

2011 - 2012 GRAND MESA GLIDERS

LITTLE GLIDERS PROGRAM

GMNC's cross country ski program for children ages 5-8. All children will be on waxless classic ski equipment. The program is designed for any level skier in this age category. The emphasis in this program is having fun on skis, playing games, and socializing with other children while developing basic skills in the classic technique. Children will be grouped by age and/or ability level. If children do not have their own equipment, low cost ski rentals are available through Skis for Kids.

GLIDERS PROGRAM

The Grand Mesa Gliders is the GMNC's cross country junior ski program for children. Gliders' programs are for youth from 9 to 16 years old.

The program is designed for any level skier - from young skiers who want to learn how to cross country ski to skiers who have the basic fundamentals and want to get ready for racing. Beginners will learn the classic skiing technique. Intermediate and advanced skiers will practice basic cross country ski skills, including VI, VII, VII alternate, and classic skiing. Getting out on skis and having a good time will be the emphasis for all groups.

Gliders will race, tour, train, play games, do drills, and learn how to ski or improve their skiing. All Gliders are required to have their own classic equipment (waxable or waxless).

Assistance is available for those with limited income (please contact Annie Murphy for equipment application). For intermediate and advanced skiers, limited skate ski rentals and/or waxable combi skies are available for rent through GMG for an additional charge of \$10.00.



Location: All lessons will be held at Skyway.

Program Director: Annie Murphy

Gliders Coaches: Chris Murphy, Kenton Shaw, Sarah Dufford Shaw, Dave Knutson, Erin Murphy, and Janie Duffy

Fee: **Little Gliders:** \$35.00, GMNC members; \$40.00, non-members. Equipment rental is available for an additional charge of \$5.00. Rentals must be requested by December 15th.
Gliders: \$45.00 for GMNC members, \$50.00 for non-members. Skate or combi ski equipment rental is available for an additional charge of \$10.00. Rentals must be requested by December 15th.

Little Gliders Ski Schedule: Saturdays in January as follows:

January 7 - 10:30-11:00 - pick up skis and parent orientation
- 11:00-12:00 - ski lesson
January 14 - 11:00am*-12:00am
January 21 - 11:00am-12:00am
January 28 - 11:00am-12:00am
February 4- 10:30am-12:00pm - **Game and Race Day** (Turn in all rented skis after session).

** Please make sure children's skis are on and they are ready to go at 11:00am.*

Gliders Ski Schedule: Saturdays in January as follows:

January 7 - 10:15-12:00 - orientation, ski rental pick-up, and lesson
January 14 - 10:30am-12:00pm
January 21 - 10:30am-12:00pm
January 28 - 10:30am-12:00pm
February 4 - 10:30am-12:00pm - **Race Day and Picnic;**

Races: Gliders are encouraged to participate and will receive free entry in GMNC's races on the Grand Mesa: See www.gmnc.org for race dates and times. Distance for children's races will be 1K or 5K.

WHAT ELSE?

The success of our programs depends on the volunteers. GMNC is a volunteer organization and encourages all parents or guardians to volunteer one hour of their time to assist the Glider program in any capacity, see below. We also strongly encourage car-pooling, as there is limited parking at trailheads. Please continue to check our blog: <http://gmgliders.blogspot.com> for up to date information. For weather-related cancellations, call Annie Murphy at (970) 623-4424.

*Grand Mesa Nordic Council and Grand Mesa Gliders are equal opportunity employers. Grand Mesa Nordic Council operates under a permit granted by the USFS for cross country ski guiding on the Grand Mesa.

Please return this page to Grand Mesa Gliders at the address listed below.

Name (child) _____ Age _____

Date of Birth _____

School _____

Allergies/Medical
Conditions _____

Ski Level (Beginner, Intermediate, Advanced) _____

Other Sports _____

Parent/Guardian Name _____

Address _____

Email _____ Phone _____

Ski Rental

Boot size _____ Height _____ Weight _____

- Little Glider January program, GMNC member (\$35.00)
- Little Glider January program, non-member (\$40.00)
- January program, GMNC member (\$45.00)
- January program, non-member (\$50.00)
- Little Glider ski rental (\$5.00)
- Skate ski rental (\$10.00)

Apparel:

- Grand Mesa Glider Logo Hat, fleece lined (\$10.00)
- Grand Mesa Glider Logo Warm-up jacket, (\$50.00) size _____

Amount enclosed: \$ _____

Make Checks Payable to Grand Mesa Nordic Council. Mail to GMG, P.O. Box 45, Mesa, CO 81643.