



## JFK Ski Club

## Autumn/Christmas Programme 2022/2023

**This programme is open for children only** (min. parallel skiing and born 2016 and older)

**This programme is for adults only**

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

\* only for last year's Racing Team (2012 and older, see below) – more members possible by request

### November

4 <sup>th</sup>	Friday	15h45-17h00 17h00-18h15	Physical preparation for Year 2 - 5 Physical preparation for Year 6 – 9	Saanen Gym Saanen Gym
5 <sup>th</sup>	Saturday	10h30-15h00	“Get together” Hike	Ruebeldorf Chairlift
11 <sup>th</sup>	Friday	15h45-17h00 17h00-18h15	Physical preparation for Year 2 - 5 Physical preparation for Year 6 – 9	Saanen Gym Saanen Gym
*11-13 <sup>th</sup>	Fri-Sun	2 Nights/2 days	Zermatt skiing for Racing Team	t.b.c.
18 <sup>th</sup>	Friday	15h45-17h00 17h00-18h15	Physical preparation for Year 2 - 5 Physical preparation for Year 6 – 9	Saanen Gym Saanen Gym
20 <sup>th</sup>	Sunday	10h00 -12h00	Ice-skating for fun	Ice Rink Gstaad
25 <sup>th</sup>	Friday	15h45-17h00 17h00-18h15	Physical preparation for Year 2 - 5 Physical preparation for Year 6 – 9	Saanen Gym Saanen Gym
27 <sup>th</sup>	Sunday	10h00 -12h00 8h45 – 12h00	Ice-skating for fun Skiing in Saanemöser/ Lenk	Ice Rink Gstaad conditions permitting

### December

2 <sup>nd</sup>	Friday	15h45-17h00 15h45–16h45 17h00-18h15	Physical preparation for Year 2 - 5 Workshop for ski tuning for Race Team Physical preparation for Year 6 – 9	Saanen Gym Ski Club room Saanen Gym
3 <sup>rd</sup>	Sat.	8h45 – 12h00	Skiing in Saanenmöser	conditions permitting
4 <sup>th</sup>	Sun.	8h45 – 12h00	Skiing in Saanenmöser	conditions permitting
9 <sup>th</sup>	Friday	15h45-17h00 15h45–16h45 17h00 -18h15	Fun Games for Year 1 - 5 + parents Workshop for ski tuning for Race Team Fun Games for Year 6 – 9 + parents	Saanen Gym Ski Club room Saanen Gym
10 <sup>th</sup>	Sat.	8h45 – 12h00	Skiing in Saanenmöser	conditions permitting
11 <sup>th</sup>	Sun.	8h45 – 12h00	Skiing in Saanenmöser	conditions permitting
11 <sup>th</sup>	Sun	13h30 – 15h00	Workshop about ski preparation	Ski Club room
15 <sup>th</sup> /16 <sup>th</sup>	Thurs/Fri.	8h45 – 12h00	Skiing in Saanenmöser	conditions permitting
			<b>1<sup>st</sup> Trial for members born 2017 (next trial Mid. January 2023)</b>	
18 <sup>th</sup>	Sunday	10h00 – 12h00	Ice skating for everybody	Ice rink Gstaad
19 <sup>th</sup> – 23 <sup>rd</sup>	Mon-Fri .	08h45 – 12h00	RS/SL Training - Skiing in the Saanenland	conditions permitting

### January

2 <sup>nd</sup> – 6 <sup>th</sup>	Mo – Fri	08h45 – 12h00	RS/SL Training – Skiing in the Saanenland	conditions permitting
8 <sup>th</sup>	Sunday	08h00 – 15h00	Excursion to Adelboden for the Worldcup Slalom race	

Cost for autumn prog. until 6<sup>th</sup> Jan: CHF 300.00 per child. Not included: lunch, ski ticket, personal equipment, and skiing in Zermatt

Cost for visit of World cup: Depending on numbers of participants (80 – 100.00 per day)

Cost for skiing in Zermatt Approx. 360-450 per day (all included – coach, hotel, food, ticket, etc.)

### Information and rules

#### Physical prep. Fridays:

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 **and indoor shoes are required. Pick-up will be at the local School in Saanen.**

#### 6<sup>th</sup> November:

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

**Ice skating:** Social event and open to ALL. No sign-up needed. Pay your own entrance fee and bring ice skates and helmets. Parents are responsible for their children on the ice.

**Skiing:** Once signed-up you will see on the WhatsApp chat two days before the event where to meet. All participants need a valuable ski pass (please organise this 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).

**Ski preparation work shop:** The Coaches will show the Race Team members from Year 6 – 9 over several Fridays how to prepare their skis and help them to do so. 11<sup>th</sup> Dec. work shop will be for parents.

**No shows:** **No shows at skiing 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 \_\_\_\_\_ Birthdate \_\_\_\_\_ Year \_\_\_\_\_

Name \_\_\_\_\_ Surname \_\_\_\_\_ Birthdate \_\_\_\_\_ Year \_\_\_\_\_

Name \_\_\_\_\_ Surname \_\_\_\_\_ Birthdate \_\_\_\_\_ Year \_\_\_\_\_

Name \_\_\_\_\_ Surname \_\_\_\_\_ Birthdate \_\_\_\_\_ Year \_\_\_\_\_

\_\_ Fridays physical prep. First group

\_\_ Fridays physical prep. Second group

\_\_ Hiking 5<sup>th</sup> November

\_\_ Skiing 11-13<sup>th</sup> November

\_\_ Skiing 3<sup>rd</sup> December

\_\_ Skiing 4<sup>th</sup> December

\_\_ Skiing 10<sup>th</sup> December

\_\_ Skiing 11<sup>th</sup> December

\_\_ Skiing 15<sup>th</sup> /16<sup>th</sup> December

\_\_ Skiing 19<sup>th</sup> – 23<sup>rd</sup> December

\_\_ Skiing 2<sup>nd</sup> – 6<sup>th</sup> January

\_\_ Excursion World Cup 8<sup>th</sup> Jan.

Signature (parents) and Date:

---

**Ski Racing Team (so far):**

Yu Muto

Gabriel Bilton

Rafic Said

Florentin Hattemer

Tiga Vaeth

Louis Krebs

Keinan Odobasic

Louis Danner

Jasper Dabbas

Jacobo Aristrain

Olympia Betts

Jasmine Mesdag

Sloan McIntosh

Su Muto

Sierra Betts

Ako Utsunomiya

Valentina Worbs

Clea Geeler