



Superiorland Cross Country
Ski Club
PO Box 864
Marquette, MI 49855
www.superiorlandskiclub.com

Making winter fun for the whole family!



The Superiorland Cross Country Ski Club is a 501c(3) non-profit organization dedicated to supporting youth skiing programs and events.

Approved for distribution by the following school districts:

Father Marquette Catholic Central School System

Ishpeming Public Schools

Marquette Area Public Schools

Negaunee Public Schools

NICE Community School District



Ski Cats: Learning the **FUN**damentals



Skiing with friends and enjoying winter!



Prep Team With Their Buds



Race Team:
Speed and Competition



**Superiorland
Cross Country
Ski Club**

**2011-2012
Youth Programs
Registration Form**



Enjoy Winter This Season...SKI !

- * Ski Cats *
- * Adventure Club *
- * Prep Team *
- * Racing Teams *

***Fun, Friendship, Fitness
More You = More Fun!***

Program Descriptions

Ski Cats

Coordinator: Megan Dixon 249-9145 or 250-1945

Ages: 5—10

Ability: Beginner to intermediate

When: Sundays (2:00—3:30pm), January 8, 15, 22 February 5, 12, and 19th

Where: Noquemanon Forestville Trailhead, Blueberry Ridge, and the Fit Strip.

Participants receive instruction in classical technique (some freestyle offered). Instruction in fundamental skills and maneuvers through ski games and activities with peers.

Adventure Club

Contact: Jim Argeropoulos 225-9987 or 250-2661

Ages: 11—18

Ability: Beginning to Advanced Recreational

When: Sundays (2:00 - 3:30pm) January 8, 15, 22 February 5, 12, and 19th

Where: Multiple trail venues

Learn to ski, hang out with friends on snow, get more fit, explore adventure skiing.

Prep Team

Contact: Dan Wiitala 249-4332

Ages: 11-18

Ability: Beginner to Advanced Competitive

When: Dec. 5—Feb. 26th, 2 days/week coached sessions plus optional weekend session

Where: Multiple venues; Kick-off mtg. 11/7/11

Improve technique, develop endurance, fitness, and skills, learn to compete and attend races.

Kick Off Meeting info at www.superiorlandskiclub.com

Nordic Ski Racing Teams

Contacts: Dan Wiitala 249-4332

Head Coach: Joey Graci / **Asst Coach:** Caitlin Cassidy

Ages: 13-18 (J3—OJ USSA levels)

Kick of Meeting: Wednesday, Oct. 26 7:30pm

When: Nov. 1—Feb. 20 (High School team)

Through mid March (Full Season Add-On)

Where: Fit Strip and Multiple Trail Venues

Events: Michigan High School Championships;

Jr. Marathon events, Junior Olympic qualifiers and Junior Nationals. Geared towards racing and high school athletic competition. The team meets 3 to 6 days per week to train for and race at competitions throughout the Midwest.

Program Benefits

Rental Equipment

Our goal is to make participation in skiing programs possible for all. We have limited rental equipment and will try to make available both classical and skating equipment to those in need. We may not be able to honor all requests. First come, first served. **Ski Cats Rental \$50** for no wax classic skis and boots. **There is a \$75 charge for the use of each complete set of equipment for the season (\$150 for both classic and skate gear) for older youth.**

Racing Teams

The Ski Club provides limited training equipment, wax and waxing equipment and assistance available to all team members at no additional cost.

Discounted Equipment Purchase Opportunities

There are opportunities to purchase equipment at discount prices for all Superiorland Ski Club members including:

- **Club Ski Swap: Saturday, Nov. 12th Holiday Inn, Highway 41 in Marquette. See www.superiorlandskiclub.com**
- **Club Nights: Downwind Sports, Oct. 25 (6-9pm), Sports Rack, Nov. 10(4-8pm)**
- **Member discounts at local ski shops. Call shops for details.**

Special Events and Programs

- Jr. Noque Ski Races—1k classic, 3k classic and freestyle, 5k classic — all races on Friday, January 27, 2011 at Forestville Trailhead.
- Km Calendar Log Book
- Ski Club Awards Party
- Club Newsletter with Youth Program Page
- Wax Clinics with Rick at Sports Rack; Tuesday, December 6th & Thursday, December 8th 6pm.

Registration Form

| Sign up for: | Price |
|---|----------|
| <input type="checkbox"/> Ski Cats | \$35.00 |
| <input type="checkbox"/> Adventure Club | \$35.00 |
| <input type="checkbox"/> Prep Team | \$100.00 |
| <input type="checkbox"/> High School Team | \$150.00 |
| <input type="checkbox"/> Discount for each additional participating sibling (complete one form for each participant) | -\$5.00 |
| Subtotal _____ | |

Annual Ski Club Membership (required for participation—please note if paid)

| | |
|-------------------------------------|----------|
| <input type="checkbox"/> Individual | \$ 25.00 |
| <input type="checkbox"/> Family | \$ 35.00 |
| Subtotal _____ | |

Sponsor a High School Racer! \$150.00

TOTAL _____

Please make checks payable to the Superiorland Ski Club, PO Box 864, Marquette, MI 49855 or register online at www.superiorlandskiclub.com

Check here if rental equipment is needed
 ___ Shoe size ___ Weight ___ Classical ___ Skating

Check here if financial assistance is needed. Scholarships may be available.

Participant Information:

Name _____


Age _____ Years Skied _____

Address _____

E-mail addresses (parents' and skiers') _____

Contact phone numbers _____

Parent Volunteer involvement is mandatory. Check where you will volunteer:

 lead coach (fee waived) ___ ass't coach ___
 preferred age group to coach ___ registration ___
 snacks ___ clean-up ___ on-snow parent helper ___
 volunteer coordination ___ Jr. Noque ___
 admin help ___ photography ___ equipment rentals ___
 travel arrangements for prep/race team ___

Print Name _____

Phone: _____

Email: _____