



**AVALANCHE
CROSS COUNTRY SKI PROGRAM
2011-2012 SEASON**

- WHO:** Middle School aged kids (6th-8th grades)
- WHAT:** Technique, conditioning and fun activities to improve cross country skiing skills. This program is a good bridge from Gliders to High School skiing.
- WHEN:** Sunday afternoons from 1:30 – 3:30 pm. Meeting dates: Dec. 4,11,18
Jan. 8,15,22,29 Feb. 5,12,26 Mar. 4,11.
- WHERE:** Tamarack Cross Country Ski Center, Mammoth Lakes.
- COST:** \$ 170.00 coaching, rental and trail pass for the class.

A minimum of 6 sign-ups needed to make the program go

General Information about the Tamarack Avalanche Program

The Avalanche program is for kids involved in cross country skiing after they outgrow the Tamarack Gliders program. Cross country skiing is a great activity for middle school aged kids, whether they are interested in learning to compete or just in having a good time outdoors with their fiends. Qualified staff at Tamarack Cross Country will coach this program, emphasizing skill development in both the classic and the skate techniques. Participants will work up to skiing longer and longer distances.

There are competition opportunities for Avalanche participants through Far West and the CNISSF school league. A schedule of events will be produced at the beginning of the season and competing is not mandatory.

Cross Country skiing is fun in all kinds of weather, but in the event of a severe storm, a session may be cancelled. Please call the ski center at **934 2442** if there is a question regarding weather.

Cross Country skiing is an aerobic sport and it is possible to become quite warm while exerting on snow. Please dress appropriately for training; there will be more continuous skiing than the Gliders program, so multiple layers of clothing are preferable to a single, heavy layer. Recommended clothing includes fleece jackets and vests, nylon windbreakers and pants and “wicking” type long underwear. **Hats, mittens or warm gloves and sunglasses are a must. And don’t forget sunscreen.**

To register for this program, please return this packet and check made out to Tamarack Cross Country by December 1st 2011.



TAMARACK CROSS COUNTRY SKI CENTER

AVALANCHE

2011/2012 REGISTRARION FORM

Participant's Name: _____ **Age:** _____

Address: _____

Phone: _____

Cellphone: _____

E-mail: _____

Parent/Guardian Name: _____

Emergency Contact: _____

Phone: _____

Medical Conditions, if any: _____

All completed registration material should be returned to Tamarack Cross Country Ski Center by December 1st 2011. Check in the amount of \$ 170.00 made out to: Tamarack Cross Country Ski Center. Send to:

Tamarack Cross Country Ski Center
P.O. Box 69
Mammoth Lakes, CA 93546