

St. Bonaventure Ski Club

A Parent's Guide for First Time Skiers & Helpful Hints for Others

Old Man Winter is Calling!

2011-2012 Ski Club Dates: January 12, 2012 January 26, 2012 February 16, 2012

It's time to hit the slopes! **Ski Club at St. B is open to students in grades 6, 7 & 8.** All are welcome -parents too- from beginners to experts, skiers, boarders, and lodge sitters alike! **Final cost** will be determined when we have a better idea of the number of participants. You can come to any or all of the above dates.

Know what to expect. There's a steep initial learning curve for skiing. Skier or Boarder, they'll be falling down **lots** the first time out. Lessons are the best investment you can give your new skier/boarder. Many resorts require lessons for first-time skiers & boarders.

Paperwork for our first session will be sent home through school on January 3rd, 2012. There will be a quick turnaround time, so please look for it to come home!

The Schedule

Ski Club departs the parking lot at **3:30 pm**. The bus ride to Hidden Valley is a bit over an hour. We'll return to St. B around **11:00 pm**; the students may call when we're in Harmarville. **Provide a bus snack** and a meal or money for the lodge's cafeteria. Skiing burns calories!

The Caveat

Unfortunately, we do not have any Fridays off in January or February. Skiing on a weeknight keeps the cost significantly lower. If ski club members show up late for school on Friday, they jeopardize participation in future ski club events. Students are expected to be in class on time barring serious illness or injury.

Behavior Expectations

We have the usual high expectations for our students, especially since skiing is a mostly unsupervised activity. It's simply not possible for chaperones to watch every skier all the time. Any act of misbehavior will be handled according to the school discipline policy. Behavior issues on the bus, slopes or lodge may result in students being suspended from future ski trips and other off-campus activities.

Parents Are Welcome (especially those with School Clearances)

We encourage parents to join us on the bus! All bus chaperones are required to have their Diocesan Clearances. We ask that you serve as "extra eyes." With so many students, we need as many chaperones as possible, both on the slopes and in the lodge. You pay for what

you use, be it just the bus ride or the whole ski package (some parents choose to drive up on their own to Hidden Valley). We ask that no alcoholic beverages be consumed by our adult bus riders. Thanks for your understanding!

Equipment

Hidden Valley has very good rental equipment. That said, boots are unwieldy and stiff, skis and poles are long and uncooperative. There are lockers that accept dollars (\$2 per use) to stash personal belongings.

- **Helmets.** Highly recommended for both skiers and boarders, \$5 extra at rental shop. Hard-pack snow and east coast ice hurt when you fall (and you will fall). Ski helmets are warm and protective. *We only have one brain so protect it!* If taking a lesson, a helmet is required by Hidden Valley.
- **Boots.** Fit snugly, virtually immobilizing the foot and ankle. There's a lever on the back to make walking in them slightly easier—just remember to reset it for skiing.
- **Skis.** Modern skis are spade-shaped. The bindings secure the boot to the ski. The skier must honestly state their **ability level** (I-beginner; II-intermediate; III-advanced) as well as their **true weight**. The techs use this info to set the bindings so that the boot releases from the ski when needed. Inaccurate weight & ability info greatly increases chance of injury.
- **Poles.** Mostly they just get in the way for a beginner skier, but they're part of the package.
- **Snowboards.** Includes boots and board. Does your kid ride **regular** (left foot front) or **goofy** (right foot front)? The binding holds boot on board. Does not release on impact. **Helmets highly recommended**, regardless of experience.

Common Sense Disclaimer

You ski at your own risk. Small electronics are great for the bus—they're also an invitation for theft. They should be left on the bus or locked in a locker. St. Bonaventure is not liable for injuries or lost or stolen items. Please use common sense.

Suggested Attire: DRESS IN LAYERS!

You can't put on what you don't have with you! You might as well throw your money away if your child isn't prepared for the elements. They'll take one run and sit in the lodge texting the rest of the night. Hidden Valley is windy and 10 to 15° colder than Pittsburgh. Below 32°F, the resort makes snow (granulated ice: great for skiing, torturous on exposed skin). **Frostbite** is a very real risk. Chaperones will send frostbitten students off the slopes, so:

- **Hat!** (and **goggles** if you have them). Manmade snow feels like sandblasting against the skin. A **neckwarmer** or **scarf** will protect the face. A **bandana** worn bandit-style under the neckwarmer helps catch boogers & keep skin dry.
- **Snowpants** or something durable and **waterproof**. Jeans get very wet and very cold very quickly.

- A warm **jacket** layered over a **fleece** or sweater. Sweatshirts are not adequate for night skiing.
- **Gloves** or **mittens** made for snow (**waterproof**). Knitted gloves are **not** warm nor waterproof enough.

Socks that go over the calf. Ski boots are worn snugly around the calf, and the padding of a high sock will help ease "boot bang." A sock designed for outdoors is best (not necessarily thick—more important that it wicks moisture), but smooth tube socks work too. A sock that's ribbed or cabled will cause pain and bruising.

Checklist — know how much you weigh!

Hat	Goggles
Neck Warmer/Scarf/bandana	Mittens/Gloves (not knitted!)
Warm Jacket	Sweater/Fleece
Long Underwear/turtleneck	Snowpants
Socks that go over the calf	Spending Money for food
Dollars for locker	Snack
HOMEWORK (No excuses! Still have to get that done, too!)	Own your own equipment? Don't forget that!

Now is a great time to find skiwear. (check Marshall's, TJ Maxx, Dick's, Dunhams & Walmart for inexpensive layers, goggles & mittens, snowpants & jackets. You can sometimes even find ski helmets)

Know the Rules of the Slope!

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have knowledge and ability to load, ride and unload safely.

Questions? Please don't hesitate to contact us:

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