nordic Ski) club, a partnership between Ashland and Bayfield Counties UW-Extension 4-H programs and schools, was created to promote fun, fitness, safety and excellence in the lifelong sport of cross-country skiing with a focus on youth and family.

Elementary 4-H CANSKI is tailored to skiers in grades K-5 in which participants learn a natural progression of skills for recreational skiing in a fun and social setting. A typical Friday session often includes learning one skill (such as how to stop), group skiing with a coach and/or parent and ends with games (playing tag on skis is fun!). Family members are welcome and encouraged to be involved. We will ask for parental involvement throughout the season.

## When and Where

Elementary (and adult) registration and gear checkout is January 5th at the Ashland High School. Participants can meet the coaches and are encouraged to take part in the on-going mini indoor practices.

Skiing will begin Friday, January 13th at 3:45 – 4:30 pm at the Ashland Hospital Trails (west of the Hospital); bring your gear! Weekly sessions run through Friday, February 24<sup>th</sup>, with the following changes due to non-school days: January 20<sup>th</sup> moved to the 19<sup>th</sup> (Thurs) and February 17<sup>th</sup> moved to the 24<sup>th</sup> (last ski session).

## How to Sign Up

Register in person during the registration/gear checkout (see info below) or visit the 4-H CANSKI website [www.4hcanski.org](http://www.4hcanski.org) for more options. Skiers must be registered by January 5<sup>th</sup>.

Participants will become 4-H members and will be able to rent cross country ski gear for the entire ski season for a nominal fee (call coaches or visit website for fees). Scholarships are available. Please ask.

## Contact

Coaches: Valena Hofman (715) 209-1019, [valenahofman@yahoo.com](mailto:valenahofman@yahoo.com) and Sara Hudson (715) 209-5836, [sara\\_helgeson@hotmail.com](mailto:sara_helgeson@hotmail.com)  
Visit our website at [www.4hcanski.org](http://www.4hcanski.org).

Remember. . . Registration deadline is **January 5<sup>th</sup>**!

## Meeting, Registration & Gear Checkout

**Date:** Thursday, January 5, 2012

**Times:** 5:00-5:30pm Meeting

5:30-7:00pm Registration & Gear Checkout

**Mini Indoor Practice:** 5:30pm & ongoing

(putting on/ taking off gear & falling/ getting up)

**Grades:** K-5 plus Family Members

**Location:** Ashland High School

