

# Welcome to Summit Lake Racers!!

October 12<sup>th</sup> 2011

We are an alpine racing club that provides ski racing instruction for children 5 to 12 years of age and ski and snowboarding race instruction for high school aged athletes at Summit Lake Ski Hill near Nakusp. We emphasize development of a life-long love for winter sports and building skills - physical, social and personal - through team-centred 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.

The Summit Lake Racers is run by a volunteer executive with volunteer BC Alpine trained coaches. Our club welcomes new members and parent help with fund raising, organizing and coaching is much appreciated. Please come out to support our organization at our Annual General Meeting on Thursday, November 3<sup>rd</sup> at 7:00 pm at the Nakusp Secondary School library.

***One of our major fund raisers for all racers is a Drop-In Bingo this Sunday, Oct. 16th at 6:00-8:00 pm at the Nakusp Legion. Please come out to support our group. Call Leah 265-4454 or email [l-gilliland@hotmail.com](mailto:l-gilliland@hotmail.com) for more info.***

Our on hill practices start usually the first weekend of January until the middle of March on Sunday mornings, while we do start dryland training in the fall for several weeks (Generally mid Oct to the end of November.)

So Dryland Training 2011 is October 12 to Nov. 23<sup>rd</sup>. Wed (3:15 to 4:30) and Sat. (10:00-11:30). Meet at the Nakusp Elementary School gym for this training. Parent assistance is needed for some of these dates. Please see one of the organizers at dryland if you can help out.

In order to join the Summit Lake Racers, the SLR, a racer needs to pay a registration fee plus they are responsible for their own ski hill pass.

Once we hold our AGM/first meeting on Nov. 3<sup>rd</sup> we will inform you via email or newsletters of the cost of registration, practice times, etc. (Registration fees are usually around \$130.00/racer 5-12 yr olds; \$50.00/racer for High School students- with the NSS students paying other fees for out of town trips.)

**To get our NSS students organised there will be a general info meeting for students at 12:05 on this Thursday, Oct. 13<sup>th</sup> at the NSS library. Following that there will be a racer and parent meeting on Tuesday, October 25<sup>th</sup> at 7:00 pm at the NSS library. If you have any questions call Brenda at 265-4327.**

For now in order to join dryland training, please pay a fee of ~~\$25.00~~ <sup>30.00</sup> racer which will go towards the total registration fee. Please make cheques payable to Summit Lake Racers.

If you have any questions or concerns please contact one of the following:

Barb Lewis -265-3076, Frances Swan- 265-4818, Trish Cannon 265-4355 or Brenda McQuair 265-4327; Summit Lake Racers.