

Ski Opportunity for Table Mound Students

Monday, January 2nd (10:30 AM – Close, if you wish!)

If you have ever wanted to try snow skiing, now is the perfect time. Join the Table Mound Knights at Sundown on January 2, (*which is the last day off of school for students this winter break*). **You must arrive by 10:30 AM to pick up your passes and rental papers to ski for the day.** This program is available to all students and their chaperones.



Fees for this event will need to be collected in advance. Please send a check payable to Sundown Mountain Resort to school no later than **Wednesday, December 21, 2016 along with your email.** Once we have your payment we will email you back. ***If you don't get an email by Wednesday December 21, 7pm...*** please reach out so that we can get still get you signed up before school is out for the winter break!

Sundown Mountain will provide the necessary ski equipment and lift ticket for a full day of fun on the slopes at a **very low cost - only \$17 per person (any age).** Sundown will also provide students (**ages 9 and up**) and their chaperones the necessary instruction to participate in this exhilarating sport. Lessons will begin at 10:30 or 12:30 and once your the lesson is completed, you will be able to ski for the rest of the day for no additional cost. *You can set-up a private lesson in advance for younger children, this would be an additional cost.*

It is best to arrive at least **30 minutes** before the lesson time. This will give you ample time to get outfitted and be ready for the lesson. Skiers should come **prepared for cold weather.** We recommend long johns, wool socks, ski or snowmobile suits, jeans, coveralls with wide bottoms, warm coats and hats.

If you have any questions about this event, please contact Tracy Bechen at the below contact information.

Tracy Bechen / tracybechen@gmail.com (563.599.2577)

Key Benefits of Skiing:

- Enhance physical skills and self awareness
- Promote personal and social development.
- Encourage health and fitness
- Create an understanding of cold weather activities

Health & Wellness:

- Skiing is a power sport that improves balance, flexibility, agility, and leg and core strength
- An **80 lb child burns 915 calories** participating in 4 hours of moderate skiing/snowboarding
- Children should experience a wide range of sports, interests and activities
- Youth will benefit from being challenged to try new and exciting sports

Unique Qualities of Skiing:

- Students are able to **progress through lessons at their own pace**
- Success relies on technique, not how strong or fit a student is
- It is an individual sport, predominantly non-competitive in nature
- Students who show little interest in conventional physical education many times turn out to be talented skier
- Skiing is highly accessible even for disabled students
- Skiing is a lifetime physical activity

