

Summit Ski Club – Update, February 22, 2012

Summit Family Fun Ski Night

Last weekend we held our annual Summit Family Fun Ski Night. It was great success with about 220 tickets sold. The weather was excellent and it exposed our club and skiing to many participants. Huge thanks to those who helped with various volunteer duties, the coaches offering their expertise on the ski hill and to the families who were able to support our auction. The donations of baking were greatly appreciated and many of our guests were very impressed by the offering. Our club raised about \$3,500 through these efforts and those funds will be utilized for additional equipment purchases.

Grocery Gift Cards

We will be commencing our scheduled grocery card drive, which has a deadline of March 2nd. I realize this is a busy and expensive time of year for all of us, but by following this deadline, we will be able to order the cards and distribute them in season which is a great help. I have attached the order form as a Word doc. and pdf. Please consider offering card purchases to friends and family as well as for your own grocery purchases. Joe Healey will be accepting orders and cheques. If you require any clarification on the program please give me a call at 955.1741.

This Week

This will be another busy weekend for many of our members attending the Asessippi Speed Camp open to E2 and older athletes and the races on Sunday for K2 and up athletes. For those members staying back in Winnipeg this weekend we will have normal scheduled training on Thursday evening and Sunday morning.

For those attending Speed Camp, Coach Brian has prepared some instructions and an itinerary. If you have not responded to me about attending the speed camp and the team dinner Saturday, please do so as soon as possible.

RE: Super Combined Camp

... Exciting time of year when we get to this point ... this weekend's camp!

Please print this section so that you will be able to refer to the activities times below.

I am thrilled that Dan B will coach for Summit this weekend and in addition, he will coordinate this major event. I be coaching our athletes as well beginning Sat AM. Another Summit Coach is TBA.

The schedule for Friday and Saturday is indicated below:

Each day will begin with an athlete warm-up at 8:50 AM, out front at the ski racks. This warm-up will be conducted by Sam and Anna.

Friday Feb 24

13 yrs+ SL Friday AM, athletes 9-12 yrs SG Friday AM Please note: The triple chair will be open for 9:30 AM

Athlete (E2 - K1 athletes of Friday) meeting for Super GS side at approximately 10:00 AM at the top of Roller Coaster. Athletes will be expected to ski warm-up runs on their own until designated meeting times. No tucking permitted outside of the race run!

Athlete (13 yrs +) begin SL activities, inspections etc at approximately 9:30 AM

The morning session will likely run until 12 noon, the afternoon session will begin at 1 PM (announcement will confirm this from the coaches in the AM session)

Note: Indoor meeting for all athletes on Friday is at 3:30 PM in the Sugar Shacks.

Saturday Feb 25

Summit Warm-up at 8:50 AM

Athletes will be expected to ski warm-up runs on their own until designated meeting times. No tucking permitted outside of the race run!

13+ yrs SG Saturday first AM, 9-12 yrs SG Saturday 2nd session in AM

Note: Times for these sessions Sat AM will be confirmed at athlete meeting on Friday at 3:30 PM

Safety notes:

- Athletes in Super GS training and racing will be required to use poles without SL guards.
- Helmets should not have the SL chin guard either.
- Athletes who have mouth guards should be wearing them for speed and SL activities.
- Back protection for those athletes who have, should be worn in all speed events
- Athletes who have speed suits should be wearing them for all events with appropriate warm-up clothing on top.
- **Athletes must attend the athlete designated meetings at the top of the race run for any super GS training**
- Drinks and snack are required on hill, Friday is a long day.

Sunday Feb 26- Super Combined Race (two races on the same day)

This event is for k2 and older athletes and includes one run of Super GS in the morning (this counts as the first run in the Super Combined, and counts for the one run Super GS). The second run of the super combined consists of one run SL (the race includes the total time of the morning and afternoon runs)

As there is no banquet on this weekend, I'll look forward to seeing our Summit gang at the Summit dinner on Sat night!

My cell # is 229-9608. Please do not hesitate to call me if you have any questions.

Brian
Head Coach

Hatherly,

Thank you

Rob Grycko

