

## **How do I get involved in 4-H CANSKI?**

4-H CANSKI is a community cross country ski program run by volunteers. The club provides instruction, skill building games, social opportunities to ski, leadership development, and lots of fun! The website is a good resource for information. You can also call the coach/leader who is listed under "coaches" and ask questions of him or her.

### **To get involved in 4-H CANSKI:**

1. Look at a copy of the brochure from the website or get a paper copy for basic information.
2. Decide whether your skier wants to ski recreationally or try racing, and what technique they want to use (skate or classic) - call with questions about this. Make note of the volunteer coach/leader assigned to your skier's group from the list on the website.
3. To enroll in 4H-CANSKI go to: <https://wi.4honline.com> Call the 4-H office (682-7017) with any questions. Note: dues come with a T-shirt. Scholarships are available if cost is a barrier to participation. Talk with Doug Liphart or your area coach/leader if you have questions about this.
4. If you want to utilize the BART bus for transportation for a middle school or high school skier, call the 4-H office to sign up and make checks out to BART. Otherwise, note location and schedule for your skiers group and arrange transportation (be sure to communicate with coach/leaders - carpools are utilized in some locations).
5. Make sure that your skier has gear that fits from home or 4-H CANSKI. Check to see that your skier is dressed appropriately for skiing. Skis can be stored in a classroom during the day on a ski day. We have a cooperating teacher in each location (Lake Superior Elementary, AMS, AHS, WES, WMS, WHS).

All 4-H CANSKI events that are scheduled at Mt. Ashwabay trails include a trail pass (as part of your CANSKI registration) for the duration of that scheduled event. If you would like to use these excellent trails on your own time/schedule, please purchase a trail pass. We also encourage donations at the Ashland Trail system. Many 4-H CANSKI members spend hours voluntarily grooming trails, and gas isn't cheap anymore!