

**AMHERST LEISURE SERVICES
BERKSHIRE EAST SKI RESORT
TEEN DOWNHILL SKIING & SNOWBOARDING PROGRAM
PARENT LETTER 2020**

Dear Parents and Guardians,

January 2020

Thank you for registering your teenager/s in the LSSE Teen Ski and Snowboard Program. We are excited and great year of skiing and snowboarding.

Enclosed is important information regarding the 2020 ski season.

Please read the entire packet carefully and share this information with your teenager/s.

- Please be advised that **all** participants **are strongly encouraged to wear ski/snowboard helmets** while skiing or snowboarding at Berkshire East.
- Ski and snowboard equipment may be stored for the day at the Amherst Regional Middle School Ski Locker, located in the right wing of the Auditorium. An LSSE staff person will monitor equipment drop-off on each individual Thursday morning.

Ski/Snowboard Rental:

IMPORTANT: Please note that the rentals forms that were available online are no longer being used.

This year Berkshire East has requested that if your **teenager/s** are in need of Ski/Snowboard rentals that you let us know their weight, height, shoe size, helmet if needed and ski/snowboard level (ski/snowboard level description is listed below(#12)). Anyone who is renting needs to have their information on the roster in order for our rental shop to get them set up.

Please **Email Nicole Abelli at Abellin@amherstma.gov** with these details by or before **Friday January 3rd** in order to secure your **teenager/s** equipment and so we may submit their info too Berkshire East Rental Shop.

• **VOLUNTEERS CHAPERONES**

If you are interested in being a ski chaperone and have not already submitted your name to us, please call Nicole Abelli at LSSE (259-3151) or by email at **Abellin@amherstma.gov**. Skiing ability is helpful, but not required

- If you have additional questions please call **259-3151** or email me at **Abellin@amherstma.gov**.

Sincerely,
Nicole Abelli, Camps, Outreach and Special
Events Coordinator

**AMHERST LEISURE SERVICES
BERKSHIRE EAST SKI RESORT
TEEN DOWNHILL SKIING/SNOWBOARDING PROGRAM
WINTER 2020**

Please read this information with your teenager/s

1. SKI/SNOWBOARD RENTAL FORM:

IMPORTANT: Please note that the rentals forms that were available online are no longer being used.

This year Berkshire East has requested that if your **teenager/s** are in need of Ski/ Snowboard rentals that you let us know their weight, height, shoe size, helmet if needed and ski level (ski level description is enclosed below). Anyone who is renting needs to have their information on the roster in order for our rental shop to get them set up.

Please **Email Nicole Abelli at Abellin@amherstma.gov** with these details by or before **Friday January 3rd** in order to secure your child equipment and so we may submit their info too Berkshire East Rental Shop.

2. PROGRAM SUPERVISION

Nicole Abelli will direct the Teen Ski/Snowboard program. She will be based in the ski lodge to handle coordination and emergencies. Please be advised that Berkshire East has many ski trails and your child will not be under the watchful eye of an adult supervisor at all times. We therefore require that all participants ski with a buddy. Any inquiries or concerns regarding the program may go directly to **Nicole Abelli** at LSSE at **259-3151** or by e-mail, **Abellin@amherstma.gov**

3. PICK-UP SITES

Travel Kuz Bus Company will pick children at Amherst Regional Middle School on Thursdays at 2:30 p.m. High school and Middle school students will depart and return from the Amherst Regional Middle School only.

4 .RETURN SITE- PLEASE READ CAREFULLY!

Buses will drop children off at the **AMHERST REGIONAL MIDDLE SCHOOL** by or before 8:30p.m. Each Thursday. **As a courtesy to the parent volunteers, upon whom this program relies for its operation, PROMPT PICK-UP of teenager/s is required. A Late-Fee policy of \$10.00 for the first 5-10min late and \$1 for each additional minute late will be instituted this season.**

Curb-side parking at the Middle School is reserved for the Travel Kuz Coach buses so that your **teenager/s** may exit the bus and collect their equipment directly on the sidewalk. Please park in a parking spot and meet your skier or snowboarder at the sidewalk.

5. TRANSPORTATION

In order to participate in the program, **teenager/s** are **REQUIRED** to travel to and from Berkshire East aboard program buses. They are coach buses that are very comfortable and equipped with bathrooms and Free Wi-Fi. Buses pick both M.S. and H.S. Students up at the Middle School.

6. HELMET REQUIREMENT

Helmets are strongly recommended for all participants.

7. * CLOTHING

Please consult the attached info (located at the end of this letter) provided by the National Ski Patrol for some helpful hints on what to pack for your **teenager/s**. We also suggest extra socks, hats and mittens be packed.

8. LOST ARTICLES

Neither LSSE nor Berkshire East accepts **ANY** responsibility for lost articles. It is helpful if your child carries a pack for all belongings. **Additionally, we recommend that your teenager/s belongings be clearly labeled with his/her name.** However, even this is no guarantee for recovery. A Lost and Found will be established at the LSSE office with all unclaimed articles being donated to the Amherst Survival center after March 1, 2020. If your child has his/her own ski equipment we strongly recommend that **teenager/s** be provided with locks for the skis. Do not send your **teenager/s** with expensive sneakers and other items. They cannot be watched securely enough to defend against theft.

9. LIFT TICKET

Your **teenager/s** will be given a special lift ticket every week. The lift tickets will be collected at the end of each ski day and redistributed the following week. If your **teenager/s** ticket accidentally goes home with him or her, please notify us in order to prevent unnecessary replacement.

10. SNACKS

Please provide your **teenager/s** with a snack to be eaten on the way to Berkshire East and/or money for the cafeteria at the mountain. You may also choose to pack a dinner for your **teenager/s**. **Eating privileges on the bus may be revoked if this privilege is abused.**

11. CANCELLATION POLICY

If the Amherst Schools are closed the program is canceled. The program may also be canceled on any given day due to lack of snow, bitter cold, or dangerous traveling conditions. In these cases, the decision to cancel will take place **the Wednesday afternoon just before the weekly trip.** The decision will **NOT** be made prior to 4:30 p.m. on Wednesday. Please call 259-3065 **after** 4:30 p.m. Wednesday or **before** 8:00 a.m. on Thursday for a recorded message. If there is no message regarding ski program cancellation, it means the program is **not** canceled.

Occasionally weather conditions change after students are at school. If we need to cancel the ski trip we will do so by 11:30 a.m. on Thursday. You can call the LSSE office **AFTER** 11:30 a.m. on the day of the trip to find out if the ski trip is canceled. An announcement will also be made in the schools. Students will be instructed to go home if the ski trip is canceled.

Often the snow conditions in Amherst seem inadequate, but remember that the conditions in Charlemont can be quite different. **Berkshire East also has snowmaking equipment, so relying on natural snow isn't always necessary.**

12: SKI/SNOWBOARD SKILL LEVEL

Please refer to this chart when filling out and submitting your teenager/s registration

SKIERS:

- **LEVEL 1. First Time Skier:** Never skied before or is not yet able to stop with confidence on a gentle slope.
- **LEVEL 2. Novice.** Learning to turn in control on gentle slopes learning to turn in control on gentle slopes. Usually rides magic carpet lifts. May progress to chairlifts and other easy green runs.
- **LEVEL 3. Comfortable Novice:** Can link strong snowplow turns or wide stance parallel on green runs can link strong snowplow turns or wide stance parallel on green runs. Occasionally skis a blue run, but cautiously. Has experience riding chairlifts (while skiing).
- **LEVEL 4 Intermediate:** Able to ski parallel turns with pole plant. Can ski most blue runs, more advanced blues remain a challenge. Would like to explore more varied terrain.
- **LEVEL 5. Advanced:** Able to ski strong parallel turns with a pole plant on all blue runs and easy black runs. Learning, short turns, off piste, moguls, powder and more difficult *terrain
- **LEVEL 6. Expert:** Enjoy the challenge of skiing in control in all conditions and terrain and want to refine these skills.*

**Terrain features/parks may be used in any lessons. The rating system for the terrain parks is different from the Ski and Snowboard ability chart.*

SNOWBOARDERS:

- **LEVEL 1. First Time Snowboarder:** Never snowboarded before, or requires hand assistance to stop safely.
- **LEVEL 2. Novice:** Able to stop safely, mobile on toe-side and heel side edges. (Pendulum/falling leaf skills). Using magic carpets and may progress to chairlift.
- **LEVEL 3. Comfortable Novice:** Can complete heel side and toe side turns on gentle green terrain. Learning to link turns. Using magic carpets and chairs in the learning area. Comfortable Novice Can link strong snowplow turns or wide stance parallel on green runs. ...
- **LEVEL 4 Intermediate:** Can link turns and control speed on green runs outside of the learning area. Learning to turn with confidence on all green runs and easier blue runs. Can use all chairlifts.
- **LEVEL 5. Advanced:** Can link turns on blue runs. Learning short turns, carving, off-piste terrain and powder. Can do basic freestyle and is interested in learning to ride Terrain Park.*
- **LEVEL 6. Expert:** Can snowboard in control on black runs and comfortable riding in the terrain park. Learning steeps, trees, drops, off piste, and improving freestyle skills in Terrain Park.*

**Terrain features/parks may be used in any lessons. The rating system for the terrain parks is different from the Ski and Snowboard ability chart.*

13. LESSONS

Lessons for teens are optional but all teens must demonstrate safe skiing and riding or they may be required to participate in lessons.

LSSE RESERVES THE RIGHT TO REMOVE ANY PARTICIPANT FROM THE PROGRAM WHO ENDANGERS HIM/HERSELF OR ANY OTHER PERSON PARTICIPATING IN THE PROGRAM, OR WHO IS SUFFICIENTLY DISRUPTIVE AS TO HINDER OTHER PARTICIPANTS' ENJOYMENT OF THE PROGRAM. PARTICIPANTS SHOULD ALWAYS SKI WITH A BUDDY. YOUR TEENAGER SHOULD SEEK OUT A TEENAGER AS A BUDDY EARLY ON IN THE PROGRAM.

***National Ski Patrol Helpful Hints: What to pack, and how to prepare your teenager for skiing/snowboarding conditions.**

Whether you are a novice to winter sports or an expert, one of the most important ingredients to having an enjoyable experience is to dress efficiently; it's not as simple as pulling on a hefty sweater and giant parka. For skiing, snowboarding, snowshoeing, winter running, ice climbing, or any other outdoor pursuit, the goal is to stay warm and dry. How to do it? Dress in multiple, lightweight layers.

The Layering System

The beauty of layering is that you can shed and add clothing as conditions or your exertion levels change. Thanks to new high-tech fabrics, personal climate control is now a reality: body-warmed air is trapped between layers of clothing while moisture vapor from perspiration is allowed to escape.

A layering system usually includes three components: an inner moisture-wicking layer; a middle insulating layer; and an outer shell layer. It's important to keep several things in mind as you consider the numerous styles and fabrics available for each layer. Garments should be lightweight and compressible; if you need to shed a pullover, for instance, it should easily fit into a fanny pack or rucksack. Look for high-quality synthetic fabrics that are breathable. Be sure to choose a shell that is large enough to fit comfortably over several layers and try to select garments that are versatile enough to adapt to changes in the weather and useful for a variety of activities.

Additional variables to consider include your fitness level, your body type, the activity you'll be doing, and where you'll be doing it. Do you chill easily? Sweat a lot? Dress accordingly. Highly aerobic activities such as cross-country skiing and running require very different clothing systems from sports such as snowboarding and downhill skiing, in which your energy output constantly fluctuates. If you're heading into the backcountry or will be far from a heated shelter for any extended period, your clothing will be as important as any piece of equipment you have. It can mean the difference between life and death.

The weather, of course, is one of the most significant factors in what you decide to wear. Heeding the weather forecast can help ensure an enjoyable excursion; ignoring it can make you rue the day you first strapped on skis or boards. Even if you've checked the weather report, you should always be prepared for unforeseen changes. Remember Murphy's Law, and be prepared for anything, particularly in the backcountry.

Dressing For Highly Aerobic Winter Sports

Even though the thermostat reads 15 degrees and you can see your breath, if you're running, hiking, snowshoeing, or cross-country skiing, you can expect to heat up fast and perspire. If the sweat you produce during this workout is trapped next to your skin, you will eventually feel chilled. Not only is this cold clammy feeling uncomfortable, it can be dangerous, especially as you start to cool down. Protect yourself by wearing lightweight layers that you can remove quickly and stow away as you warm up. They should be compressible; if you need to shed a pullover, for instance, it should easily fit into a fanny pack or rucksack. Look for high-quality synthetic fabrics that are breathable.

Moisture management is the first consideration here. To keep the body warm during high-energy activities, clothing should transport moisture away from the skin to the outer surface of the fabric where it can evaporate. Tall order? Fortunately, companies such as PolarMax are using ultra-light fabrics like Acclimate Dry in their long underwear. These materials wick moisture from the skin and move it away, so start with this as an inner layer. Also, look for garments made from the new stretch fabrics for better fit and performance.

Your next layer should be a lightweight stretchy insulator, such as a breathable fleece sweater or vest. While you might not need it once you've warmed up, you'll appreciate a cozy top on your descent or on the ride home.

The final part of your cold-weather wear should be a lightweight and versatile shell jacket that will function for highly aerobic, as well as less strenuous activities, depending on what you layer under it. Fabrics like three-layer Gore-Tex and Wind stopper allow companies to create shells that are ultra-lightweight while remaining waterproof, windproof, and breathable. For aerobic activities, a shell's ventilating features are particularly important. Look for underarm zippers, venting pockets and back flaps.

Depending on the activity and weather, a lightweight wicking layer and stretch fleece pant are often all you'll need on the bottom. In deeper snow, you can wear gaiters to protect your feet and ankles, but carry lightweight shell pants with side zips just in case the weather gets nasty.

Always bring a hat and gloves, regardless of the weather or your activity level. As with the rest of your clothing, synthetic materials work best for protecting you against the extremes, and they don't itch! Look for fleece hats made with Wind stopper fabric, gloves and mittens layered with Gore-Tex and fleece, and socks made of synthetic, moisture-wicking materials.

Dressing For Activities Where Energy Output Fluctuates

Getting dressed for a day of downhill skiing or snowboarding can be especially tricky. In the next several hours, you'll work up a sweat carving turns and negotiating mogul fields, but you'll also sit on the chairlift, exposed to biting winds and wishing you had a down-filled mummy bag.

As you mull over your ensemble, keep the basic principles of layering in mind, incorporating warmer, windproof garments with plenty of venting options. Underneath, choose mid- or heavyweight long underwear with wicking capabilities. Staying dry is the best way to combat the inevitable cooling while you're at rest in the lift lines and on the chairlift. Also, look for undergarments with zip turtlenecks.

Next, layer on a lofty insulator, such as fleece pile, to trap warm air and protect you against the cold. Again, the fabric should wick moisture and breathe to help you stay dry. Another good option for skiing and boarding is windproof fleece. Several manufacturers offer garments that feature a layer of wind protection sandwiched between layers of fleece, providing extra warmth and protection without added weight or bulk.

Shells for downhill should be completely windproof and have many ventilation options. A longer, three-quarter length shell parka will keep wind and snow out most effectively with the added benefit of keeping your backside warm on the lift. A hood is handy for extra head and neck protection in high winds.

For the best performance and comfort, wear shell pants over stretchy fleece tights. Features to look for in shell pants include full side zips for ventilation, articulated knees for ease of movement, and bibs for extra snow protection. Some people, particularly snowboarders, like an extra layer of warmth and padding for sitting in the snow; it's also nice on the lift.

Frequently Asked Questions

1. **What's wrong with wearing cotton?** Cotton is a poor choice for insulation, because it absorbs moisture and loses any insulating value when it gets wet. Hence, moisture-wicking synthetics, which move moisture away from the skin and stay light, are the best choice for active winter sports like skiing. Not only do synthetic fabrics wick moisture away from the skin, they dry quickly and help keep the wearer warm in the process.

2. **What items are absolutely essential when it comes to having a budget?** For any outdoor winter activity, an inner wicking layer is crucial. Nothing will help you stay warm and comfortable more than a garment with moisture-transport capabilities. You can purchase an inexpensive fleece insulator that will function during most activities. Look for features that add versatility, such as a snap- or full-zip turtleneck. An outer shell doesn't always have to be both waterproof and breathable; you can consider more affordable alternatives that are highly water-resistant, yet still breathable. Again, keep versatility and ventilation in mind. Snap-off hoods, underarm zippers, and ventilating pockets are features that add value and performance to a shell garment. A pair of full side-zip shell pants are another investment worth making. As the weather changes, you can easily put them on or take them off without removing skis or snowshoes.

3. **Where is there more info on how to dress for winter sports?** There are many good sources of information on apparel. On the Internet, check out [Ski and Skiing](#), which contains sections on apparel and fabrics used in the outdoors. Also, the [SnowSports Industries of America](#) can help you locate many outdoor manufacturers. Other good sources are [W.L. Gore & Associates](#), the creator of Gore-Tex, Activent, Windstopper, and other technical outdoor fabrics, and [Patagonia](#), a manufacturer of high-quality outdoor apparel for serious skiers, boarders, hikers, runners, and climbers.