



**MWSC Youth Middle School Ski Day**  
**10<sup>th</sup> Mountain Ski Club**  
**December 1, 2007 ~9pm-3pm**

**Who?** Skiers in grades 7-8

**What?** On snow ski day camp

**Where?** 10<sup>th</sup> Mountain Ski Club in Fort Kent. Pick-up available in Caribou.

**When?** Saturday December 1, 2007 from 9am-3pm

**Cost?** Free! But you must RSVP to [eileen@mainewsc.org](mailto:eileen@mainewsc.org).

**Schedule:**

- 7:45am ~ Athlete pick-up at MWSC office in Caribou (email [eileen@mainewsc.org](mailto:eileen@mainewsc.org) to reserve a spot in the van).
- 9:00am ~ Athlete arrival at 10<sup>th</sup> Mountain in Fort Kent
- 9:15am ~ Classic ski and technique drills
- 11:30am ~ Lunch in the lodge - bring your own
- 1:00pm ~ Skate ski and game
- 3:00pm ~ Athlete pick-up at 10<sup>th</sup> Mountain
- 4:00pm ~ Athlete pick-up at MWSC office in Caribou

**What do I bring?**

- Ski clothes (bring extras so you can be dry in the afternoon session)
- Food for lunch and a snack
- Water bottle and holder
- Classic and skate ski equipment
- Dry clothes to wear at the end of the day
- Signed medical release form (\*I may have one on file if you have participated in an MWSC program before)

**For more information and to RSVP:**

Contact Eileen Carey at [eileen@mainewsc.org](mailto:eileen@mainewsc.org) or 227-4114.

**SKI4LIFE**