

Welcome Training Team Parents,

It is great to be able to kick off another year of Training Team! We have had a basic breakdown of the groups, and for the most part the kids have created a name for their group. These groups are not set in stone. We will be moving kids around as they get their ski legs under them, and we learn their learning styles and intensity levels. Not all our teams were able to come up with a name on the first day and some of our students were on snow for the first time this year. Next week we will have a better idea of each child's actual skill set. Starting next week, I will be able to give you a team-by-team update of their progress.

Our goals for week one are twofold: teambuilding, and helping the kids feel a good and bad stance and what a good stance can do for their skiing.

Every year I give the SKI SOCK lecture to stress the importance of good ski socks. Ski socks are made specifically for skiing. They wick away moisture from the foot, are smooth across the foot, and are thin for ski control and temperature transmission. Moisture equals cold feet. If you step in snow with your socks and then put them in your boot, your feet will get cold 5 to 10 times faster than if they are dry. If you ski multiple days, make sure that you get your boots dry before skiing the next day. The difference between having fun and being in pain can be as simple as a dry boot. Ribbed socks can chaff the ankles during a day of skiing. They also imprint into the skin, making the feet and lower leg sore. Ankle socks do the same thing and can be even more painful. You may get away with it for a day, but you will pay for it on day two, and have sore feet for the next week. Even thin thermal underwear needs to be outside of the boots for the same reason. Nothing goes inside the boot, but a sock covered foot! Thin socks may be the most important! If you double up socks, not only can you create chaffing, but you often will sweat in them before you get out on snow, again making cold feet. The thin sock also gives you more foot-to-boot control, hence more control of your skis. A plastic boot shell actually conducts cold. If it is "0" outside, the shell may be -5 or lower. The liner is the only thing that keeps your foot warm. With that said, if you insulate your foot from the liner, the liner never gets warm. The boot liner is warmed by your foot, and in turn keeps your foot warm. Never put on a cold boot on a cold day. If possible, put your boots on inside a warm area, and warm the boot with your foot for at least 10 minutes before going outside. The boot liner, like good ski socks, is made to wick away moisture from your foot and keep the foot dry. If you don't get the liner dry before your next ski session, again you will have cold feet. If you throw your boots in the garage till next week, they may not be dry by the time you put them on next week!

We will have some colder temperatures next week. If the mountain is open, we ski. Students need to dress appropriately. I saw many of the students were under dressed last week. Skiers should be dressed in layers. You can always shed layers but can be in trouble if clothing is inadequate for the temperatures. Thin cotton gloves are not appropriate for skiing and snowboarding. Not only are they not warm enough but can get wet and can create very painful

sensations. Remember that if you have any questions, please leave an e-mail. This is as much your program as it is for your kids. Curt