



Healthy Hometowns Ski Program Development

DETAILS

Healthy Hometowns is dedicated to empowering communities to embrace healthy, active, outdoor lifestyles year round. We provide resources such as equipment, a curriculum, leadership training and consultation. One of our objectives is to develop quality, accessible outdoor programs for all ages and abilities throughout Maine's communities. Examples of programs you may be interested in starting in your community include:

- **School-based ski programs** - working with faculty and students to lead successful experiences on skis that fit within curriculum guidelines
- **Community-based ski programs** - working with clubs, recreation departments, and other community organizations to provide successful experiences for people of all ages on skis



We will work with you to further develop program details and goals specific to your community. If you are interested in working with us please read the following information and fill out an application, available at: http://mainewsc.org/about_healthy.html. Questions can be directed to the Healthy Hometowns staff:

Northern Maine -	Mike Smith, mikes@mainewsc.org / 227-0250
Central Maine -	Lauren Jacobs, lauren@mainewsc.org / 227-8580.
Southern Maine -	Grace Hyndman, graceh@mainewsc.org / 712-6232

Our Fees:

There are fees associated with using Healthy Hometowns ski equipment. In southern Maine, youth participants in your programs can lease skis directly from us for \$55 / set / season. In northern Maine, youth can lease skis from Mojo in Presque Isle. We also have two mobile ski trailers that can be scheduled for up to two weeks of programming per community throughout the winter months. Each trailer comes equipped with approximately 70 sets of skis ranging in sizes to outfit youth through adults. The fee* for use of the Healthy Hometowns ski trailer is \$350 per week or \$50 for one day. ***This fee will be waived, however, if all of the following requirements are met.***

**The dollar value of a Healthy Hometowns ski trailer visit is approximately \$2,450 per week. (Based on a \$5/day rental fee for 70 pairs of skis.) This number does not include the cost of transportation or staff.*

REQUIREMENTS

We have a system that has proven itself through practical experience. To make sure we are positioning your program to succeed we have the following requirements:

- **A liaison for your community.** This person will be our initial contact, and should be prepared to oversee equipment brought your community.
- **A community-based plan to maximize the use of the trailer while in your community.** Healthy Hometowns staff is happy to help in developing this plan.
- **Attendance at our scheduled Healthy Hometowns Leader Workshops** (see schedule below). Anyone involved with running programs in your community should plan to attend.
- **A groomed area for skiing.** Preferably a large flat, open space about the size of a small soccer field, with some additional varied terrain (uphills and downhills).
- **An indoor space for participants to change into ski boots.** Preferably there is also an area to store ski boots inside when not in use so they do not remain cold and wet between sessions.
- **One 90-minute session with your Program Leaders** on snow prior to working with participants.
- **A minimum of one 45-minute ON-SNOW session** in which our staff can ski with your group. Participants need to be sized and fitted to boots *prior* to this session.



PROGRAM LEADER WORKSHOPS

For the 2011-12 winter season, we will be hosting a three-part Leader Workshop Series from October through December in various locations. Workshops One and Two will cover topics fundamental to a variety of outdoor activities, not only nordic skiing. The on-snow training day will be ski-specific. The fee* to attend the workshop series is \$25/person (\$50 max per community /organization).

Our workshops are open to any community members interested in program development. To register for these workshops, fill out the application found on our website at: http://mainewsc.org/about_healthy.html. Those individuals not requesting specific program help for the coming season are still encouraged to attend. Final workshop details will be provided upon registration.

** Scholarships are available.*

Schedule:

Workshop 1:

Thu. October 20th - 6-8 pm - University of Maine, Orono

Tue. November 8th - 6-8 pm - Four Seasons Lodge, Madawaska

Thu. November 10th - 6-8 pm - Nordic Heritage Center, Presque Isle

Workshop 2:

Mon. October 24th - 6-8 pm - Reeds Brook Middle School, Hampden

Mon. November 14th - 6-8 pm - Four Seasons Lodge, Madawaska

Wed. November 16th - 6-8 pm - Nordic Heritage Center, Presque Isle

On-Snow Workshop:

Sat. December 10th - 10 am - 3 pm - Nordic Heritage Center, Presque Isle (subject to change depending on snow availability)

Topics covered in Workshop 1 include:

- Childhood Growth and Development
- Family and Youth Program Development

Topics covered in Workshop 2 include:

- Group Management and Leadership
- Games, Activities, and Initiatives
- Trail and Terrain Development

Topics covered in the On-Snow Workshop include:

- Understanding equipment
- Basic progressions
- Movement & Technique

