

**Chugiak-Eagle River Junior Nordic  
Parent Meeting  
Nov. 27 & 28, 2023**

**Welcome:** Kristi Brown, Board President

**Junior Nordic Director:** Aurora Agee

|                   | <i>Groups</i> | <i>Coaches</i> | <i>Skiers</i> |
|-------------------|---------------|----------------|---------------|
| <i>Early Bird</i> | <i>4</i>      | <i>7</i>       | <i>31</i>     |
| <i>Mon/Wed</i>    | <i>13</i>     | <i>15</i>      | <i>129</i>    |
| <i>Tues/Thurs</i> | <i>14</i>     | <i>15</i>      | <i>128</i>    |
| <i>Total</i>      | <i>31</i>     | <i>37</i>      | <i>288</i>    |

- Foster a love of the sport and opportunity to be outside and enjoy the trails
- Family oriented! Ski with your kiddos, and also enjoy the trails on your own.
- Polar Cub >> White Beg >> White Zoomer = Classic technique
- Blue Beg >> Blue Extra >> Purple >> Comp = Skate technique, increasing distances and endurance
- Orange >> Classic Technique for older kids new to skiing (9-12)
- It is ok and expected for kids to remain in the same level for more than one year depending on maturity and skill level..
- Introduce coaches in the room.

**Schedule:**

- Dec. 11 - Mar. 7
- 7-8pm first two weeks
- January, skate ski groups will begin at 6:45pm
- No Jr. Nordic during Christmas Break
- Yes to Jr. Nordic on MLK day and President's Day
- If temps are trending below zero we will cancel.
- We may NOT always follow ASD school closures. If the roads and trails are ok, let's ski! Decisions will be made by 5pm and distributed through TeamSnap.

**Pick-up/Drop-off**

- Parking lot is VERY BUSY on Jr. Nordic nights, drive slow, *arrive early*.
- Park and get out, help your kid find their group and get set up on skis.
- Coaches release to Parents, not to a parking lot.

## Assessments

- ***Rosters are not final***
- Coaches will be doing assessments the first week to two weeks and making adjustments. Expect some kids to move. (except for the 4 year olds!)
- The goal is to make sure each skier feels comfortable and has fun!
- Coaches will take into account the ability and attitude of all skiers in the group when putting groups together. **Our goal is to create groups that will largely be able to ski together.**

## Gear:

- Hat, not a hood.
- Wool or synthetic socks, non-cotton underlayers, gloves/mittens
- Wool or synthetic Buffs
- Pop handwarmers BEFORE arriving at the Chalet
- Snow pants and snow suits are appropriate for younger skiers
- Outer layer is NOT cotton and has some form of windbreak/waterproof quality

## Site Director/Chalet Parent

- Early Bird M/W Site Director: Annette Brion
- M/W Site Director: Brian Slater
- M/W Chalet Parent: Courtney Schwartz
- T/Th Site Director: Kristi & Alan Brown
- T/Th Chalet Parent: *need a volunteer*

## Communication

- Keep communication local, reach out to your child's coach first.
- If necessary, the coach will involve the Site Director next.
- Use TeamSnap! Please download the app on your phone.
- Please check in using Availability to let the coach know to expect your kid each night. (Or not)

## Jr. Nordic Policies

- All coaches will have a background check within last year
- No 1:1 coach to skier ratios, always have a group
- All coaches carry phones with TeamSnap to communicate across the trails about moose/injuries/broken equipment/etc
- In the event of an injury, parents will be contacted and the skier will be brought to the chalet by appropriate means.

# Questions??