**Congratulations!** You are now registered as a member of the Everett Mountaineers 2018 Nordic Ski Course. On behalf of the Everett Nordic Ski Committee, we would like to welcome you to the wonderful learning experience on which you are about to embark. Please read this letter carefully. It contains details about several important dates to note and actions you must take.

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| --- | --- | --- | --- |
| Purpose of the Course | Nordic Skiing, like other sports, takes experience to do well. Our goal is to give you a firm foundation on which to build your skills to the level of expertise you desire. Whether you are interested in skiing in groomed tracks or trekking on long logging roads, this course will give you a good start toward meeting your goals. | | |
| As you are probably aware, the course is broken into a series of lectures and field trips. This letter will briefly introduce the segments of the course to you and outline what will be expected from you. | | | |
| Lectures | | There are two lectures planned. They will occur on Thursday, January 4, and Thursday, January 18. All lectures will begin at 6:30 p.m. (though we ask that you try to arrive early for the first lecture – see below), will last three hours each, and will be held at the Evergreen Middle School, at 7621 Beverly Lane, Everett, WA 98203. Course resources/syllabus are locate on the Mountaineers website. | |
| **First Lecture Check-in**  **Field Trips**  **Student Ski Trips** | | Plan to arrive between 6:15 and 6:30 p.m. for the first lecture, on Thursday, January 4. This will allow time for welcomes and check-in prior to the beginning of the lecture. We will have some light snacks and hot beverages for you to enjoy.  There will be three field trips held. They will occur on Saturday, January 13; Saturday, January 20 and Saturday, February 3. Currently, these trips are scheduled to take place at Kahler Glen Golf Course, Stevens Pass Nordic Center and Gold Creek SnoPark. These locations may be changed depending on snow conditions. Please expect these field trips to take all day and hopefully you will consider joining your instructors and other students for an après ski dinner after the field trips. The after ski meals are a great ways get to know each other. Carpooling for fieldtrips will be arranged at field trip meeting locations. More information about field trip meeting times and locations can be found in the syllabus.  After completion of the lectures and field trips, students wishing to graduate from the course will need to participate in at least one regular club ski trip. A variety of these will be held throughout the season as conditions permit. | |
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|  | | . | |
| **Graduation Requirements** | | | Attendance at the two lectures, all three field trips, and participation in a regular club ski trip are all prerequisites for graduation. |
| Ski Rentals | | | If you do not already own skis, please be prepared to rent skis for the field trips. See Nordic Ski Rental information under course materials at: mountaineers.org. You can expect to pay $20 to $35 per day for Nordic ski rentals (this will include boots and poles). There are also opportunities for season ski rentals. More rental details are in course materials. |
| Buying Ski Equipment and Clothing | | | It is recommended that you **NOT** purchase any clothing or gear prior to beginning the course. You will receive information during lectures and in your course materials that will assist you in finding and procuring items that are economical and well suited to skiing activities. Additionally, it is best to try out a few different types of skis before buying to make sure you purchase equipment that works for you. If you have questions about clothing or equipment you already have, please bring them to first lecture and consult with one of our instructors. |
| Conditioning | | | Nordic skiing is a strenuous activity. To make the most of your training experience and increase your enjoyment of the sport, we recommend you begin a conditioning program if you haven’t already. Taking hikes, going for a brisk walk on your lunch break and beginning a stretching routine will all enhance your physical fitness and help prepare you for the class. |
| Questionnaire | | | Enclosed with this letter, on page 3 and 4, you will find a skills questionnaire and a marketing survey. The answers you give will provide us with the information we need to assign you to your field trip group. Please complete this questionnaire and either give it to us when you check in on Thursday, January 4, or email to: [everettnordicski@gmail.com](mailto:everettnordicski@gmail.com) |
| We are pleased you will join us for the Everett Mountaineers 2017 Nordic Ski Course. Our instructors and lecturers are all volunteers, selected because they care about teaching safe Nordic skiing skills and sharing their knowledge and experiences. We are sure you will find the training both challenging and enjoyable, and encourage you to ask questions to maximize your learning during the course.  If you have any questions, please do not hesitate to contact us.  In the meantime, think good thoughts for snow. | | | |

Sincerely,

Rachel Sadri

Field Trip Coordinator

Phone: 206-890-8881

E-mail: everettnordicski@gmail.com

## Student Ability Questionnaire

Please take the time to give us an honest appraisal of your ski experience and endurance so that we can place you in the group that best meets your needs.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am a … (circle one)

|  |  |
| --- | --- |
| Basic Student A Basic Student B | I have never skied or have minimal experience on downhill or Nordic skis.  I have minimal experience on cross country skis but am comfortable on downhill skis. |
| Advanced Basic Student | I have cross-country skied before but have never taken a lesson or I took one long ago. I am comfortable on skis and can move without fear of falling. I can stop on level terrain. |
| Intermediate | I know how to Nordic ski. I can stop going downhill and go up hill without difficulty. I am taking the course to polish my skills so I can go through deep snow and cross steep terrain. |

Describe your skiing and outdoor experience:

Endurance/Cardio Level… (circle one)

|  |  |
| --- | --- |
| Basic | I do cardio workouts occasionally and/or need to take frequent breaks when hiking, etc. |
| Intermediate  Advanced | I do cardio workouts 2-3 times a week and/or have the endurance to go all day at a steady pace.  I do cardio workouts 4 or more days a week and/or could be running marathons, etc. |

Other comments:

## marketing survey

Please take the time to give us feedback on how you learned about the Everett Nordic ski class and your goals for the class.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I … (Check the most accurate box)

* Am a Mountaineer member
* Became a member to enroll in this class
* Am not a mountaineer member
* Am not a mountaineer member but am considering becoming one

I learned about this class… (Check all boxes that apply)

* From a friend who took the class in the past
* From a friend who was interested in taking the class
* Ski mountaineers blog
* Facebook page
* Searching mountaineer web site on line
* Mountaineer course night
* Mountaineer monthly magazine
* Mountaineer electronic announcement or email
* Flyer/poster (where? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*If referred by someone, who referred you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

My goal(s) for taking the class is… (Check as many as apply)

* Learn to cross country ski for the first time
* Improve cross country skills
* Get outdoors in the winter
* Meet new people to ski with
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_