

Program Guide 2011-2012



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Objective

The CBNT provides an opportunity to participate in sport and recreational activities in programs that meet the needs of 1st time skiers and elite competitors of all ages. The following descriptions chart a course of athlete development from children to adults. We hope you find a program that meets your family's needs. Please stop by the Nordic Center or call Duncan Callahan at 970-275-8950 if you have any questions or require additional information.

Goals

- Maintain physical integrity
 - Enhance social interaction
 - Facilitate a healthy quality of life
 - Educate and guide through nutrition
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Introductory Program (Dec. 6, 2011 - Feb. 28, 2012)

Introductory level program where participants are introduced to cross country skiing in a fun and nurturing environment. Skiers experience easy skiing and games.

Bubba's Bunch (Ages 5-13)

Emphasis on skill games and learning to ski. A chance for the 'busy kid' to learn to ski and be exposed to a lifetime of health.

- Minimum requirement: No experience necessary
- Nordic Center provides equipment.
- Tuesdays 3:45-5:15pm
- Cost: \$300

Kids Klub (Ages 8-13)

Emphasis on skill games and learning to ski. Skill development will be enhanced with more participation. Explore the enjoyment of recreational cross country skiing.

- Minimum requirement: No experience necessary
- Nordic Center provides equipment.
- Tuesday & Thursday 3:45-5:15pm
- Cost: \$375

Development Program (Dec. 5, 2011 - March 2, 2012)

This program is designed for those participants who have experience in cross-country skiing and wish to explore the enjoyment of cross-country ski training and competitive racing. Skiers participate in physical conditioning activities and learn the basic cross-country techniques.

Biathlon (Ages 13-15)

More training and skill development while emphasizing team building and fun. Emphasis on a high level of skiing and racing. This program is also designed to foster and develop a strong desire for health, fitness, and pushing limits. We will develop strong minds, a desire to push through discomfort, and learn how to set and achieve goals. We will foster a strong sense of team and family in this program.

- Minimum requirement: Two seasons of cross country experience. Exceptions can be made based on skill level and athleticism, or coach recommendation.
- Nordic Center can provide equipment.
- Monday, Wednesday & Friday 3:45-5:15pm (rotating shooting and skiing on a week to week basis), Thurs. 3:45-5:15pm (ski only day)
- Cost: \$350

Cross Country (Ages 11-13)

More training and skill development while emphasizing team building and fun. Emphasis on a high level of skiing and racing. Personalized technique work and workouts. This program is also designed to foster and develop a strong desire for health, fitness, and pushing limits. We will develop strong minds, a desire to push through discomfort, and learn how to set and achieve goals. We will foster a strong sense of team and family in this program.

- Minimum requirement: Two seasons of cross country experience. Exceptions can be made based on skill level and athleticism, or coach recommendation.
- Participants need cross country equipment (classic and skate).
- Monday - Thursday 3:45-5:15pm
- Cost: \$450

Competitive Cross Country Program (Ages 14-18)

More advanced training and skill development while emphasizing team building and fun. Emphasis on a high level of skiing and racing. Personalized technique work and workouts. This program is also designed to foster and develop a strong desire for health, fitness, and pushing limits. We will develop strong minds, a desire to push through discomfort, and learn how to set and achieve goals. Skiers compete in local, regional, national and in some cases, international competitions.

- Minimum requirement: Two seasons of cross country skiing and highly motivated.
- Participants need cross country equipment (classic and skate).
- Participants need USSA & FIS Comp License and RMN (Rocky Mountain Nordic) Membership.
- Monday - Friday 3:45-6:00pm & Saturday morning (On snow)
- Monday & Wednesday 6:15-7:30am (CBSC athletic room)
- Cost: \$850

U23 (Ages 18-23)

This program is designed for highly motivated athletes taking time off between high school and college to pursue competitive cross-country skiing at the highest level. Athletes have up to two years to train and compete before they begin to impact their NCAA eligibility. Participants in this program should be accomplished XC racers, and can expect to compete in regional, national and potentially international competitions.

- Minimum requirement: Highly motivated
- Participants need cross country equipment (classic and skate).
- Participants need USSA & FIS Comp License and RMN (Rocky Mountain Nordic) Membership.
- Monday - Friday 3:45-6:00pm & Saturday morning (On snow)
- Monday & Wednesday 6:15-7:30am (CBSC athletic room)

- Cost: \$850

Birkie Training Program

The Crested Butte Nordic Team is offering a training program designed to help you achieve your goals, whether they are to finish the race or set a personal record. (Please contact Emma Lohr for questions or registration: lohref@gmail.com or 907-301-9356.)

- Details TBD (To Be Determined)

Program Fees

(TF-Additional travel fees to be expected. WF-Waxing fee may incur.)

Nordic Program	Paid in Full by beginning of program	Paid in Full by Dec. 12th	Paid in Full by Jan. 11th	Volunteer Work Deposit	Additional Fees
Bubba's Bunch	\$300	\$330	\$360	\$25	
Kids Klub	\$375	\$413	\$450	\$25	
Devo-Biathlon	\$350	\$385	\$420	\$100	TF, WF
Devo-XC	\$450	\$495	\$540	\$100	TF, WF
Comp-XC	\$850	\$935	\$1020	\$100	TF
U23	\$850	\$935	\$1020		TF, WF
Birkie Training	\$400	\$440	\$480		WF

Terms & Conditions

Registration must be completed by all participants before the beginning of the first day of their program.

Program fees have three payment options. To receive the lowest program fee, the full payment must be received no later than the first day of each program.

- If final payment is not submitted by Jan. 11, 2012, participation in any Club activities will be suspended until final payment is received or an alternate plan is developed.
- A \$25.00 handling fee will be assessed each time a check is returned unpaid by the bank.

All fees are non-refundable in all cases except for medical reasons only, with a written note from a Physician.

Scholarship applications are due by Dec. 2, 2011 and will be awarded by Dec. 15, 2011.

Competitive Program - USSA & RMN Memberships must be paid in full by Nov. 15, 2011. Applications are available online at www.ussa.org and www.rmnnordic.org

Forms must be signed by the athletes and parents where applicable.

Volunteer Work Deposit is paid in addition to program fees at the time of registration. The purpose of the VWD is to insure that workers are available and motivated to help with fundraising and program events for the CBNT. This helps to keep our costs down, therefore directly benefiting each member of the Team. *The hours worked under the VWD system are considered the minimum amount of work effort needed to operate the many events produced by our non-profit organization.*

Families with more than one child participating in the CBNT pay only one work deposit.

VWD amounts may be earned back throughout the season at a rate of \$5 per hour for family members who are 12 & under and \$10 per hour for those 13 & over. Volunteer Work Cards will be located in the Nordic Center or online at www.cbnordicteam.org

Parents are responsible for keeping tally of completed hours using their Volunteer Work Cards and not the responsibility of CBNT staff, coaches, or coordinators. Volunteer Work Cards are due by April 30th if you have satisfied your work deposit amount. If you have volunteered for a summer fundraiser (limited space) Work Cards are due by Aug. 15th.

Refunds will be issued in the form of a check and *no deposits shall be refunded if cards are turned in after March 1st or Aug. 15th.*

If you have any questions or are having trouble satisfying VWD hours, you should communicate with Rose Reyes via email violetsareblu@yahoo.com well before the cards are due.

Sign-up A Friend is \$100 non-refundable/non-transferable credit towards this year's program fee. Friend must be brand new to the program and must sign up no later than one week after program begins.