

FROST MOUNTAIN NORDIC BKL PROGRAM 21/22



What is BKL?

It is the largest, cross-country ski program for young people in the United States.

Whether a child loves the adventure and exploration of cross-country skiing, or playing with friends on skis, or wants to grow up to be a ski racer, the New England Bill Koch League has something for everyone.

The BKL mission is to introduce young people to the lifelong sport of cross-country skiing with all of its recreational, social, fitness, and competitive opportunities.

Who does our program serve?

The Bill Koch League is for children from Kindergarten through 8th grade (and their families). The focus is on fun, exploration, skill building, and group skiing.

Beginners can ski weekly with volunteer coaches, or more experienced skiers can practice 2 - 3 times a week with the option to participate in area races.

What do we do?

Each session will offer a mix of activities that include skill building, adventure and exploration in the woods, and games. Kids and coaches will work together to figure out the right mix of time spent on skills, games, and adventure.

2021 - 2022 Details:

Rikert is anticipating being fully operational without restrictions related to Covid. There may be expectations for masking and physical distancing depending on crowd sizes and location at the Nordic Center.

BKL Skiers (Kindergarteners - 6th graders --Beginners)

- **When: Saturdays 10:00 - 11:30 AM**
January 8th - February 26th
- **Details:**
 - Cost: \$85
 - Includes 8 one and a half hour sessions, FMN membership, rental and trail access from Rikert each Saturday morning.
 - Parents are expected to help with on snow or with pre- or post-ski support

Notes about BKL Beginners Program:

- We encourage parents to put on skis and join their child(ren)'s group.
- We are always in need of volunteers to help lead our groups. Knowledge of ski technique is not necessary, you just need to be willing to have fun and play games with kids. Weekly plans for skiing and games will be provided.
- Please let us know if your child has a sibling(s) participating or has a special friend that they would like to be grouped with. We will work to accommodate your requests.

Bobcats (2nd - 6th graders --Beginner to Intermediate)

- **When: Wednesdays 3:30-4:30 pm & Saturdays 10:00-11:30 am
December 4th - March 6th**
- **Details:**
 - Cost: \$160*
 - Includes FMN Membership
 - Bobcats is for skiers ready to learn technique and are motivated to ski longer distances
 - Skiers will be building & expanding skills on classic and skate skis
 - Includes group skiing with some games, and introduction to racing
 - Meets 2 days a week, coached by parents with skiing experience
 - Equipment needs: both classic and skate (or combi) skis, boots and poles

** Rikert Ski Pass required and sold separately at Rikert Nordic Center*

Wildcats (5th - 8th graders --Intermediate to Advanced)

- **When: Wednesdays and Fridays 3:30-5:00 pm, Saturdays 10:00-11:30 am
November 6th - March 6th**
- **Details:**
 - Cost: \$300*
 - Includes FMN membership, wax and race support, and access to experienced Nordic coaching
 - Focus is on nordic specific training and technique for both skate and classic skiing
 - Intended for kids interested in racing at club and/or MS/HS level
 - Opportunities to learn to wax and prep skis
 - Equipment Needs: both classic and skate (or combi) skis, boots and poles
 - Includes dry-land training from early November until there's no snow to ski on

** Rikert Ski Pass required and sold separately at Rikert Nordic Center*

- **Forms:** Follow [this link](#) to the JotForm registration form