

Signup for the Central Minnesota Youth Ski Club starting October 12, 2015!

The Central Minnesota Youth Ski Club will meet Sundays from 1:45 p.m. to 4 p.m. at Riverside Park starting Sunday, January 3, 2016 until February 28, 2016, except Sunday, January 24, 2016 where we will attend the Sons of Norway Barnelopet event (free children's fun Nordic ski event for ages 3 to 13) instead at Riverside Park with a fun youth "race" starting at 1:00 p.m. Cross country ski equipment for children at the Sons of Norway Barnelopet will be provided by the Minnesota Youth Ski League for free only during this event, if needed (limited supply, so come early). Registration forms for this event will be available at <http://mysl.org/club/central-mn-youth-ski-club> in December 2015 and January 2016. See upcoming youth and family orientated cross country ski events at <http://mysl.org/club/central-mn-youth-ski-club>

The Riverside Park warming shelter is located on the SE side of St. Cloud, across the river from St. Cloud State University at 1725 Kilian Blvd., Saint Cloud, MN 56304. Please register your children ages 4 to 14 online starting October 12, 2015 at <http://mysl.org/registration-guide> to join the Central Minnesota Youth Ski Club with more specific information on our club at <http://mysl.org/club/central-mn-youth-ski-club> and encourage your friend's to sign up their children as well! Registration costs of \$45 per youth skier will be charged by online registration. There is a \$10 early season discount for club memberships until midnight on November 16, 2015. There is a \$5 early season discount until December 4, 2015. To take advantage of these discounts, please request a coupon code from stcloud@mysl.org. There is a price cap of three club memberships per family with no charge for additional memberships.

Youth are encouraged to provide their own cross country ski equipment. If you are having a hard time finding ski equipment, please contact Nicholas Snavelly, Central Minnesota Youth Ski Club Coordinator, at stcloud@mysl.org to see what additional options may be available. For the fourth time this upcoming 2016 ski season, the Central Minnesota Youth Ski Club will have traditional classic cross country ski sets available for rent at a cost of \$35 and skate ski sets available for rent at a cost of \$70 for the ski season. In order to take advantage of these low rental rates, youth skiers must be members of the Central Minnesota Youth Ski Club. This is the direct result of the ski binding donations that were received a few years ago, which provided the Central Minnesota Youth Ski Club with approximately 30 set of skis. When registering youth for the Central Minnesota Youth Ski Club, there is an option to add a ski rental before you pay your membership dues. Arrangements must be made with Nicholas Snavelly to ensure ski rentals are still available, as well as ensure the proper ski set size is available for the child. Visit <http://mysl.org/sites/upgrade.mysl.org/files/Kids%20equipment%20sizing.pdf> to determine the ski set your child needs.

Typical ski club session:

We're here to cross county (nordic) ski and have fun! We ski and play games on the snow. This is a very friendly, family oriented program focused on children ages 4 to 14 years old that is built around kids having fun while learning skills and techniques needed to become better cross country skiers.



We meet each scheduled Sunday at 1:45 p.m. to have the kids get their skis on and be ready at 2:00 p.m. where we divide into six groups based on age, comfort and skill level. Younger groups with coaches ski near the trailhead and take advantage of small, snow-covered inclines to get used to being on skis. Older kids venture off about the park with a coach. Volunteer coaches have curriculum loaded with ideas and strategies for teaching young skiers. Half-way through each session, we meet back at the shelter for a snack, warm-up and a restroom break. Then, back on the ski trails until 4:00 p.m.

The end of the season Midwest Junior Championships & Festival held Friday through Sunday, March 4 – 6, 2016 at Theodore Wirth Park, 1301 Theodore Wirth Parkway, Minneapolis, MN 55422 is a joint venture of The Loppet Foundation and the Minnesota Youth Ski League with more details at <http://www.loppet.org/events/midwestchampionships/>

Upcoming ski swap locations, dates and times in November include:

- [Minnesota Youth Ski League Ski Swap](http://www.mysl.org/civicrm/event/info?reset=1&id=23), Sat., November 21, 2015 Pre-Sale of YOUTH (12 and under) equipment stating at 10:00 a.m. to 10:15 a.m. & 10:15 a.m. to 12:30 p.m. Sale; Location: Dunwoody College of Technology, 818 Dunwoody Blvd., Minneapolis, MN (near the Walker Art Museum).
- Mora Ski Club Ski Swap & Sale, Vasaloppet Nordic Ski Center building and garage, Mora, MN on Sunday, November 22, 2015 with used equipment drop off from 11:00 a.m. to noon and equipment sale from 1:00 p.m. to 3:00 p.m.
- Winter Ski & Sport Swap, Saint Cloud State University Halenbeck Hall Field House, 1000 4th Ave. S., St. Cloud, MN 56301 on Sunday, November 22, 2015 with check in of sale items starting at noon, sale open from 1:00 p.m. to 3:00 p.m. and check-out of unsold items from 3:00 p.m. to 4:00 p.m.

Sincerely,

Nicholas Snavelly

Nicholas Snavelly

Central Minnesota Youth Ski Club Coordinator

<http://mysl.org/club/central-mn-youth-ski-club> (Club web page)

<https://www.facebook.com/CentralMinnesotaYouthSkiClub> (Club Facebook page)

stcloud@mysl.org (Email)

763-232-4921 (Cell phone)



Central Minnesota Youth Ski Club Volunteer opportunities:

We need you! The Central Minnesota Youth Ski Club is an all-volunteer organization. We depend on parents, high school cross country (nordic) skiers, parents/guardians and other adult volunteers to provide lessons to children ages 4 to 14. With your participation, we can continue to create great winter experiences for youth skiers!

Volunteer activities include:

- **Coaching:** Coaching is one of the most important and enjoyable ways you can volunteer. While the Central Minnesota Youth Ski Club is fortunate to have some of its coaches returning this year, we need more adult coaches to keep our coach-to-skier ratio high. Anyone can coach, as you don't need to be an expert skier to volunteer. The Minnesota Youth Ski League (MYSL) has an excellent week-by-week curriculum, which includes many games on skis. Please contact the Central Minnesota Youth Ski Club Coordinator, Nicholas Snavelly, at stcloud@mysl.org if you can make this valuable contribution.
- **Assistant Coaching:** In addition, Assistant Coaches have made a real contribution to the Club. If you are a high school cross country (nordic) skier and would be willing to serve as an Assistant Coach, we really need you!

Assistant Coaches should register online at <http://mysl.org/registration-guide> once they have confirmed with Nicholas Snavelly, Central Minnesota Youth Ski Club Coordinator, at stcloud@mysl.org that they will be an Assistant Coach. There is no charge to register as a "Junior Coach" and a parent needs to sign the online waiver.

Skiers and others interested in being a volunteer Central Minnesota Youth Ski Club Coach or Assistant Coach should also please fill out the Central Minnesota Youth Ski Club survey at <http://www.surveymonkey.com/s/ZL6THM6>

- **2015-2016 Annual Minnesota Youth Ski League Coaches Training**

The Minnesota Youth Ski League will host a one day coaches training on Saturday, December 5, 2015 from 9:00 a.m. to 2:00 p.m. Location to be determined. Registration is required. On snow technical training, youth teaching tips and inside seminar time over lunch.

The Central Minnesota Youth Ski Club Coordinator has attended the coaches training during three previous years and is willing to share this information with interested Coaches and Assistant Coaches. The training is for new and experienced leaders and coaches. Personal technique coaching and game examples, as well as classroom discussion are provided. Those interested in attending this year's coaches training should contact Nicholas Snavelly at stcloud@mysl.org

Sincerely,

Nicholas Snavelly

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Central Minnesota Youth Ski Club Coordinator

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Nordic Ski Club of Central Minnesota

Nordic Ski Club of Central Minnesota web page: <http://www.nordicskiclubcentralmn.org/>

Nordic Ski Club of Central Minnesota Facebook page: <https://www.facebook.com/CentralMNNordicSkiClub>

The member volunteers of the Nordic Ski Club of Central Minnesota have been the reason for the Central Minnesota Youth Ski Club being able to cross country ski at Riverside Park these past winters due to their excellent ability to raise funds to cover the cost of making and grooming snow at Riverside Park. Snow making and grooming equipment has been purchased by the Nordic Ski Club of Central Minnesota, which is operated by a dedicated crew of volunteers who maintain the cross country ski trails at Riverside Park and the Saint Cloud Reformatory property. In previous winters, they have made and groomed snow at Riverside Park, which not only made the Central Minnesota Youth Ski Club lessons and games possible, but also provided a location for local high schools to practice and race, as well as location for the local community to cross country ski and enjoy the sledding hill. Special events held at Riverside Park this past winter were made possible due to the Nordic Ski Club of Central Minnesota's snow making and grooming volunteer efforts include the Sons of Norway Barnelopt.

The Central Minnesota Youth Ski Club thanks the volunteer members of Nordic Ski Club of Central Minnesota for all that they do to make cross country skiing a possibility in the Saint Cloud area!

In addition to signing up your children for the Central Minnesota Youth Ski Club, consider becoming a member of Nordic Ski Club of Central Minnesota by filling out and sending in the form below:

Nordic Ski Club Membership Form

Renewal Membership New Membership
 Household (\$20 annually) Student (\$5 annually)
 Name(s) _____
 Address _____
 City / State / Zipcode _____
 Phone Number _____
 Email _____

I/we do *not* want to receive email reminders about outings & events
 I/we want to receive e-newsletters only

Make check out to:
Nordic Ski Club of Central MN
 Mail to:
Laurie Leitch - 1938 29th St. South - St. Cloud, MN 56301

Newsletter Submissions for December 2015 Issue

Please send items for the next newsletter to Laurie Leitch at lleitch@charter.net, or Bill Gorcica at bill@billgorcica.com.

Photos, stories, and news items are appreciated.

Ski Club Board thru Sept 2016

Expires '15	Justin Quinn	253-3496
Expires '15	Heidi Harlander	253-0285
Expires '15	Khia Anderson	310-2686
Expires '16	Kate Foley	420-8527
Expires '16	Jeff Koshiol	253-5641
Expires '16	Nick Snavely	763-232-4921

Officers & Coordinators

President	Justin Quinn	253-3496
President-Elect		
Secretary		
Treasurer	Phil Rogosheske	252-7291
MN Youth Ski League	Nick Snavely stcloud@mysl.org	763-232-4921
Membership Newsletter	Laurie Leitch Bill Gorcica Laurie Leitch	293-9500 293-5349 293-9500
Outings	Roger Sorensen	290-6217
Trail Grooming	Phil Rogosheske	252-7291
Coordinator	Bob Skow	253-2919
Webmaster	Roger Sorensen	290-6217

www.nordicskiclubcentralmn.org

<https://www.facebook.com/CentralMNNordicSkiClub>

Give to the Max Day 2015

Consider donating to the Ski Club on November 12, Give to the Max Day. All you need to do is go to the website, GiveMN.org, choose the Central Minnesota Community Foundation and make a declaration that your gift should go to the Nordic Ski Club of Central Minnesota.

ANNUAL MEMBERSHIP MEETING



Thursday, October 22, 2015

Pot Luck - 5:30 pm

Meeting - 6:30 pm

**Lake George
Community Center
1101 7th St. S, St. Cloud**



**NORDIC
SKI CLUB
of Central MN**



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Make check out to:
Nordic Ski Club of Central MN
 Mail to:
 Laurie Leitch - 1938 29th St. South - St. Cloud, MN 56301

**Support Grooming
in St. Cloud**

Join Ski Outings
Get a Free Ski Buff
Meet New Friends

**Join
Today!**

This year we would like to get your input on how we can improve our club to better meet the needs of our members. Please take a few minutes to complete the following questions.

Which winter activities do you enjoy? (circle all that apply) classic skiing skate skiing skijoring roller skiing snowshoeing other _____

Which activities/events are you willing to participate in, volunteer to help with, and/or willing to lead/teach? (check all that apply)

Event	Attend	Volunteer	Lead/Teach
MN Youth Ski League			
Trail Grooming/Maintenance			
Snowmaking			
Ski Lessons for Adults			
Ski Lessons for Youth			
Outings			
End-of-Season Banquet			

What changes can we make to our organization to better meet the needs of our members? (please use the back of this form to add more comments)

Thanks for your input!