

2017 GRAND MESA CHILDREN'S PROGRAMS



LITTLE GLIDERS PROGRAM

GMNC's cross country ski program for children ages 4-5 and 6-8. Children will learn the classic ski technique. Waxless skis are recommended. 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 the Nature Connection.

GLIDERS PROGRAM

The Grand Mesa Gliders is the GMNC's junior ski program. Gliders is 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 already have the basic fundamentals and want to ski with a group. Beginners will learn the classic skiing technique. Getting out on skis, improving technique, and most importantly, having a good time, will be the emphasis for all groups. Low cost ski rentals are available through the Nature Connection. Gliders will have one lesson at each of GMNC's trailheads.

GMNC JUNIOR RACE PROGRAM

A junior race program is available for children ages 9 and older who are interested in ski racing and who would like to ski on a consistent basis with a coach and group. Please contact Coach Christina Stark directly at gmnjrt@gmail.com to register or for more information.

YOUTH RACE SERIES

GMNC offers a youth race series with awards and prizes by age category and gender. Race dates are listed below. Youth races include: Obstacle course for skiers aged 6 and under; 2km Course for 7-13 year old skiers; and 3-5km courses for skiers aged 14-17 years old (who aren't racing as adults in the GMNC adult race series). Ski rentals will NOT be available on race days (pick up season rentals on December 10th).

SEASON and DAY SKI RENTALS

Day ski rentals (waxless skis) for lessons are available for \$10.00 (\$5.00 for the Kid's Ski Festival in March). Season ski rentals (waxless skis) are available through The Nature Connection - Skis For Kids program for \$48.00. Skis will be delivered to kids at the December 10th lesson (unless other arrangements are made) and will be picked up at the Kids Ski Festival on March 11th (unless other arrangements are made). To reserve your skis, please fill out the Ski Rental Agreement and e-mail the Agreement to Anita Evans at asevans54@gmail.com. If you have questions, please call 970-901-1459.

REGISTRATION FORM

("LG" = Little Gliders, "G" = Gliders):

Event	Date	Location	Start Time	End Time	Cost (GMNC Member (M)/ Nonmember (N) *Coaches	Indicate Selections
Youth Race Series No. 1	12/4	Skyway	11:00am *		M:\$5.00; N:\$10.00	
LG (4-5 year old) Lesson	12/10	Skyway	11:00am	12:00pm	M:\$15.00;N:\$20.00	
LG (6-8 year old) Lesson	12/10	Skyway	10:30am	12:00pm	M:\$15.00;N:\$20.00	
G Lesson	12/10	Skyway	9:30am	11:30am	M:\$20.00;N:\$25.00	
Youth Race Series No. 2	12/31	Skyway	11:00am *		M: \$5.00 N: \$10.00	
LG (4-5 year old) Lesson	1/22	Skyway	11:00am	12:00pm	M:\$15.00;N:\$20.00	
LG (6-8 year old) Lesson	1/22	Skyway	10:30am	12:00pm	M:\$15.00;N:\$20.00	
G Lesson	1/22	Countyline	9:30am	11:30am	M:\$20.00;N:\$25.00	
Youth Race Series No. 3	1/29	Skyway	11:00am *		M: \$5.00 N: \$10.00	
LG (4-5 year old) Lesson	2/12	Skyway	11:00am	12:00pm	M:\$15.00;N:\$20.00	
LG (6-8 year old) Lesson	2/12	Skyway	10:30am	12:00pm	M:\$15.00;N:\$20.00	
G Lesson	2/12	Ward	9:30am	11:30am	M:\$20.00;N:\$25.00	
Youth Race Series No. 4	2/25	Skyway	11:00am *		M: \$5.00; N: \$10.00	
Kid's Ski Festival and Youth Race Series No. 5	3/11	Skyway	11:00am *	2:00pm	M: \$10.00 N: \$15.00	
All Lessons and Festival (Discounted Price)					LG M: \$40.00 LG N: \$55.00 G M: \$60.00 G N: \$75.00	
TOTAL						\$ _____

***If parent is a coach, there is no charge for their child's lessons.**

***Exact race times will vary depending on age group.**

Please e-mail completed registration form to Annie Murphy at Murphy@DWMK.com at least one week prior to the first event your child is participating in. For questions, please contact Annie at (970) 623-4424.

Name (child) _____

Age _____

Date of Birth _____

School _____

Allergies/Medical
Conditions _____

Briefly describe any ski experience (alpine or
Nordic) _____

Parent/Guardian
Name _____

Address _____

Email _____ Phone _____

Make Checks Payable to Grand Mesa Nordic Council. Mail with Registration Form and Completed Release to Annie Murphy at 814 Samoan Dr., Grand Junction, CO 81506. Checks must be RECEIVED prior to lesson.