



# Chugiak Eagle River Nordic Ski Club

# Chugiak-Eagle River Junior Nordic 2022-23

President: Jason Dennis

JN Director: Ted Stille

1. Our board: ***CERNSC is more than Junior Nordic***
2. Junior Nordic: ***Learn to love to ski***
3. TeamSnap: ***Accountable and easy to use***
4. Skier Safety: ***Good for all of us***
5. Ski nights: ***Help our kids and our coaches have a great time***

	Groups	Coaches	Skiers
Early Bird	3	3	25
Mon / Wed	12	14	120
Tue / Thu	14	17	138
Program Total	29	35	283

Early Bird	Mon / Wed	Tue / Thu
Polar Cubs x 1	Polar Cubs x 3	Polar Cubs x 2
White Beginner x 1	White Beginner x 2	White Beginner x 3
White Zoomer x 1	White Zoomer x 2	White Zoomer x 3
	Blue Beginner x 2	Blue Beginner x 3
	Blue Extra x 1	Blue Extra x 1
	Orange x 1	Orange x 1
	Purple x 1	Comp x 1

# The Board: *CERNSC is more than Junior Nordic*

- Jason Dennis club president
  - 16 years with the club, 8 as president
  - Stepping down after this season
- Non-profit providing low-cost ski opportunities in Chugiak-Eagle River
- By-laws and meeting minutes at our website
- Club sponsored events
  - Annual community race “Ski the Beach for Erin”
  - Adult learners “tips and techniques” sessions
  - JN Coaches training
  - Rental skis
  - Promote trail stewardship and maintenance of Beach Lake trails with Anchorage MoA and Nordic Ski Association of Anchorage

BOARD MEMBER	BOARD POSITION
Jason Dennis	President
Mike Beiergrohslein	Vice President
Bob Stehn	Treasurer
Lydia Haigh	Secretary
Ted Stille	Junior Nordic
Barb Johnson	Communication / Newsletter
Aaron Foye	At Large
Jim & Ros Singleton	At Large
Alycia Beiergrohslein	At Large
Aurora Agee	At Large

Helpers: Mike Wright – website  
 Brian Slater – TeamSnap  
 Jess Hutchings – SWAG

*Open meeting late winter/early spring – Please consider joining our dedicated board as an attendee or even as a contributing member*

# Junior Nordic: *Learn to love to ski*

- As big as we have ever been!
  - 280+ children 4-14
  - 35 coaches / 29 groups
  - 3 sessions
- Foster a love of the sport and the opportunity to be outside
- Family oriented...please ski with your kids and their groups from time to time
- Introduce young skiers to the satisfaction of pushing themselves to be better than they thought they were...intensity breeds resilience!
- Progression from Polar Cub through Purple/Comp
  - Polar Cub, White Beginner and White Zoomer – no poles, classic technique – *find your balance*
  - White Zoomers - introduce poles - *find your upper body and your glide*
  - Blue Beginner, Blue Extra, Purple and Comp – skate technique, increased distances – *use your balance and your glide to go faster and farther*
  - Orange – Older kids new to skiing, classic with an accelerated learning curve - *find our sport*
- Junior Nordic hands off to Alaska Nordic Racing program and middle school ski teams

# TeamSnap: *Accountable and easy to use*

- Forward changes or issues to through the club email [erjrnordic@gmail.com](mailto:erjrnordic@gmail.com)
  - Please title messages with "TeamSNAP" + family name
- Club level account
  - + free application (limited ads) or paid application (ad free)
  - + easy for director to register/roster/communicate with families and coaches
  - + easy for coaches to communicate with groups
  - + easy for coaches to communicate with each other
  - + use to project availability
  - + families w/ multiple skiers must repeat some actions for each skier by team
  - - be sure to tap blue team banner to see other teams under your profile Contact information for coaches and skiers is found in "Roster"
- Use "Chat" for group messaging
- Check "Posts" for longer communications which simulcasts to your email as well
- *Coaches should not ski back to parking lot for late skiers, nor do I expect them to answer parent phone calls while the session is underway...use SNAP to communicate your intent to ski!*

# Skier Safety: *Good for all of us*

- Please be mindful of our community's health...keep sick kids home
- Objective hazards of our sport
  - Injury on the trail – please keep your phone on during sessions
  - Lost skier – head counts, sweepers and staying put
  - Moose – dump your skis and run for the trees
  - The cold – dress your skier for standing still
  - The parking lot – yikes, drive slowly and look twice before you move
- First-aid kit and sled at front of chalet
- Use 9-1-1 on the trails first, then reach out to site-coordinator
- Incident form
- Abuse policy
  - All coach positions are contingent on background check (Yardstik) – POC Ted Stille and Jim Singleton
  - No coach should ever be with a skier alone (never a 1:1 ratio)
  - Coaches may be with a group of skiers by him/herself
    - SOP for groups to have a high-school volunteer or additional parent-helper each night
    - High-school coaches will not take a group by themselves
  - Legal obligation to report any awareness of inappropriate behavior within 24-hrs to local law enforcement
  - Concerns that our safeguards are not being met should be addressed to Ted Stille (JN Director), Jason Dennis (CERNSC President), or any board member

Site Directors are also coaches + Chalet mom or dad  
M/W Early Bird Annette Brion  
M/W Brian Slater + you?  
T/Th Ted Stille + you?

*Our club's commitment to you and your skiers is to provide a positive and welcoming environment that ensures a lowest-likelihood of abuse, misconduct, or bullying, and a process of reporting if that commitment is not met.*

# Ski nights: *Help our kids and our coaches have a great time*

- Please check in using TeamSnap availability the day of your ski session, NLT 30 min prior
- Follow ASD weather cancellations/temp guidelines (-10 deg)
  - I may make subjective calls by 200p or 500p
  - Communicated through coaches via TeamSnap.
- Follow ASD calendar
- Parking lots will be busy – 120-130 kids a night!
  - Drive slowly and park tightly
  - Do not stop in traffic to drop skiers
  - Be patient and kind, please
  - If you are skiing with older skiers, consider starting from CHS parking lot
- Chalet available but we must be good stewards
- A parent on skis must accompany skiers 6 and under
- White Zoomer and above must have at least one ski-along parent to serve as sweeper each night
- Students from Eagle River and Chugiak HS teams will ski with groups starting in January
- *Early Birds – on the snow and ready to ski at 4p and back by 5p*
- *Blue Beginners, Blue Extra, Purple/Comp – at meeting spot by 620p, skiing away by 630p*
- *Polar Cub, White Beginner/Zoomer & Orange – at meeting spot by 625p, skiing by 635p*
- Skiers back by 730p
  - Coaches will not release a child to the parking lot, only to a parent
  - Skis off before kids enter the parking lot!



## Ski nights: *Help our kids and our coaches have a great time*

- What to wear: wool socks, non-cotton underlayers, mittens (especially for skiers not using poles)
  - Hat not a hood, please
  - Wool buffs
  - Pop handwarmers BEFORE you show up!
  - Snow pants and snow suits are appropriate for younger skiers
  - Outer layer is NOT cotton and has some windbreak or even waterproof quality to it!
- Polar Cubs - White Beginner will not use poles during the season
- Coaches carry kick wax for classic skiers
- Label your skis and poles to include name and phone number
- Group placement is a discussion with coaches first
  - Your child's success and happiness is contingent on proper placement...so is the success and happiness of the other 9 kids in the group
  - We rely on coach's recommendation
- Behavior
  - Individual sport DOES NOT mean that the whole group's experience will be sacrificed for the struggles of one child
  - If your child is having a difficult night, consider missing a session.
  - Our trails take skiers too far away from the parking lot if a kid is not being cooperative with a coach.
  - Volunteer coaches are passionate and will help to a degree, but more than "one bad night" begs a conversation about what's best for your child and the team.

*We want our coaches to promote the fun and love of outdoors that our sport brings. We also want our coaches to promote the aspect of this sport that pushes a child to be the best version of her or himself. That may mean sweat and temporary physical discomfort. It will also mean satisfaction and pride. They are up to it.* 7