

Adult Ski Program Report 2023-2024

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 coach Phil Eriksson leading both groups Wednesday in a variety of skill building activities and to have Dawson Ferguson fill in for a session in March. Lessons started November 29 with an orientation and waxing session and continued until the middle of March. It was a good ski season even with the lack of snow and only a couple of cold temperature cancellations. There was a total of 12 skiers- 4 in Learn to Ski and 8 in Skills and Technique.

In January until the end of the season, a "Social Ski Night" was also continued from last season, which was a drop in 2 Fridays a month at 7pm. Skiers of all levels were encouraged to come for a fun ski to meet other skiers. The first full moon Friday ski night had quite a few skiers come to participate, with less skiers partaking as the season continued due largely to poor snow conditions.

Thank you to Phil and Dawson for their coaching efforts this season. Thank you to Brianna Schultz, Programs Coordinator, who helped promote the adult skiing activities through club emails and social media. Thank you as well to the groomers who do such fantastic work to keep the trails amazing and make all this skiing possible. Finally, a huge thanks to the participants this year for their enthusiasm and dedication to the lessons.

Hopefully the opportunities for lessons and social skis continue to encourage community building within the club.

Submitted by:

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