



JFK Ski Club Information

Autumn Programme 2021

This programme is open for children only (min. parallel skiing and born after 2015)

This programme is for adults only

This programme is for everybody – young and old, small and tall

November

3rd	Wednesday	15h45 – 17h15	Physical preparation in two groups	JFK Outdoor/Ebnit Gym
7 th	Sunday	10h00 – 15h00	Hiking	Rellerli parking
10 th	Wednesday	15h45 – 17h15	Physical preparation in two groups	JFK Outdoor/Ebnit Gym
17 th	Wednesday	15h45 – 17h15	Physical preparation in two groups	JFK Outdoor/Ebnit Gym
*20 th	Saturday	09h00 – 17h00	Indoor skiing/physical prep.	Sion/Wallis
21 st	Sunday	10h00 – 12h00	Ice skating for fun	Ice rink Gstaad
24 th	Wednesday	15h45 – 17h15	Physical preparation in two groups	JFK Outdoor/Ebnit Gym
28 th	Sunday	10h00 – 12h00	Ice skating for fun	Ice rink Gstaad

December

1 st	Wednesday	15h45 – 17h15	Physical preparation in two groups	JFK Outdoor/Ebnit Gym
4 th + 5 th	Sat./Sunday	09h00 – 13h00	Skiing in the Saanenland/ Ski prep.	Conditions permitting/Saanen
8 th	Wednesday	15h45 – 17h15	Fun Games	Ebnit Gym
11 th	Saturday	09h00 – 13h00	Skiing in the Saanenland	conditions permitting
12 th	Sunday	14h00 – 16h00	Unihockey tournament	Saanen School
12 th	Sunday	14h30 – 15h30	Workshop - ski preparation	Saanen
16 th – 18 th	Thurs-Sat.	09h00 – 13h00	RS Training - Skiing in the Saanenland	conditions permitting
20 th - 22 nd	Mon.-Wed.	09h00 – 13h00	SL Training - Skiing in the Saanenland	conditions permitting

January

5 th – 7 th	Wed – Fri	09h00 – 13h00	RS/SL Training – Skiing in the Saanenland
9 th	Sunday	08h00 – 15h00	Excursion to Adelboden for the Worldcup Slalom race

Cost for autumn programme until 7th January:
fees for Worldcup Adelboden.

CHF 200.00 not included is lunch, ski ticket, personal equipment and entry
* only for last years Racing Team

Physical prep. Wednesdays:

Once signed-up your child is expected to attend ALL trainings. If your child cannot attend a training session, kindly inform the club at least one day in advance. Participants need to wear sports gear, bring indoor shoes and a snack.

7th November

Hiking, weather permitting. More information will be provided 2 days before the event via the Ski Club Members WhatsApp chat.

Ice skating:

Social events and open to ALL. No sign-up needed. Pay your own entrance fee and bring ice skates and helmets.

Skiing:

Once signed-up, kindly refer to the WhatsApp chat where location details will be communicated 2 days prior to the event.

All participants need a valid ski pass (please organise beforehand).

All children are expected to have the correct equipment (warm and waterproof clothes, helmet, goggles, warm gloves, back protector and serviced skis/binding and ski boots).

Lunch:

We will inform you before the event if you need to provide a packed lunch or money for your child to buy his/her own lunch.

No shows:

No shows and later comers will be fined a CHF 20.00 fee which will be collected at the end of the autumn programme.

We look forward to spending time and having fun with all participants as well as making the most of the pre-winter season. Kindly be aware that this programme may be subject to change due to the Covid restrictions. You will be informed accordingly.

Name _____ Surname _____ Date of Birth _____

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___ Physical preparation (Wednesdays)

___ Hiking 7th November

___ Skiing 11th December

___ Skiing 20th – 22nd December

___ Indoor skiing 20th November

___ Unihockey 12th December

___ Skiing 5th – 7th January

___ Skiing 4th / 5th December

___ Skiing 16th – 18th December

___ Excursion 9th January

SIGN UP BY TUESDAY 19TH OCTOBER