



Weather Policy

Programming is canceled when the temperature is expected to be colder than 5° below zero (air temperature) and/or 10° below wind chill.

Metro Ski Hotline: **612-775-2282**

A message will be recorded by 7 p.m. on the day before for Saturday and Sunday lessons and by 1 p.m. that day for Monday and Wednesday lessons.

Northland Ski Hotline: **218-726-4834, ext. 1.**

A message will be recorded by 7 p.m. on the day before Saturday and Sunday lessons and by 3 p.m. for Tuesday and Thursday lessons.

Unfortunately, refunds, pro-rates and rescheduling of lessons is not possible. **If we have to cancel three or more lessons, make up sessions will be offered March 11-16 depending on the ski area and volunteer instructor availability.**

Attendance Policy

If you must miss your scheduled lesson, please leave a message on the Ski Hotline prior to the absence. Leave your name, lesson location and discipline and we will make the necessary adjustments. If you miss more than three lessons *without* prior notification, you forfeit your spot and the next person on the waiting list will be given the option to fill your position.

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Safety

Courage Kenny Rehabilitation Institute requires the use of appropriate ski helmets by both participants and volunteers. There is a 200 pound weight limit for all skiers and snowboarders due to equipment manufacturer specifications and ski instructor safety. The max weight limit for participants may be lowered for ski instructor safety as needed. Participants may be asked to provide a note from their physician confirming their weight.

Lesson Day Information

On your first day

- skiers and snowboarders should plan to arrive 15 minutes early
- volunteers should plan to meet 30 minutes early
- check in with the registration volunteer at the Courage Kenny Rehabilitation Institute table, (follow the signs). Skiers and snowboarders will meet your site coordinator.

You will then:

- receive your lift ticket and ski/snowboard rental information (if applicable)
- be introduced to your instructor(s)
- relax, use the restroom if necessary, and generally, prepare for your time on the hill including getting your hand warmers, sunblock, goggles, helmet ready, or having a small snack or water
- but, wait to put on your coat, hat, gloves, and other outdoor gear until you are on your way out the door. If you overheat inside, you will get chilled when you move outside.

Goals are important to make at the beginning of the season and before each lesson. So, before you hit the slopes, talk with your instructor(s) about your goals for the season. For example, do you want to:

- be able to ski blue runs independently?
- be able to load the chairlift?
- put on your skis/snowboard by yourself?

During your lesson, your instructor(s) are there to make sure you are safe, have fun and learn how to enjoy the winter the best way possible. Ask questions, try hard, and watch yourself improve throughout the season.

After your lesson, be sure to collect all of your belongings and check in with your site coordinator for any special information. If you have rented equipment, keep your rental form in your folder so it can be used the next week. Instructors will record your progress and ensure that your equipment is put away clean, and dry.

Resources

allinahealth.org/ski

Weather updates: NOAA.gov

Disabled Sports USA: disabledsportsusa.org/adaptive-skiing-alpine

Program Coordinators

Twin Cities: Megan Welty at megan.welty@allina.com, 612-775-2280

Northland: Tara Gorman at tara.gorman@allina.com, 218-726-4834

Ski & Snowboard Program

Winter 2017-18



WELCOME!

Whether you are joining us as a volunteer or as a participant we are thrilled you have chosen to spend your winter with Courage Kenny Rehabilitation Institute's Ski & Snowboard program.

For 50 years, we have taught thousands of people with disabilities and visual impairments to ski and snowboard. We've learned a lot along the way. We are extremely proud of our program. We teach more than 1,600 lessons per season (about 200 per week), train more than 400 volunteers each year, as well as host a series of special events. Along the way, we have formed strong relationships with partners in the Midwest and national ski community.

Use this as a resource to keep you informed throughout the ski and snowboard season. It contains the information you'll need for a fun and successful winter.



Ski-a-Thon February 2-9, 2018

Gather pledges from family, friends and the community, per run or as a cash donation. The event offers great fundraising incentives and inter-site contests. On event day, invite your supporters to the hill, ski or snowboard as many runs as you can all while filling up on some delicious snacks to keep up your energy. This is a great opportunity for friends, family and neighbors to have a great time while supporting the Courage Kenny Rehabilitation Institute's Ski & Snowboard program.

Register online at allinahealth.org/skiathon to create a fund raising page.



12th annual Courage Kenny Cup Ski Benefit Race February 11, 2018 Trollhaugen Ski Area, Dresser, Wis.

Join us and compete, meet new friends and support Courage Kenny Ski & Snowboard in this unique alpine team race event. Register as a team (of 3) or as an individual, and be paired with a racer with a disability from Courage Kenny's Developmental Race Team. If you haven't raced before or you just want to come out and have some fun, sign up for the FUN race. There are two classes to race in: competitive and fun. Silent auction and awards round out the day. Sponsorships are available. Registration and more info: allinahealth.org/couragekennycup.



15th annual Great Lakes Mono Ski Madness and Learn-to-Race Clinic February 28-March 2, 2018 Spirit Mountain, Duluth, Minn.

This partnership between Courage Kenny Rehabilitation Institute – Northland, Miller-Dwan Foundation, Spirit Mountain and Disabled Sports USA brings together skiers and instructors from across the

Midwest and from top western ski resorts to work with beginner – advanced level mono-skiers to improve their skiing skills.

Athletes will improve all-mountain skiing skills, learn racing fundamentals and a proper fit in a ski. Video analysis will be provided by some of the nation's top mono-ski instructors at the end of each day.

In the Race Clinic, ski or ride with some of the country's top coaches and make the improvements needed to get faster as a racer. Race Clinic attendees must be independent on the hill and on chair lifts. Equipment is available on request.

To register or volunteer, contact Tara Gorman at tara.gorman@allina.com or 218-726-4834.

Adaptive Nordic Camp March 1-2, 2018 Spirit Mountain, Duluth, Minn.

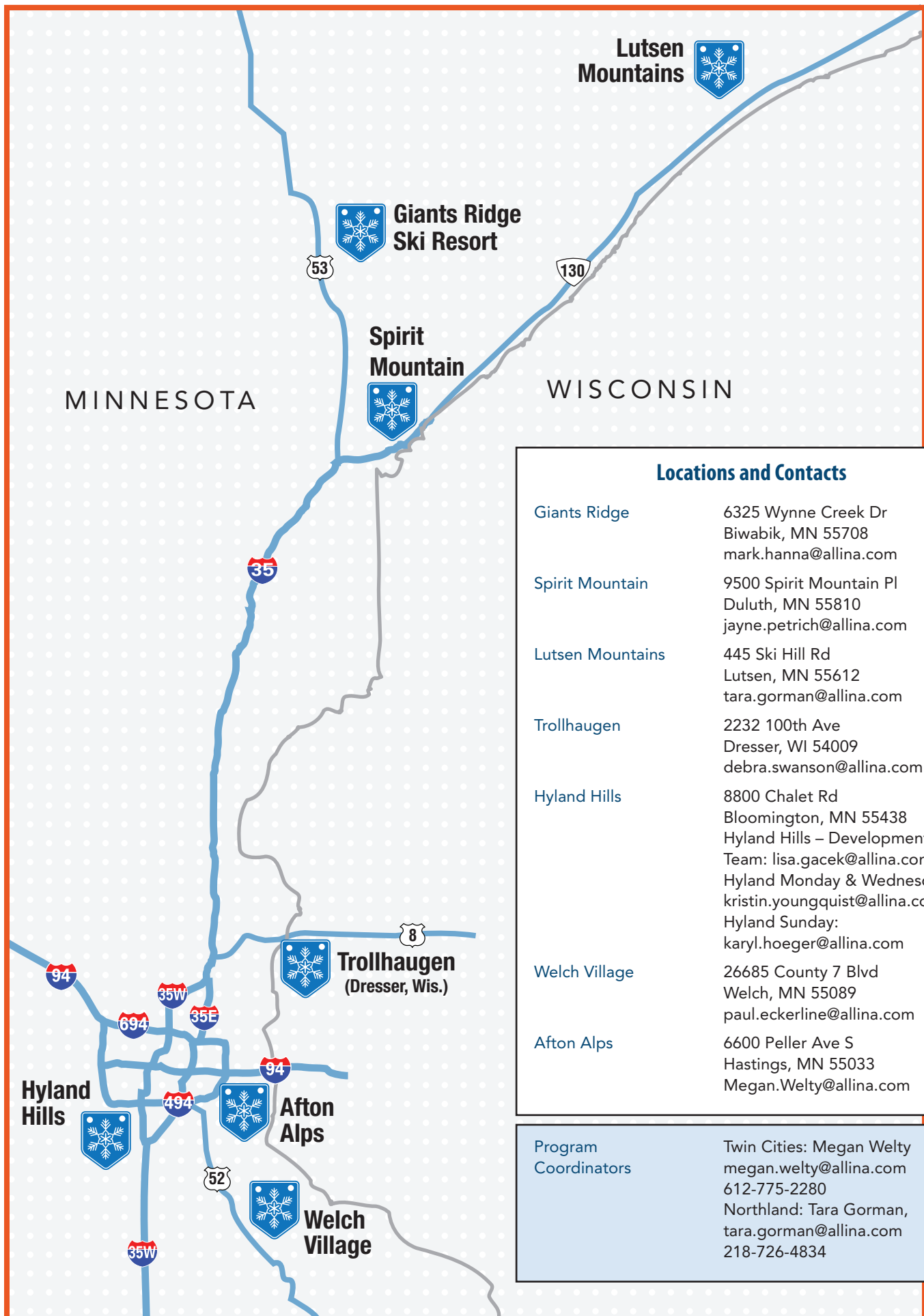
This partnership between Courage Kenny Rehabilitation Institute-Northland, Spirit Mountain and US Paralympic Biathlon/Nordic team brings together athletes and coaches from across the Midwest. This camp is designed to help both beginner and advanced athletes to improve their skills. Skiers work with instructors on personal ski development and race techniques and will be filmed by a professional videographer for a thorough movement analysis. Skiers and instructors will then analyze the film and discuss ski style and performance.

To register or volunteer, contact Mark Hanna at mark.hanna@allina.com, or 218-726-4834.

North Shore Fling March 25, 2018 Lutsen Mountain, Lutsen, Minn.

Join us for a true mountain ski experience. Lutsen has 96 runs and terrain available for beginner through expert level skiers. Also available is the new 8-passenger Doppelmeyer gondola with better accessibility. One-to-one instruction or ski buddies available for stand-up, bi-skiing and mono-skiing.

To register or volunteer, contact Tara Gorman at tara.gorman@allina.com or 218-726-4834.



Locations and Contacts

Giants Ridge	6325 Wynne Creek Dr Biwabik, MN 55708 mark.hanna@allina.com
Spirit Mountain	9500 Spirit Mountain Pl Duluth, MN 55810 jayne.petrich@allina.com
Lutsen Mountains	445 Ski Hill Rd Lutsen, MN 55612 tara.gorman@allina.com
Trollhaugen	2232 100th Ave Dresser, WI 54009 debra.swanson@allina.com
Hyland Hills	8800 Chalet Rd Bloomington, MN 55438 Hyland Hills – Development Race Team: lisa.gacek@allina.com Hyland Monday & Wednesday: kristin.youngquist@allina.com Hyland Sunday: karyl.hoeger@allina.com
Welch Village	26685 County 7 Blvd Welch, MN 55089 paul.eckerline@allina.com
Afton Alps	6600 Peller Ave S Hastings, MN 55033 Megan.Welty@allina.com

Program Coordinators	Twin Cities: Megan Welty megan.welty@allina.com 612-775-2280 Northland: Tara Gorman, tara.gorman@allina.com 218-726-4834
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