

SUMMIT LAKE RACERS - NOVEMBER 2009 NEWSLETTER

Welcome to the Summit Lake Racers 2009/2010 season!

Who We Are

The Summit Lake Racers club provides a fun and exciting season for ski and snowboard racers. We emphasize development of a life-long love for winter sports and building skills - physical, social and personal - through team-centered practice and race participation. Racers will develop technical skills in a supportive, motivating environment as they prepare to experience the challenges and rewards of competition.

Annual General Meeting - Thursday, November 12th at 7:00 PM, NES Library

We need people to join our Board of Directors to maintain the league. Each year the following volunteer positions need to be filled in order to run the club.

2008/09 Executive and Board of Directors

- o Co-presidents - Brenda McQuair and Frances Swan
- o Treasurer/Registrar - Trish Cannon
- o Secretary - Christina Nolan
- o Public Relations - Elaine Tupper
- o Fundraising - Kelly Waterfield and Nancy Bone

Coaches

- o Head Coach - Doug McQuair
- o Nancy Greene Ski League - Barb Lewis, Roger Waterfield, Dan Nolan, Nicole Nicholson, Frances Swan
- o Nancy Greene Snowboard - not currently filled
- o High School Ski - Brenda McQuair, Doug McQuair, Susie Madden, Misty Crosby-Bone,
- o High School Snowboard - Matt McKee

Team Coordinators

- o Nancy Greene - Ski and Snowboard - currently not filled
- o High School Team - Ski and Snowboard - Judy Eichorst
- o K-level -

The effort of the whole race club makes the year a success. Please feel free to bring ideas, comments, and observations forward to any director or coach.

SUMMIT LAKE RACERS COACHES

As some of our own racers grow out of the league, our volunteer parent-coaches will not be involved and new coaches are needed to take their place. To ensure that the program is carried from year to year, we strongly encourage anyone who is interested to take the training and become a qualified ski or snowboard coach. Coaches working with Nancy Greene ski league must be certified CSCA coaches. If you are interested in becoming a full or assistant coach, please contact Brenda McQuair by November 12th. There will be a CSCF entry level course at Whitewater on December 19 to 21.

****The league is willing to support coach training by subsidizing the cost of courses.**

REGISTRATION

Registration forms can be picked up at dry land training or at the ski swap on November 21. Please have your completed registration form and payment submitted at the ski swap or make arrangements to drop off with Trish Cannon (265-4355).

FEES

- **skiing** Nancy Greene League (5-12 year olds) - \$130/1st skier in family and \$100/for 2nd skier in same family
K1 (11-14 years old) - \$140/skier
- **snowboarding** 8-12 years old - \$75/snowboarder
- **high school skiing and snowboarding** - \$50/racer

Fees are used to pay BC Alpine or BC Snowboard Association memberships, insurance fees and West Kootenay zone fees. Fees go towards our coaches' certification, office costs, training new coaches and other events. All coaches are volunteers.

EQUIPMENT - NEW HELMET REQUIREMENTS!

All racers must wear helmets during practices and races. *Please note that all racers participating in a BC Alpine sanctioned event MUST wear a full shell helmet that covers the ears.* Many ski stores are now selling these helmets but it would be a good idea to call ahead if planning a trip to purchase out of town. We are hoping to arrange an order of the full shell helmets with the new sports store in Nakusp - Little Mountain Outdoor Gear. Call and let the store know if you are interested in ordering. If you have any equipment concerns please ask your coach - preferably well before practice or races begin; they will be pleased to help you.

FUNDRAISING

Fundraising supports club expenses and new equipment purchases. Fundraisers may include the annual BC Alpine raffle, bingo, bottle drive or helping with the Carnival and Club Races. This year we were able to purchase new wireless timing equipment, more break-away gates and stubbies for training and racing and a new drill.

Many volunteers are needed for the events to run smoothly. Your support is appreciated and the club is always excited to take on new fundraising ideas!

HOODIES

Once again, Summit Lake Racers hoodies will be available. You can check out the prices and styles and orders will be taken at the ski swap in November or by contacting Trish Cannon. All orders need to be into Trish by Dec. 1st to be available by Christmas. (See attached order form)

PRE SEASON TRAINING

There has been a terrific turnout for the dry land training program! Racers are encouraged to continue with training. Please contact Brenda (265-4327), Barb (265-3076) or Frances (265-4818) for more information.

PRACTICES

The first SLR practice will be on Sunday, January 3th, 2010!

Nancy Greene Racers (skiing and snowboarding) practice on Sunday from 9:30 AM - 12:00.

All High School Ski and Snowboard Racers practice on Sunday from 11:00 AM - 2:00 PM

~ Practices are held every Sunday, unless otherwise noted ~

The third annual "meet & greet" potluck dinner will be on Sunday January 10, 2010 from 4 to 6 PM. This event is a great opportunity to meet the coaches as well as other racers and their families.

EVENT SCHEDULE

Nancy Greene Skiers (E1 - 5-8 years old; E2 9-12 years old)

There will be five NGSL races in the West Kootenay Zone this year.

1. January 17 - Phoenix Mtn., Grand Forks E1/E2 team race
2. January 31 - Salmo Ski Hill E1/E2 team race
3. February 14 - Whitewater Ski Resort, Nelson E1/E2 team race
4. February 28 - Summit Lake E2 individual/E1 team race
5. March 7 - Red Mtn., Rossland Zone Finals

The Kootenay Zone NGSL Festival will be held on March 13-14 at the Kimberly Ski Resort. This is a fun season wind-up event for all Nancy Greene racers – more info to come.

All races are open to registered skiers but racing is not mandatory. Racers receive a free lift ticket on race day at all areas. Coaches help out at events, but parents are urged to come as well to ensure racers have maximum fun.

NSS BC High School Provincial Championships - Red Mtn, March 1st, 2nd & 3rd.

Summit Lake Club Races - February 21

Spring Carnival - March 21

Please contact Brenda McQuair (265-4327), Trish Cannon (265-4355) or Frances Swan (265-4818) if you have any questions about the Summit Lake Racer. We are looking forward to a fun and successful ski season!