



To: Nordic Blue Waxers Ski Program Volunteers
From: Alice Busch- Therapeutic Recreation Services
Date: October 29, 2019
Re: Upcoming Ski Season

Hello Everyone

The snow is arriving and tracks will soon be made. I'm excited about a good snow year!

TRS would love to have you volunteer in our Nordic program this winter. We will start off the season with a Nordic training for all instructors at Mt. Spokane Selkirk Lodge on Saturday December 28, 2019 from 9am-12pm. This is a great opportunity to get some great training which then can be used to teach our students. For returning instructors this will be our first day with students.

Remember you must have a Sno-park permit on your vehicle to park in the lot. The fee is \$84 and goes a long way to pay for grooming trails on Mt. Spokane. TRS will be sending up two vans each week so there may be room for volunteers. Please let us know if you need a ride.

Dave Bentz will once again be the Nordic program coordinator.

The Nordic program will be on Saturdays at Mt. Spokane Selkirk Lodge beginning January 4th with the students. Our students are ages 12 and above with developmental disabilities. Many of our skiers enjoy competing and will do so at our local annual Langlauf Nordic Community Race February 9th and the Washington State Special Olympics tournament in Leavenworth February 28th-March 1st, 2020. We like to have unified relay teams which consist of skiers with and without disabilities skiing together so we encourage you to think about making that commitment. We will give more information as the season progresses.

Dates: January 4th- February 22nd (competition in Leavenworth February 28th-March 1st, 2020)

No skiing Saturday February 8

Times: 9:00am-12:00pm at Selkirk Lodge at Mt. Spokane

Volunteers will be needed to participate in the community Nordic race Langlauf on Sunday February 9th, 2020. Times and details to come later.



The students will meet at the OPS building 810 N. Stone at 7:30am and return at 1:30pm.

We do have skis, boots and poles available for volunteers to borrow if needed.

Please fill out the attached volunteer registration form. We will also need each volunteer to fill out a Washington State Patrol Background check if it has expired. Be sure to tell your friends and family about this great volunteer opportunity and let me know if I need to send information out to someone.

If you want to carpool with other instructors please contact Dave at 509.953.6062.

I'm looking forward to a great ski season. Thank you for considering volunteering with us. Don't hesitate to call if you have any questions.

Alice
625-6245 office or cell 509.720.3099