

**FAYSTON ELEMENTARY SCHOOL  
WINTER SPORTS PROGRAM 2008**

Dear Fayston Families:

Once again, it is time to prepare for the Winter Sports Program! The program is designed for students in first through sixth grades and provides an opportunity to participate in outdoor winter sports. In addition to being a lot of fun, it will also provide ongoing instruction in a winter sport and is an integral part of the physical education curriculum.

The three programs being offered this year are skiing, snowboarding, and the Winter Adventure Program. No student will be denied access to any sport or activity because of financial reasons. Families in need of financial support for the fees or equipment for the program should contact Chris Dodge (496-3636 ext. 103) to discuss options.

All programs run on Thursday afternoon from 12:00 – 2:00. Buses transport the students to arrive at the venues by 12:00 and return the kids to school in time to take their regular buses home or be available for pick-up. In some instances it may be necessary to have some children be transported to and from the activity venue by an adult volunteer. To allow for the possibility of cancellations due to extreme weather, we have reserved ten days to be able to complete eight sessions. The first day of the program is scheduled for Thursday, January 17, 2008.

As a school sponsored program, students and adults participating are expected to adhere not only to the directions of group leaders, but all school rules, policies and procedures. Copies of the policies are available from the office. All school policies, including discipline, apply to the Winter Sports Program.

The Winter Sports Program is an important part of the school's physical education program. As such, participation, attitude and new learning are reflected in the P.E. grade on your child's progress report. The Winter Sports Program aligns with many required state standards and is one way we address our school and district wellness goals. Like all other areas of study, participation is expected.

Please read the following packet of information and send back the registration form, the \$20.00 fee, the winter program note, the release form and the signed code of conduct by Wednesday, December 5th (that is next week!!!). For the past several years a great number of parents have not returned these forms to the school in a timely fashion. This presents a great problem for the school and for the volunteer organizers who work to make the program happen for all the children. Consequently, a LATE FEE OF \$10.00 will be assessed if the fee is not paid by December 5th. If the registration form is not sent in and your child has not chosen a sport by December 5th, they will be assigned to a sport. Students and families should not ask to change sports mid-program, once volunteers have been assigned based on enrollment.

If you have any questions, please do not hesitate to contact any of the Winter Sports Program Committee listed below.

**Sincerely,**

**Winter Sports Program Committee**

Chris Crowell 496-2795  
Chris Dodge 496 -3636  
Maria Hallam 496-5064  
David Hoyne 496-9517

Barbara Smidt 496-6891  
Mark Woolley 583-2623  
Kevin Wry 496-9797

**FAYSTON ELEMENTARY SCHOOL  
WINTER SPORTS PROGRAM 2008**

**SKIING/ SNOWBOARDING**

This year we are excited to be skiing (and riding) at three great mountains: Sugarbush Lincoln Peak, Sugarbush Mt. Ellen and Mad River Glen. We will be at each location a minimum of two days with the exception that snowboarders will always be at Sugarbush.

The groups are led by a combination of skiing pros and parent volunteers. If you are interested in being a volunteer, please indicate this on the registration form. All volunteers must attend an indoor training session. All mountain volunteers must also attend an on-hill training session.

**Lessons:** On the first day, students will be divided into groups based primarily on their skill level. Every Thursday, students can expect that a portion of each session will be devoted to instruction, which will improve their skills and help to make the sport even more enjoyable.

**Transportation:** The students will ride the bus to and from the mountain. Parents who are assisting with the skiing portion of the program may transport only their children to the mountain. If the appropriate transportation or permission note allowing your child to stay at the mountain after the school program for a specific day with a chaperone is not received or already on file for the season, your child will return to school on the bus.

**Ski Equipment:** If your child needs to rent ski equipment for the program, Inverness Sports offers it at half-price (\$7.50 per day). Equipment needs to be reserved by January 1, 2008. Equipment can be picked up each Thursday morning and it must be returned that afternoon otherwise you will be charged for another day. Families in need of financial support for equipment for the program should contact Chris Dodge.

Equipment is transported to and from the mountain as part of the program. Please drop off equipment outside of the school in the morning before 11:00. It will be returned to the school on the bus at 2:30. Please make sure that all equipment is clearly marked with your child's name. Please be certain to pick up your child's equipment in a timely fashion. The school is not responsible for lost or stolen equipment.

**Ski Helmets:** The use of helmets has increased dramatically over the last few years. They are essential for skier safety. Skiers and boarders are encouraged to wear helmets. If you need financial support in getting a helmet for your child, please contact Chris Dodge.

**Ski Tuning:** We recommend that you have your child's ski equipment tuned and have a binding check performed before the beginning of the season. Any of the areas ski shops provide this service.

## **WINTER ADVENTURE PROGRAM**

The activities in the Winter Adventure Program may include alpine skiing, cross country skiing, skating, snowshoeing and other outside winter activities. The order of activities, and the number of days of each will depend primarily on the weather. A note will be sent home each Tuesday indicating the activity for the week, and what clothing will be appropriate.

### **For skating days...**

Beginning skaters **MUST** wear helmets while they are learning the basics of skating. The best protection for the head is a ski helmet, but a snug fitting bicycle helmet, designed to fit tightly over a warm hat, will suffice. Please outfit your beginning skater with a helmet and have your child bring it the first day. If you are unsure as to whether your child is a "beginning skater" or if he/she need to wear a helmet, have him/her bring it the first lesson and the instructors will let him/her know if it is needed.

All skaters need to bring their own skates. Although it is possible to rent skates at the Skatium, we cannot guarantee that your child's size will be available. The instructors will gladly help children with the lacing of their skates, but we cannot be responsible for acquiring skates for the children.

Families in need of financial support for equipment for the program should contact Chris Dodge.

### **Hockey Players:**

Skaters who wish to play hockey will need to have (at a minimum) a hockey helmet, shin pads and a mouth guard. Mouth guards can be obtained at the Skatium for a minimal cost.

Parents must arrange to get hockey equipment to the school and home as the bus drivers will not allow the bags and sticks on board during the regular am and pm routes. Equipment will be transported back and forth to the Skatium on the bus for the program. The school is not responsible for securing or lost or stolen equipment.

## **OTHER IMPORTANT THINGS TO KNOW...**

### **CLOTHING AND EQUIPMENT:**

If your child does not wear weather-appropriate clothing, he/she will have to be observers of these activities, rather than participants. We want their experience to be pleasurable, and that means being warm, safe, and comfortable!

If children participating in outdoor activities are not dressed appropriately, they could develop frostbite on their faces, fingers and/or toes. Frostbite is a serious problem that can be avoided by preparing for the coldest weather. Remember the adage, "you can always take it off, but you cannot put it on."

An insulated parka, snow pants or a one-piece suit is required. These should be well-insulated or be layered and have a good range of motion. Children must wear ski hats, not baseball caps or any other type of cap. The ski hats must cover the ears. Neck gaiters are needed to help protect the neck, ears and face from wind and cold. Insulated gloves or mittens are a must. Also, please be sure that your child is dressed with warm pants and shirts, etc. Sweat pants are recommended for under ski pants, as well as turtlenecks and/or sweaters. Ski socks are a great idea, but remember that a thick sock does not necessarily mean warmer feet. If the foot is too tight in the boot or skate, the circulation is slowed and the foot will be cold. The key is to make the feet as comfortable as possible. If you are in need of financial support in obtaining proper clothing, please contact Chris Dodge.

### **REQUESTING A CHANGE OF ACTIVITY**

A change of activity may be requested by a parent only after the **first two weeks**. This request must be in writing and be addressed to the Winter Sports Program committee- this can be left with Cally Schober at school. These changes are not guaranteed, as space in each activity may be limited. Changes will not be made after three weeks of the program.

### **CANCELLATION**

If the program needs to be canceled for the day for any reason, we will make that decision by 10:00 a.m. If the weather looks uncertain and you are picking up your child from the activity you should touch base with Cally Schober to see if the program went as scheduled. If school is canceled for the day, the program is also canceled.

### **VOLUNTEERS**

Parent volunteers are an important part of the Fayston Winter Sports Program. All volunteers will be required to attend an indoor training session on Tuesday January 8, 2008, at 6:30 p.m., that will familiarize you with the expectations, guidelines and safety procedures for the Winter Sports Program.

In addition, the volunteers that sign up for skiing and snowboarding will be required to attend an on hill training session that will be held on Thursday, January 10, 2008, from 11:00 until 4:00 p.m., at Sugarbush.

If you are interested in volunteering, please indicate this on the registration form.

## **INSURANCE**

All children must have health insurance in order to participate in this program!!!! If you are in need of insurance for your child, you may purchase a policy through the school. Please contact Cally Schober for an application as soon as possible because it does take a couple of days to become in effect and your child will not be able to participate until he/she is covered.

## **FEES**

The cost for the program for the 2008 Winter Program will be the same as last year: \$20.00 per child. This fee covers the cost of transportation and professional instruction for the programs. Families in need of financial support for the fees or equipment for the program should contact Chris Dodge to discuss options.

For the past several years a great number of parents have not returned these forms to the school in a timely fashion. This presents a great problem for the school and for the volunteer organizers who work to make the program happen for all the children. Consequently, a LATE FEE OF \$10.00 will be assessed if the fee is not paid by December 5, 2007

If the registration form is not sent in and your child has not chosen a sport by December 5, 2007, they will be assigned to a sport.

## **IMPORTANT FORMS**

At the end of this packet there are four forms that need to be completed, signed and sent back in: a registration form, winter program note, release form and Winter Program Code of Conduct. Please fill out these forms completely and return to the school with the \$20.00 fee by Friday December 5, 2007. The fee will be \$30.00 after December 5th.

Thanks in advance for your help and support. We are looking forward to a wonderful winter season! If you have any questions, please do not hesitate to contact any of the committee members listed below.

**Think snow!**

## **Winter Sports Program Committee**

Chris Crowell 496-2795  
Chris Dodge 496 -3636  
Maria Hallam 496-5064  
David Hoyne 496-9517

Barbara Smidt 496-6891  
Mark Woolley 583-2623  
Kevin Wry 496-9797

FAYSTON ELEMENTARY SCHOOL  
WINTER SPORTS PROGRAM 2008

REGISTRATION FORM

Please fill out this form in its entirety and return it by Wednesday December 5th. Please enclose \$20.00 fee per child (\$30 after December 5). Please make checks payable to the Fayston School.

Child's Name: \_\_\_\_\_

Please indicate your choice of activity:

\_\_\_\_\_ skiing    \_\_\_\_\_ snowboarding    \_\_\_\_\_ Winter Adventure Program

**Emergency Information**

Please provide a telephone number where you may be reached on Thursday afternoons during the Winter Sports Program (12:00-2:30) and an Emergency Telephone Contact should we be unable to reach you in the event of an emergency.

Child's Name: \_\_\_\_\_

Parent Name/ Phone #:  
(for Thursday daytime) \_\_\_\_\_  
\_\_\_\_\_

Emergency Contact Name/ Phone #: \_\_\_\_\_

I give my child: \_\_\_\_\_ permission to participate in the Fayston Winter Sports Program.

I give my permission for my child to be transported by an adult volunteer if necessary. Initials: \_\_\_\_\_

My child is covered by insurance with : \_\_\_\_\_  
policy # \_\_\_\_\_

I grant permission for immediate medical care as deemed necessary by program and school adults.

\_\_\_\_\_  
signature of parent/legal guardian

\_\_\_\_\_  
nam

**Ability Levels:** In order to place your child in the appropriate group it is important to know their skill level. Please choose one of the following levels that best describes how your child skis or snowboards.

Skill Levels for skiing:

Level	Skill Level Description
1	First time on skis
2	Cautious wedge on easiest terrain; can link basic wedge turns
3	Skis with a solid wedge turn on easier green trails
4	Skis on all green trails confidently with wedge turns or beginning wedge christies (matching in the fall line).
5	Wedge christies on easier blue trails
6	Parallel on green trails and advanced wedge christies on blue trails
7	Comfortable in open stance parallel on all blue and groomed black (Organgrinder). Exploring bumps (Moonshine, Morningstar)
8	Short and long dynamic parallel turns on green, blue, and easier black terrain. Open stance parallel on harder black and double black trails. Hesitant in steep bumps. Confident in light powder but has trouble in heavy, wet, or crusted snow.
9	Proficient in all kinds of skiing at dynamic speeds

Skill Levels for snowboarding:

Level	Skill Level Description
1	First time on a board
2	Able to perform basic maneuvers with skidded traverses in both directions.
3	Links turns on easier green trails and control speed with turn shape
4	Able to flex lower body into turn and extend lower body out of the turn (dynamic). Keeps athletic stance, upper body still, hands in front
5	Dynamic carving turns on steeper terrain. Able to do ground 360's; starting to ride switch
6	Starting to explore different terrain: bumps, trees, park & pipe
7	Exploring more difficult bumps and trees and learning park & pipe
8	Proficient in all terrain; may have trouble in different snow conditions and riding switch
9	Proficient in all kinds of riding at dynamic speeds

My child consistently skis at Level \_\_\_\_\_

or

My child consistently snowboards at Level \_\_\_\_\_

**I would like to volunteer:**

\_\_\_\_\_ skiing    \_\_\_\_\_ snowboarding    \_\_\_\_\_ Winter Adventure Program

Volunteer's ability level (based on the charts above): \_\_\_\_\_

Volunteer's Name: Phone #: \_\_\_\_\_

Volunteer's e-mail: \_\_\_\_\_

**FAYSTON ELEMENTARY SCHOOL  
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**WINTER PROGRAM NOTE 2008**

I HEREBY GIVE NOTICE TO THE FAYSTON ELEMENTARY SCHOOL THAT AFTER THE WINTER SPORTS PROGRAM ON THURSDAYS (JANUARY-MARCH), MY CHILD(REN): \_\_\_\_\_

WILL DO THE FOLLOWING:

\_\_\_\_\_ STAY WITH A PARENT: \_\_\_\_\_

\_\_\_\_\_ STAY WITH ANOTHER ADULT: \_\_\_\_\_

\_\_\_\_\_ RETURN TO FAYSTON SCHOOL VIA BUS

\_\_\_\_\_ OTHER: \_\_\_\_\_

I UNDERSTAND THAT MY CHILD MUST BE MET AND ACCOMPANIED BY AN ADULT .

NAME OF PARENT: \_\_\_\_\_

SIGNATURE \_\_\_\_\_  
(PARENT/GUARDIAN) (DATE)

FAYSTON ELEMENTARY SCHOOL  
WINTER SPORTS PROGRAM 2008

RELEASE AGREEMENT

FAYSTON WINTER SPORTS PROGRAM HOLD HARMLESS AGREEMENT  
&  
SUMMIT VENTURES INC. HOLD HARMLESS AGREEMENT  
&  
MAD RIVER GLEN COOP HOLD HARMLESS AGREEMENT  
&  
THE VALLEY SKATIUM HOLD HARMLESS AGREEMENT

\*\*\*\*\*

I understand that all forms of alpine skiing, boarding, skating, cross country skiing, swimming and snowshoeing activities are hazardous with many dangers and risks, and that injuries are a common and ordinary occurrence in these activities. By allowing my child to participate in this program, I acknowledge my desire to increase my child's proficiency in his/her winter sport and I accept that in order for my child to move up to the next skill level, the program will challenge my child continuously throughout the duration of the program.

In consideration of the Fayston Winter Sports Program, Summit Ventures, Mad River Glen, and the Valley Skatium to accept my child into their program, I hereby indemnify and hold harmless the Fayston Winter Program, Summit Ventures, Mad River Glen, and the Valley Skatium, its agents, officers, directors, owners, servants, employees, and volunteers, of and from any and all liability for personal injury or death or property damage which results in any way from negligence which arises from, but may not be limited to: my child's placement in a group skill level; the selection of certain terrain for my child's group; physical exercise or activities which my child may encounter while participating in the alpine/skating/boarding/swimming/cross country skiing or snowshoeing programs.

I further agree that any claim which I may bring for any reason against the Fayston Winter Sports Program, Summit Ventures, Mad River Glen, or the Valley Skatium programs or any of its agents, officers, directors, owners, servants, and employees or any disputes arising out of my child's participation in these programs, shall be submitted to the jurisdiction of the State or Federal Court in the State of Vermont and that no claim or action shall be brought in any other jurisdiction.

IN SIGNING THE FOREGOING RELEASE, I ACKNOWLEDGE, REPRESENT AND WARRANT THAT:

(A) I HAVE READ THE FOREGOING RELEASE, UNDERSTAND IT AND SIGN IT VOLUNTARILY;

(B) I AM 18 YEARS OF AGE OR OLDER AND AM OF SOUND MIND, OR IF LESS THAN 18 YEARS OF AGE, I HAVE DISCUSSED THIS MATTER FULLY WITH MY PARENT(S) OR LEGAL GUARDIAN. A PARENT OR LEGAL GUARDIAN MUST SIGN IF UNDER 18 YEARS OF AGE.

IN WITNESS WHEREOF, I HAVE HERETO SET MY HAND THIS

\_\_\_\_\_ DAY OF \_\_\_\_\_ 2007.

NAME OF CHILD IN PROGRAM: \_\_\_\_\_

NAME OF PARENT OR GUARDIAN (PRINT): \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN: \_\_\_\_\_

**FAYSTON ELEMENTARY SCHOOL  
WINTER SPORTS PROGRAM 2008**

**Winter Program Code Of Conduct**

**Skiers/Snowboarder's Code**

Abide by all school rules, policies and expectations.

Ski/ride under control and in such a manner that you can stop or avoid other skiers or objects at all times.

When skiing/riding downhill or overtaking another skier or rider, you must avoid the skier or rider below you. The person below you always has the right of way.

You must not stop where you obstruct a trail or are not visible from above. When strapping into your board, be well clear of the unloading area at the top of the lift.

When entering a trail or starting downhill, yield to other skiers and riders.

All snowboarders shall use leashes to help prevent runaway boards.

When traversing, always check the trail above you before crossing the trail.

Respect our environment, resort property, other private property and nature.

Read and respect all signs. You shall keep off closed trails and posted areas and observe all posted signs. Obey all rope lines and enter these areas only through gates marked with open signs. Violators can be prosecuted under Vermont State law.

These are some, but not all, of a skier's/boarder's responsibilities

**Skater/Snowshoer's Code**

You must obey the rules and regulations of the Skatium and school.

Please keep your hands to yourself; do not grab onto or hold tightly onto other skaters.

Crates and chairs may be used only with the permission of the instructors.

Tapes or cd's may be played only with the permission of the instructors

No food, candy or gum is allowed at any time.

As a school sponsored program, students and adults participating are expected to adhere not only to the directions of group leaders, but all school policies and procedures. Copies are available from the office. All school policies, including discipline, apply to the Winter Sports Program.

The Fayston Elementary School Winter Program Code of Conduct for children requires that:

Children will follow directions of the group leader at all times.

Children will observe and practice safe and courteous behavior in the activity of his/her choice as outlined in the Responsibility Codes above.

Children will behave in a manner that will positively represent the Fayston Elementary School.

Children will use respectful and appropriate language at all times

If your child does not follow the Code of Conduct, the Director of that particular program will impose a penalty which will include sitting out for the remainder of the program day (first offense), suspended for the next program day ( second offense ), to expulsion ( may be imposed sooner depending on the offense). Such disciplinary actions will be communicated to and coordinated with the School Principal.

By signing below, I understand and agree to abide by the Winter Program Code of Conduct and understand the penalties.

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Printed Name of Parent/ Legal Guardian

\_\_\_\_\_  
Signature of Child

\_\_\_\_\_  
Printed Name of Child