



# Parent/Athlete Handbook

## *22/23 Crested Butte Nordic Team*

Contact, Alex Riedman, Rec Programs Coordinator, [alex@cbnordic.org](mailto:alex@cbnordic.org) for all questions and comments regarding the winter season.

### **KNOW YOUR PROGRAM**

Please acquaint yourself with your program meeting times, start and finish dates and meeting places. All Crested Butte programs will meet at the Nordic Center during the first week of practice. All other practice locations will be communicated via email the week leading up to practice.

#### *Nordic Programs*

- Preschool - Wednesdays, 11:00 am - 12:00 pm 11/30/22 - 3/15/23
- Kindergarten - Mondays, 4:00 pm - 5:30 pm 1/2/23 - 3/13/23 **or** Wednesdays, 2:30 pm - 4:00 pm 1/4/23 - 3/15/23
- 1st Grade - Wednesdays, 2:30 pm - 4:00 pm 1/4/23 - 3/15/23 **or** Mondays, 4:00 pm - 5:30 pm 1/2/23 - 3/13/23
- 2nd and 3rd Grade - Mondays 4:00 pm - 5:30 pm and Wednesdays 2:30 pm - 4:00 pm 1/2/23 - 3/15/23
- 4th and 5th Grade - Mondays 4:00 pm - 5:30 pm and Wednesdays 2:30 pm - 4:00 pm 11/28/22 - 3/15/23
- 6th and 7th Grade - Tuesdays 4:00 pm - 5:30 pm and Thursdays 4:00 pm - 5:30 pm 11/29/22 - 3/16/23
- 8th and 9th Grade - Tuesdays 4:00 pm - 5:30 pm and Thursdays 4:00 pm - 5:30 pm 11/29/22 - 3/16/23
- Girls Group - 6th Grade & Up - Fridays 4:00 pm - 5:30 pm 12/2/22 - 3/17/23

#### *Biathlon Programs*

- 6th and 7th Grade - Fridays 4:00 pm - 5:30 pm 12/2/22 - 3/17/23
- 8th Grade & Up - Wednesdays 2:30 pm - 4:00 pm 11/30/22 - 3/15/23

### *Backcountry Programs*

- 4th and 5th Grade Explorers - Mondays 4:00 pm - 5:30 pm and Wednesdays 2:30 pm - 4:00 pm 11/28/22 - 3/15/23
- 6th and 7th Grade Explorers - Tuesdays 4:00 pm - 5:30 pm and Thursdays 4:00 pm - 5:30 pm 11/29/22 - 3/16/23
- 8th and 9th Grade Explorers - Tuesdays 4:00 pm - 5:30 pm and Thursdays 4:00 pm - 5:30 pm 11/29/22 - 3/16/23
- 10th Grade & Up Explorers - Mondays 4:00 - 5:30 pm and Fridays 4:00 - 5:30 pm 11/28/22 - 3/17/23
- Girls Group Explorers - 6th Grade & Up - Wednesdays 2:30 pm - 4:00 pm 11/30/22 - 3/15/23

### *Gunnison Programs*

All Gunnison programs meet at Jorgensen Field by the Ice Rink during the first week of practice. All other practice locations will be communicated via email the week leading up to practice.

- Gunnison 2nd Grade & Up - Tuesdays 4:00 pm - 5:30 pm and Thursdays 4:00 pm - 5:30 pm 1/3/23 - 3/16/23

## **GEAR AND EQUIPMENT**

1. Crested Butte Nordic provides skis, boots and poles for all athletes in all of our programs, including our Gunnison based programs. We highly encourage those pursuing racing to own their own set up of skate and classic gear.
2. Athletes should come to each practice with:
  - a. Snow pants or nordic pants
  - b. Warm jacket
  - c. Hat
  - d. Warm mittens/gloves
  - e. Buff/neck gaiter
  - f. Water
  - g. Snack
3. All Nordic and biathlon programs will get the opportunity to skate ski throughout the winter. Due to limited supply, skate ski days will be assigned to each group. Those days will be communicated in the weekly email.

## COMMUNICATION

1. Our [webpage](#) has information on our program schedule, a calendar of events, race opportunities and other general Crested Butte Nordic information.
2. Every week you will receive an email regarding upcoming events and important information as well as where your program is meeting that week.
  - a. This email will come from mailchimp, please check your spam if you are not receiving it and allow the email to send to your inbox
3. Send other questions and comments to [alex@cbnordic.org](mailto:alex@cbnordic.org)

## PRE PRACTICE TIPS AND TRICKS

There isn't a whole lot of time between the end of school and the beginning of practice. Here are some ways to streamline the process for your kids so they're on time and prepared.

1. Do pack a Nordic Bag! Have all clothes, including DRY GLOVES, a separate snack and water bottle in a bag that the athletes will take with them to school. When the bell rings they can change clothes at school and eat a snack on the walk or drive to practice.
2. Don't try to buy a snack at Ace or Clarks on your way.
3. Don't go home before going to practice. These things take a long time and end up taking away time-on-snow from the entire group.
4. Do change and use the bathroom at school. The Nordic Center will be accessible for bathroom use but not as changing rooms. There will be porta potties at every trailhead for emergency use.

## CANCELLATION/REFUND POLICY

### *Injury or Medical Related Cancellation*

If your athlete can no longer participate in our programs due to an injury or other medical condition we will refund...

- 100% of your athlete's program tuition up to their program start date
- 75% of your athlete's program tuition between their program start date and two weeks after their program started
- 50% of your athlete's program tuition between two weeks after their program

- start date and half way through their program length
- No refund will be issued after we are halfway through their program's length

### *All Other Cancellations*

If you no longer wish to participate in our winter programs for any other reason outside of medical or injury related cancellations we will refund...

- 100% of your athlete's program tuition up to their program start date
- 50% of your athlete's program tuition between their program start date and halfway through their program
- No refunds will be issued after we are halfway through their program's length

### *Weather and other events*

In the case of severe weather, temperatures below -6 degrees Fahrenheit, or an unforeseen event where the Nordic Center Staff and Board deem skiing outside unsafe, practice for the day will be canceled. If conditions continue, we will wait to resume practices until conditions are deemed safe by the Nordic Center Staff and Board. No refunds will be given for these unforeseen cancellations.