

Friday December 9th, 2016.

PLEASE KEEP THIS DOCUMENT (version 1) FOR FURTHER REFERENCE

## KNOWLTON ACADEMY ATHLETICS SKI PROGRAM 2016-2017

Good day,

You can bet that snow will soon cover the ground for good, so it's time to talk skiing! I'm happy to say that Knowlton Academy students will again have their annual Ski Program as part of their Physical Education course in January and February 2017. On this **47<sup>TH</sup>** edition, we will make our way to **Mont Sutton (montsutton.com)**. As usual, **ski instructors** will be hired to teach skiing skills to children (volunteers too!) on 4 of the 5 days. Below is some key information about the program:

### WHO?

- Children from Grade 1 to Secondary 1 take part in the Ski Program; this **activity** is part of the Physical Education curriculum at Knowlton Academy.

### WHAT?

- Ski equipment (boots, skis, poles) will be provided by the school **FREE** of charge for students who need it; adult/parent volunteers will supervise small groups (1 adult for 3 children in grade 1/ beginner; up to 8 for more experienced skiers) for the entire day, and will cover the mountain code of conduct as well as some basic skills and maneuvers on skis. Each student will benefit from 90 minutes of instruction on 4 of the 5 days with a qualified CSIA ski instructor and receive an evaluation/certification at the end of the program. This evaluation will not be part of your child's report card mark in PEH.

### FYI

- **Children MUST wear a properly fitted ski helmet and we strongly encourage adult volunteers to wear one too.**
- Students who wish to use their own ski equipment may do so providing they can get it to school/hill and back home for every ski day (**NO SKI EQUIPMENT ON BUSES**).
- Students are expected to be dressed for cold weather, have appropriate clothing and have a ski helmet.
- To keep feet warm and comfortable, we encourage students to wear **ski socks**: they must be **knee high** and you must absolutely **AVOID COTTON!** A good time to get them is during "after Xmas specials" in sports shops where ski equipment is sold.
- Children need to pack a **healthy lunch** for the day to keep their energy level optimal and fuel body heat!!! The **K.A. cafeteria will offer healthy lunch bags** that will include a sandwich, a fruit, a snack, a cookie and a drink, all for **\$5.00/day**. Orders to be done in the morning, on a ski day. *Note that children will not have access to fried foods/junk food in the main cafeteria at the hill.*
- Children who wish to stay until the end of the ski day must make transportation arrangements and have a **SIGNED NOTE FROM PARENTS AS THEY WILL BE UNSUPERVISED** once we leave at 14h00. Please note that school equipment must be returned to school at the end of the ski day, no later than 17h00.

HELP ME PLAN THE SKI GROUPS BY SENDING IN YOUR VOLUNTEER SLIP  
EARLY!!!

Friday December 9th, 2016.

PLEASE KEEP THIS DOCUMENT (version 1) FOR FURTHER REFERENCE

## **RENT K.A. SKI EQUIPMENT!**

“KA Families” can rent ski equipment from the school; to reserve and make an appointment to pick it up, just write a note or send an e-mail to N. Lemaître. Skis can be taken out from Friday to Monday inclusively and during holidays for the entire ski season. **All proceeds are reinvested in our ski room.**

- **\$10/set** for a weekend or an evening;
- **\$25/set** for long holidays (Xmas, March Break and Easter).
- **\$75/set:** season rental (evenings, ALL weekends and holidays during winter).

## **SCHEDULE**

- Planned departure from school is 8h55 and arrival at Sutton is 9h25; departure from Sutton is 14h00 and arrival at KA is 14h30.

<b>Tuesday</b> January 24, 31, February 7, 14, 21 2017	1 Staton, 1-2 Bessette, 3-4 Lenz, 4 Mosher and Sec. 1 Perry (95 Students).
<b>Thursday</b> January 26, February 2, 9, 16, 23 2017	2 Mamers, 3 Lemay, 5 Harvey, 5/6 Dessureau and 6 Blumenfeld (103 students)

## **\*FEE PER FAMILY**

**EACH CHILD WHO MEETS THE DEADLINE WILL EARN A CHANCE AT A DRAW: WIN YOUR FEES! ONE WINNER PER CYCLE AND ONE IN SEC. 1**

This fee covers:

- Bus transportation from school to Mont Sutton and back (\$5/day);
- A **full day lift ticket** (good until 16h00) AND a **90 minute lesson** (\$12/day)
- Ski equipment provided by the school (FREE!)
- A full day lift ticket for registered volunteers for the ski session and each ski day (FREE!)
- **\$17/day for 5 days = \$85 for each child**

In an effort to save time and simplifying the management of fees, **payment must be made in full, NO LATER than January 13<sup>th</sup>, 2017**, in one of two ways:

1. One lump sum, PREFERABLY BY CHEQUE, to Knowlton Academy Ski Program, for 5 days of skiing (see table below);
2. 5 post-dated cheques corresponding to each of the ski days (see previous table for dates);

*Families with special circumstances who may need financial assistance to pay Ski Program Fees should contact the school secretary, Brenda Scott, in writing or by phone to make arrangements (payment plan). Do this before January 13<sup>th</sup>, 2017, and your child will earn a chance at the draw.*

HELP ME PLAN THE SKI GROUPS BY SENDING IN YOUR VOLUNTEER SLIP EARLY!!!

Friday December 9th, 2016.

PLEASE KEEP THIS DOCUMENT (version 1) FOR FURTHER REFERENCE

## **Procedure:**

- Please write your children's **FULL NAME & homeroom** on the cheques to help us keep track of fees. Ex; Mary Jones(2M), Johnny Jones(4M) and Bill Jones(6B)
- A student who misses a ski day due to a **serious illness** or any other event deemed valid by the Principal may get a refund providing a **written request is made before March 10<sup>th</sup>, 2017**;
- All **refunds** for the above-mentioned items will be **issued after March 10<sup>th</sup>, 2017**, once the Ski program is over and the request deadline has gone by.

*\*Because KA benefits from group rates for lift tickets, transportation and lessons, all students must pay their fee even if they hold a season's pass and/or have transportation to Mont Sutton to take part in the KA Ski Program.*

## **TO SKI OR NOT TO SKI: THAT IS THE QUESTION!**

If you are uncertain if a ski day is on or not, you should:

- **Consult the Knowlton Academy website AND Facebook page after 7h00** and look for a message on the main page saying the ski day is cancelled. No message = we are skiing.
- **Call the Mont Sutton Snow School after 7h00 at 450-538- 2545 #231**

**We will only cancel in case of extreme weather conditions, if the ski hill or school is closed; no makeup days.** Note that the weather and temperature can vary greatly between Knowlton and Mont Sutton.

## **COME SEE WHAT THIS IS ALL ABOUT; GET INVOLVED!**

**VOLUNTEERS...** are the back-bone of the KA Ski Program and are one of the reasons it has lasted for some **47 YEARS**. This year is no different. There are many tasks that we need help with: supervision in the ski lodge, transportation of ski equipment and of course skiers of all levels who will supervise and do a little teaching (technique and safety) just to name a few!

- Adult volunteer skiers who can take a group of students (maximum of 10) get a free lift ticket for the **full day**. For the sake of management and consistency, priority will be given to skiers who can commit to 5 Tuesdays, 5 Thursdays or both. Keep in mind that a ski instructor will work with you and your group for 90 minutes 4 out of 5 days!
- **Volunteer skiers are strongly urged to take part in a two-part ski workshop;**
  1. The first part (indoor) will take place at Knowlton Academy on **Wednesday January 18th, 2016** in the Home Ec. room **from 18h30 to 20h30**. We will view a short video and discuss topics such as the objectives of the ski program, safety issues to cover and review with students, procedures on how to lead and organize a group of skiers on the mountain, teaching tips and techniques (all parents and Staff welcome). **PLEASE CONFIRM YOUR INTENTION TO TAKE PART ON THE SLIP BELOW!**

**HELP ME PLAN THE SKI GROUPS BY SENDING IN YOUR VOLUNTEER SLIP EARLY!!!**

Friday December 9th, 2016.

PLEASE KEEP THIS DOCUMENT (version 1) FOR FURTHER REFERENCE

- The second part (outdoor) will be given on **Thursday January 19th, 2017 at Mont Sutton**. We will meet at the Snow School Desk at **12h30**, next to the rental shop\*. We will be **skiing until 15h00**. We will put in action topics discussed in the “indoor session”. This will also be a chance for skiers to get to know the mountain and the facilities and also to cover some technical points on ski teaching and try some skills & exercises to use with students. Time providing, some ski improvement may also be included for participants.

*\*Lift tickets provided free of charge by the Mont Sutton Snow School to pre-registered participants only.*

**If you are unable to volunteer your time but know of people who can and are available, please forward this information to them and get them to send me an e-mail.**

Thanks and we hope to see you on the hill!

Nicolas Lemaître  
Physical Education & Health  
Canadian Ski Instructor Alliance (CSIA/AMSC) Level 3  
Knowlton Academy  
450-243-6187 [lemaitren@edu.etsb.qc.ca](mailto:lemaitren@edu.etsb.qc.ca)



Volunteer Slip - fill this out or e-mail me if you can help!

Please detach and return this portion ASAP to N. Lemaître – Phys. Ed & Health Teacher – Before Dec22, 2016.

**TRANSPORTATION: We are looking for 2 trucks, pick-ups or vans large enough to carry ski equipment to Mont Sutton. Fill in the form below if you can help!**

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_  
PLEASE PRINT e-mail: \_\_\_\_\_

I am available to help out with \_\_\_\_\_

circle day(s) available: **Tuesdays** January 24, 31, February 7, 14, 21 2017  
**Thursdays** January 26, February 2, 9, 16, 23 2017.

**SKI VOLUNTEERS:** please circle the ANSWERS below to help us plan our sessions and our groupings.

- I will attend the Indoor session on Jan 18 @ K.A. (18h30-20h30) NO / YES
- I will attend the Jan 19 Ski session @ Mont Sutton (12h30-15h00) NO / YES
- I am a BEGINNER INTERMEDIATE ADVANCED skier.
- I have experience in teaching skiing NO / YES CSIA Level \_\_\_\_\_

Comments:

HELP ME PLAN THE SKI GROUPS BY SENDING IN YOUR VOLUNTEER SLIP  
EARLY!!!