



**ONION RIVER NORDIC
SKI CLUB**

BILL KOCH LEAGUE YOUTH PROGRAM

Saturday Morning Kids Program

For all levels of skiers, aged 6 to 13, this weekly program will develop the technique, agility and balance of young skiers through drills, games, and exploration of the Morse Farm trail system.

Time: Saturday, 10:00 a.m. - Noon
December 12th to March 13th (12 sessions)

Place: Morse Farm

Costs: \$25 for club members, plus \$20 NENSA Fee* (\$50 plus NENSA for non-ORN members)
(Multiple Child Discount available, see registration form)

Development Team

For committed junior skiers, aged 9 - 13, who are ready for a more challenging program that features both classic and skating techniques, as well as the chance to gain some racing experience. Includes fall dryland training sessions that will focus on technique, strength, balance and agility development. Note that all abilities levels, from beginners to advanced, are welcome to join this group. The only criteria are desire and commitment!

COSTS: \$75 plus \$20 NENSA Fee* (\$90 plus NENSA fee for non-ORN members)
(Multiple Child Discount available, see registration form)

Dryland Training *(September 18th to December 4th)*

Time: Saturday, 3:00 to 4:00 p.m.
Place: U32 High School

Nordic Season *(December 13th - March 12th)*

Saturday: 10:00 a.m. - Noon @ Morse Farm
Tuesday and/or Thursday: 3:30 p.m. - 5:00 p.m. @ U-32 High School

SAVE THESE DATES!

Sunday, January 9th | Annual Stowe Nordic BKL Mini-Marathon
Saturday, January 15th | Maple Onion Bill Koch Ski Race @ Morse Farm
January 22 or 23 | Paintball Biathlon @ Mountain Top

(MORE TO COME)

***What is this NENSA fee?** NENSA stands for the New England Nordic Ski Association (www.nensa.net). Onion River Nordic is a NENSA registered BKL club. This nominal fee of \$20 per skier allows all of our BKL participants to become NENSA members, which means **all club activities are covered under NENSA's liability insurance.**



BILL KOCH LEAGUE REGISTRATION

2010 – 2011 Ski Season

1st Skier: _____ Grade: _____

Registering For:

- BKL Saturday Morning Program: \$25 (ORN members) | \$50 (non-ORN members)
- BKL Development Team: \$75 (ORN members) | \$90 (non-ORN members)

2nd Skier: _____ Grade: _____

Registering For:

- BKL Saturday Morning Program: \$15 (ORN members) | \$40 (non-ORN members)
- BKL Development Team: \$60 (ORN members) | \$75 (non-ORN members)

3rd Skier: _____ Grade: _____

Registering For:

- BKL Saturday Morning Program: \$10 (ORN members) | \$30 (non-ORN members)
- BKL Development Team: \$50 (ORN members) | \$65 (non-ORN members)

Bill Koch League Fee: \$ _____

NENSA Insurance Fee* (\$20 per skier): \$ _____

ORN Club Fee (Family \$25/Individual \$15): \$ _____

Ski Lease (\$50 plus \$50 deposit) \$ _____

TOTAL ENCLOSED: \$ _____

(Please make checks payable to Onion River Nordic Ski Club)

Family Information:

1st Parent Name: _____

Address: _____

City, Zipcode: _____

Email: _____

Phone: _____

Cell/Work: _____

2nd Parent Name: _____

Address: _____

City, Zipcode: _____

Email: _____

Phone: _____

Cell/Work: _____

RETURN FORM TO:

Onion River Nordic Ski Club
P.O. Box 1523
Montpelier, VT 05601-1523

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