

Parent & Athlete Guidelines

2023-2024 Crested Butte Junior Nordic Team

Contact Youth Programs Coordinator alex@cbnordic.org for questions about the Recreational Nordic, Backcountry, & Biathlon Programs. Contact Head Comp Team Coach ben@cbnordic.org for questions about the Devo & Comp teams.

KNOW YOUR PROGRAM & PRACTICE LOCATION

Please acquaint yourself with program meeting times, start and finish dates, and trailheads throughout the valley. All Crested Butte programs will meet at the Nordic Center the first week of practice. Crested Butte and Gunnison program practice locations will be communicated via a weekly email from head coaches. All groups will use a variety of trailheads and parents must prepare to provide transportation or carpools for their student athletes.

Program Track	Group	Monday	Tuesday	Wednesday	Thursday
Nordic	Preschool 4 - 5.5 Years Old			11-12 pm	
Nordic	Kindergarten & 1st Grade	4-5:30 pm	M or W or both	2:30-4 pm	
Nordic	2nd & 3rd Grade		4-5:30 pm		4-5:30 pm
Nordic	4th & 5th Grade		4-5:30 pm		4-5:30 pm
Nordic	6th through 8th+ Grade		4-5:30 pm		4-5:30 pm
Nordic	Gunnison 2nd Grade & Up		4-5:30 pm		4-5:30 pm
Backcountry	5th-6th Grade Intro to Backcountry	4-5:30 pm		2:30-4:30 pm	
Backcountry	7th-10th Grade Backcountry Skills		4-5:30 pm		4-5:30 pm
Backcountry	Girls Backcountry 6th-10th+ Grade			2:30-4:30 pm	
Biathlon	5th Grade & Up Biathlon			2:30-4:30 pm	

Program	Grade	Cost	Start Date	End Date	# weeks	# days/wk	
Nordic	Preschool (4-5 years old)	\$375	11/29/23	3/27/24	15	1	\$25/session
Nordic	K-1st Grade	\$300	1/8 & 1/10/23	3/25 & 3/27/24	11	1	\$27/session
Nordic	2nd-3rd Grade	\$600	1/9/23	3/28/24	11	2	\$27/session
Nordic	4th-5th Grade	\$720	11/28/22	3/28/24	15	2	\$24/session
Nordic	6th-8th+ Grade	\$720	11/28/23	3/28/24	15	2	\$24/session
Nordic	Gunnison (2nd Grade & Up)	\$450	1/9/23	3/7/24	9	2	\$25/session
Backcountry	5th-6th Grade	\$720	11/27/23	3/27/24	15	2	\$24/session
Backcountry	7th-10th Grade	\$720	11/28/23	3/28/24	15	2	\$24/session
Backcountry	Girls 6th-10th+	\$450	11/29/23	3/27/24	15	1	\$30/session
Biathlon	5th Grade & Up Biathlon	\$450	11/29/23	3/27/24	15	1	\$30/session

Biathlon can be added to a comp team or 5th-10th grade athlete doing another T/Th 2 day per week program for \$200.

COMMUNICATION

1. Our webpage has information on our program schedule, a calendar of events, race opportunities, and other general Crested Butte Nordic information. <https://cbnordic.org/things-to-do/team/>
2. Each week you will receive an email with upcoming events, important information, and trailhead meeting locations for the week.
3. Email notification of absences or questions to alex@cbnordic.org or your head Devo or Comp coach ben@cbnordic.org

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 encourage those pursuing racing to own their own set up of skate and classic gear. It is beneficial for athletes in Backcountry programs 6th Grade and up (Co-ed and Girls) to have their own backcountry touring equipment (skis, boots, touring bindings, climbing skins, poles or a splitboard set up), though we will arrange free rental equipment for those that do not have their own.
2. Athletes should come to each practice with:
 - a. Snow pants or nordic pants
 - b. Temperature appropriate jacket and long sleeves- layers are great!
 - c. Hat & Sunglasses
 - d. Dry, warm mittens or gloves
 - e. Buff or neck gaiter
 - f. Drink water prior to practice or have a water bottle
 - g. Eat a snack prior to practice or have a small snack in pocket
 - h. Ski socks or tall socks- NO ankle socks!!

PRE PRACTICE TIPS

Your coaches are excited to provide age-appropriate educational outdoor opportunities with a nordic focus! The success of each group depends on athletes arriving to practice on time and prepared. There is not much time between the end of school and the beginning of practice.

Here are some ways to streamline the process to be on time and prepared:

1. DO pack a Nordic Bag! Have all clothes, including DRY WARM GLOVES, a separate snack, and leak-proof 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. Do NOT stop to buy a snack at ACE or Clarks on your way. *Stopping at ACE will guarantee tardiness to practice and delay the entire group.*
3. DO change and use the bathroom at school. The Nordic Center will be accessible for bathroom use, but changing rooms are limited. There will be porta potties at most trailheads.

YOUTH RACES

We are excited to offer four youth races for our athletes this season. These races are optional, though athletes are encouraged to participate. Each race will have distances appropriate for even our youngest athletes. Weather days may occur.

Race #1: Wednesday January 31st, CB Nordic Center

Classic 1K & 3K

Race #2: Thursday February 15th, CB Nordic Center

Freestyle 1K & 3K+

Race #3: Tuesday February 27th, Gunnison

Freestyle 1K & 3K+

Race #4: Wednesday March 20th, CB Nordic Center

Freestyle 1K & 3K+

Costumes and Obstacle Course

CANCELLATION/REFUND POLICY

Injury or Medical Related Cancellation

If your athlete can no longer participate in our programs and other youth sports 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 a 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 a program's length

Weather or Other Events

In the case of severe weather, temperatures below 0 degrees Fahrenheit, extreme avalanche danger, or an unforeseen event where Nordic Center Staff 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 Staff & Coaches.

HEALTH PROTOCOL

Any employee, coach, participant, or volunteer should stay home if they are experiencing symptoms of any illness, including colds, flus, covid-19, or other communicable illnesses. The Crested Butte Nordic Team follows covid-19 and health protocol as outlined by Gunnison County and in alignment with the Crested Butte Community School. Masks may be worn by any participant, coach, or volunteer at any time. Masks may be made mandatory indoors if Gunnison County reinstates a mask recommendation or mandate for indoor areas.

BATHROOMS AND CHANGING CLOTHES

Privacy must be respected for any participant, coach, or volunteer using the bathroom, indoors or out, or while changing in or out of clothing or gear. Participants are to use the indoor restroom one at a time in private stalls and give one another plenty of space for privacy if urinating outside. Encourage modesty for participants in your group; create safe spaces and boundaries between participants. Coaches may need to assist young participants with buttons/zippers/snaps/ties; tell them to do their best on their own first and pull up pants or clothing before exiting the bathroom stall or rejoining a group. One-on-one situations are avoided. If a coach or volunteer is taking one young athlete to the restroom, they should take a second athlete or have another coach, volunteer, or front desk staff member present.

DISCIPLINARY PROCEDURE

The Junior Nordic Team has clear expectations of safe and respectful behavior from all athletes, employees, and volunteers. Parents will be notified of all unsafe or disruptive behavioral incidents, and may be called for an early pickup if necessary. Parents will be asked to stay with their participant during practices if repeated behavioral challenges arise.

No athlete shall disrupt practice with unruly behavior, make any other athlete or coach feel uncomfortable by their words or actions, or put themselves or others in unsafe situations.

1. Coach identifies the individual(s) showing disruptive behavior. Separate athletes that are involved in arguments, physical altercations, or disruptive behavior.
2. Athlete(s) and coach discuss clear and rational solutions to mitigate the problem.
3. Parents are informed of the incident and resolution.

1st Incident: Use above process with clear verbal warning. Coaches should make note of incidents on the attendance sheet and alert the program coordinator.

2nd Incident: Clear verbal warning and temporary separation of athlete from group. Depending on the incident, the coach may ask the athlete(s) to:

- Sit quietly on a bench for a short period of time
- Ski a short distance by themselves to “cool down”

Continuing Challenges: If disruptive or unsafe behavior continues, athletes may be asked to take time off of practice and provide an apology to the individuals or groups affected. Parents may be required to supervise their children during practices if behavioral challenges continue.