

Adult Ski Program Report 2022-2023

The Camrose Ski Club took Adult Skiing registrations this year for two programs.

- 1) A Beginning Learn to Ski Program – These participants had little to no experience cross-country skiing. Instruction focused on basic technique and introduction to skiing. Beginning Learn to Ski ran Wednesday evenings 6:00 PM-7:30 PM.
- 2) A Technique and Skills Improvement Group – These participants were comfortable on skis and looked to improve and refine skills to become faster and develop better techniques, including skate skiing. Technique and Skills Improvement was Wednesday evenings 7:30 PM-9:00 PM.

We were fortunate to again have the expertise of coach Phil Eriksson leading both groups Wednesday in a variety of skill building activities.

Lessons started November 23, and continued until the end of March. It was a nice long ski season. There was a total of 16 skiers- 8 in Learn to Ski and 8 in Skills and Technique. Registration stayed open until January 12th, 2023, when numbers reached max capacity. Thank you to Phil for his hard work and dedication in working with these athletes.

In January until the end of the season, a "Social Ski Night" was also started, which was a drop in on Fridays at 7pm. Skiers of all levels were encouraged to come for a fun ski to meet other skiers. The first few ski nights had quite a few skiers come to participate, with less skiers partaking as the season continued. A big thanks to Jane Yardley and Phil Eriksson and others skiers who helped lead and welcome people to ski each week.

Thank you to Kelly Heinemann, programs coordinator, who helped promote the adult skiing activities through club emails and social media. Thank you as well to the fabulous groomers who do such fantastic work to keep the trails amazing and make all this skiing possible.

A huge thanks to the participants this year for their enthusiasm. Hopefully the opportunities for lessons and social skis encouraged community building within the club. Hopefully future goals can include continuing to find ways to connect adult skiers in our community.

Submitted by: Lori Luntz
Adult X-Country Ski Director 2022-2023