

Greetings from Sovereign Lake! Winter's approach has us planning for the upcoming season and our School Ski Program. We know you are busy planning your school year and hope that you will be including a visit to Sovereign Lake. In this letter we have included information on our School Ski Program called "S'kool Ski". Our goal is to provide the highest quality cross country ski experience possible for your students, at an affordable price. We hope to see you on the trails with your students again this year!

CROSS COUNTRY "S'KOOL SKI" PROGRAM 2008-2009

The Sovereign Lake Nordic Club, "Ski S'kool" program began 10 years ago. Since then it has become a model for school Nordic programs across Canada. The program gives students the opportunity to try cross country skiing with the help of our certified ski instructors. Students develop their ski technique, while gaining appreciation and knowledge of our winter wonderland.

Most importantly they have lots of fun while participating in a truly Canadian winter activity.

Our lesson plans are designed to follow the National Coaching Certification (NCCP) curriculum which parallels the "Long Term Athlete Development Model" (LTADM) recently released by Sport Canada. This model is being implemented in sport systems throughout Canada including sporting clubs and schools. The LTAD focuses on children learning fundamental movement skills during the optimal point in their physical development (prior to age 11 for girls and age 12 for boys).

This is why the "S'kool Ski" program fits so well into our elementary school system and why so many teachers have incorporated it into their curriculum.

ADAPTIVE PROGRAM

In addition to "S'kool Ski" we offer, an Adaptive Cross Country Ski Program for students who have disabilities or special challenges that might otherwise limit their participation in the "S'kool Ski" program. We have the special equipment and training required to help your students learn adaptive cross-country skiing while gaining self-confidence, muscle tone, strength, balance, self-esteem and have fun doing it.

SNOWSHOE PROGRAM

Sovereign Lake Nordic Club also offers a Snowshoe Program on our over 18km of designated, well marked snowshoe trails. Snowshoe sessions are great add-ons to your S'kool Ski sessions or as additions to your natural science or outdoor education classes. Snowshoe programs are also available at a special rate. Our Snowshoe instructors have taken interpretive snowshoe training and deliver snowshoe programs that are fun and educational.