



## Dewey Mountain Youth Ski League

The Dewey Mountain Youth Ski League winter cross country ski program's main goal is to develop a life-long love of skiing by introducing young skiers to all aspect and disciplines of Nordic skiing. Participants will become confident skiers through fun and games on skis, skill development exercises, and race participation, while developing a strong group dynamic as part of the Saranac Nordic team.

### THURSDAY PROGRAM

Thursdays 4:00 – 5:00 | Kindergarten through 6th grade

*Recommended abilities* – Some ski experience and interest is recommended, but not necessary.

*What to expect* – The emphasis on Thursdays will be on FUN! All age groups will start the session with fun and games in the field and then split into small groups based on age/ability. Small group sessions will vary depending on age/ability.

6 – 7 year old skiers will work on basic ski skills while exploring the trails at Dewey, play games in the field, or take part in a special activity for that day.

8 – 9 year old skiers will work on basic ski skills, expand on existing skills and technique, explore the trails at Dewey, play games that are intended to develop appropriate skill sets, or take part in special activity for that day.

10 – 13 older skiers will be further introduced to all aspects of xc skiing including skate and classic technique.

-Cost per child for DMYSL Thursday only program - \$40.00

### TUESDAY - THURSDAY PROGRAM

Tuesdays 4:00 – 5:15 (Tuesday Night Kid's Race to follow) | Thursdays 4:00 – 5:00pm

*Recommended ages for Tuesday program* 9 - 13

*Recommended Abilities* - Prior ski experience is necessary and an interest in competitive skiing and skate skiing is necessary.

*Necessary Equipment* - Skiers who participate in the Tuesday program will need to have both Skate and Classic ski equipment.

*(Dewey Mountain Recreation Center does have limited ski least options)*

*What to expect* - *(Thursday program as listed above)*

Tuesdays will focus on skiers' interested in racing and the skills and techniques necessary for competitive skiing. Participants will be encouraged to participate in the Dewey Mountain Tuesday Night Races, which will follow Tuesday lessons.

Tuesday skiers will need equipment suitable for both classic and skate skiing.

-Cost per child for DMYSL Tuesday, Thursdays program - \$70.00

## THE DEWEY MTN YOUTH SKI LEAGUE SEASON STARTS > THURSDAY, JANUARY 3RD

### Hey Parent's! Interested in helping out?

We are always looking for a couple parents each week to ski with our groups. As the season approaches you will receive an email with a link to a doodle poll which will allow you to enter your name and choose a date (or two) that you would be willing to lend a hand. Guaranteed to be a good time!

My child will be participating in the following...  
\_\_\_ Thursday only \_\_\_ Tuesdays & Thursdays

## Skier Registration Sheet

Participant's name \_\_\_\_\_  
Participant's age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
School \_\_\_\_\_  
Parent's name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_  
Email address \_\_\_\_\_

Emergency contact \_\_\_\_\_  
Home phone \_\_\_\_\_  
Cell phone \_\_\_\_\_  
Can this person pick-up your child \_\_\_\_\_

### Program options

\_\_\_ Thursday only program - \$40.00 \_\_\_ Tuesday - Thursdays program - \$70.00

### Payment options

Full Payment enclosed (\_\_\_) Cash (\_\_\_) Check\*  
>> \*Please make checks payable to ALTO-Dewey Mountain <<

Full payment must be received by December 1 to secure your spot

Payments can be mailed to: DMYSL  
c/o Adirondack Lakes & Trails Outfitters  
541 Lake Flower Ave  
Saranac Lake NY 12983

### *~Participation permission~*

\_\_\_\_\_  
Participant's name \_\_\_\_\_ Date \_\_\_\_\_

Has my permission to participate in the Dewey Mountain Youth Ski League

\_\_\_\_\_  
Parent or legal guardian's signature \_\_\_\_\_ Date \_\_\_\_\_

## Rental Equipment

Dewey Mountain has a limited quantity of both skate and classic ski equipment available for season lease.

Cost for season lease is \$40.00.

Yes I am interested\_\_\_\_\_

## Equipment specifics

Skier's Name\_\_\_\_\_Age\_\_\_\_\_

Height\_\_\_\_\_ Weight\_\_\_\_\_ Shoe size \_\_\_\_\_

Skate\_\_\_\_\_ Classic \_\_\_\_\_

All equipment will remain at the Dewey Mountain Recreation Center unless otherwise agreed upon with management. Lessee and Management will inspect equipment at the beginning and the end of the skiing season. Lessee will be responsible for replacing or repairing lost or damaged equipment. DMYSL skier will responsible for making sure equipment is returned to it's proper place at the end of every lesson.

\_\_\_\_\_  
nt signature Pare  
date

-----for DMYSL official use-----

Boot style/make\_\_\_\_\_

Boot size \_\_\_\_\_

Skistyle/make\_\_\_\_\_

Ski size\_\_\_\_\_

Poles size\_\_\_\_\_

Paid in full: \_\_\_\_\_

Notes:

