



Rice Lake High School Cross Country Ski Club 15-16



The purpose of the RLHS Cross Country Ski Club is to educate and increase the awareness of cross country skiing amongst the student body at RLHS while promoting a winter activity to stay physically fit. We will operate on a “ski by choice” philosophy. This will allow members to get out of skiing what they want to put into it. They may choose to recreational ski or partake in training workouts/games.

General Information:

We will focus on the fundamentals of both traditional and skate skiing. We will also pursue the opportunity to enter a few races during the season. Supervision of the club will be provided by Bill Rademaker, with assistance from Dale Zuzek, Bill Cutsforth and Dave Putnam. The club is open to all current students at Rice Lake High School with any club meetings to take place at the high school. The club is open to all levels and kinds of cross country skiing. Other Rice Lake teaching staff may join us as well. Parents may also join us for ski sessions.

Times and Dates:

Skiing and workouts will take place on Mondays and Thursdays immediately after school outside from 3:45 pm to about 5:00 pm. If there are any changes, this will be communicated to the students during school. There may also be a couple of Saturday or Sunday skis that will be potentially planned later in the season. **We will begin in Early December (determined by weather conditions).** The website for the club (including a calendar) is posted on the district website at http://www.ricelake.k12.wi.us/rlhs/rlhs_ccski.cfm

Locations:

All skiing/workouts will be done at one of the following locations;

1. ~~Barron County Campus/WITC~~
2. Ted Romportl/Bill Rousar trails (5 miles North of RL)
3. Barron Area Ski Trails – (Barron High School)
4. Blue Hills (20 miles East of RL)
5. Cumberland Trails (20 miles West of RL)

NOTE: Some trails require a usage fee (WITC, Barron, Cumberland, Blue Hills)

Guidelines:

- *Each student needs to have a signed parent/guardian permission form on file before skiing/workouts.
- *The school does not provide transportation. Each student is responsible for finding their own transportation to and from the ski sites. Students who cannot drive themselves often catch rides with other club members.
- *It is encouraged each student to have a current physical card on file with the school before skiing.
- *Each student is responsible for their own ski equipment. i.e. skis, boots, poles, clothing.

If you have any questions or concerns, please feel free to contact Bill Rademaker at 234-2181 ext. 5298 (work) or 651-2504 (cell)

PERMISSION SLIP – (needs to be returned in order to ski/workout)

_____ has my permission to go skiing/workout with the Rice Lake High School Cross Country Ski Club. I realize that there are unforeseen risks involved with any activity as well as cross country skiing and do not hold Bill Rademaker or RLASD staff members responsible for any accidents/injuries that may occur during supervised workout times.

Parent/Guardian Signature: _____ Date _____
 Home phone _____ Cell phone _____
 Medical Concerns _____
 Emergency Contact _____ Phone _____

(Over)

Cross Country Skiing Students and Parents – Subscribe to Remind 101

The RLHS Cross Country Ski Club uses Remind 101 to better communicate information and updates with participants and parents about the RLHS Cross Country Ski Club happenings. This free service allows educators to **send text “blasts” to all subscribers**. Simply follow the directions below and you will automatically receive any messages the coach sends to the RLHS Cross Country Ski Club.

This is a closed system, making it “safer” to use. We will not have access to each other’s cell phone numbers. You will not be able to text back through this system (you will be able to text the coach through normal text message channels if you know his cell number).

Parents and Student Participants – please use the directions below to subscribe for this service. If you have any questions, feel free to email me at rademakerb@ricelake.k12.wi.us

- **Directions to sign up for Remind 101 Reminder Blasts:**
 - **text @rlhscski to 81010**
 - **You will receive confirmation that you are now subscribed**

Cross Country Skiing Equipment – Local Sources (Skis, Poles, Boots, Clothing, Waxing equipment...)

Name	Web Address	Phone	Address
Out There	www.outthereshop.com	715-234-4505	502 N Main Rice Lake, WI 54868
Spring Street Sports	www.springstreetsports.com	715-723-6616	12 W Spring St Chippewa Falls, WI 54729
New Moon	www.newmoonski.com	800-754-8685	15569 US 63 Hayward, WI 54843
Riverbrook Bike and Ski	www.riverbrookbike.com	715-635-0437	10538 Main St Hayward, WI 54843
Outdoor Ventures	www.outdoorventureshayward.com	715-634-4447 715-736-4447	10579 N Main Hayward, WI 54843

Mention that you are a member of the RLHS Cross Country Ski Club and you will probably get a discount

Ski Swaps:

- Hayward
 - November 14, 2015
 - Hayward Wesleyan Church. Shopping from 9:00 – 11:00. 715-634-8079
- Rice Lake
 - October 29, 2015
 - Out There. Shopping from 8:00 – 11:00. 715-234-4505