

4-H  
**CANSKI**  
CHEQUAMEGON AREA NORDIC



2016-2017



[www.4hcanski.org](http://www.4hcanski.org)

# PROGRAMS

## **4-H CANSKI offers four program HUBS:**

### **Ashland Elementary School**

**Washburn Elementary School** (skate skiing)

Instruction: classic and skate recreational K-5th

Schedule: Fridays 3:45-4:30 pm

Start date: January, 17th 2014 (to ski)

Location: Ashland Hospital Trails

Contact: Betty Swiston (715) 682-7625

[bswiston@ourladycs.org](mailto:bswiston@ourladycs.org)

Betty is also the contact for Our Lady of the Lake

### **Ashland Middle School**

Instruction: classic & skate recreational and racing

Schedule: Tuesdays & Thursdays 4pm

Location: Tues - Ashwabay; Thu - Ashland

Start date: Thursday, January 9, 2014

Contact: Ivy Berg (715) 682-7087(w)

[iberg@sdak12.net](mailto:iberg@sdak12.net)

### **Washburn Middle School**

Instruction: classic & skate recreational and racing

Schedule: Tuesdays & Thursdays 4 pm

Location: Tues - Ashwabay; Thu - Ashland

Start date: Thursday, January 9, 2013

Ian Meeker (715) 373-6104 ext 3

[ian.meeker@ces.uwex.edu](mailto:ian.meeker@ces.uwex.edu)

### **Ashland & Washburn High School**

Instruction: classic & skate recreational & racing

Schedule: Tues - Ashwabay & Thu - Ashland 4pm

Location: Tues - Ashwabay; Thu - Ashland

Start dates: recreational January 18, 2016

Contact: Doug Liphart (715) 682-7017 (w)

[doug.liphart@ces.uwex.edu](mailto:doug.liphart@ces.uwex.edu)

Contact: Beth Reed (715) 682-8385 (h)

[breed@washburn.k12.wi.us](mailto:breed@washburn.k12.wi.us)

Gretchen Burke at AHS [gburke@sdak12.net](mailto:gburke@sdak12.net)

# GEAR

## 4-H CANSKI Gear Policy

### Gear checkout policies:

- Priority is given to active youth members
- Gear available only during scheduled checkouts
- 4-H members assume replacement cost for lost or abused equipment
- Members must be registered prior to rental

### Renters' responsibilities:

- Ski at least once a week with the club
- Attend a wax clinic
- Return gear on/ before the end of year gear return dates

**4-H CANSKI** encourages teen and adult members to purchase personal equipment after two years.  
*Local shops give club discounts.*

### Recommended apparel:

- Hat and gloves or mittens\*
- Wool or synthetic socks (not cotton or ankle socks)
- Long underwear or synthetic shirt (not cotton)
- Wind or snow pants, sweater or jacket (jeans or cotton pants not recommended)

**\* Elementary skiers CANNOT ski without a hat and gloves/mittens**



# DUES

## **Membership Dues:**

**Annual dues:           \$25/individuals**  
**\$55/Families**

Provides club T-shirt (2/family), instruction, 4-H membership, event coordination, and accident insurance. Does not include equipment.

### **Access to Club Equipment (optional):**

\$25/skier (middle or high school aged skier)  
\$60/family  
\$15/elementary aged skier

\*Note: \$20 damage/late return deposit required at time of checkout (refunded at check-in during March if gear is in good condition).

### **Transportation fee (optional)** **MS & HS skiers:**

\$30 (for Washburn skiers) and \$20 (for Ashland skiers) provides a seat on the BART to and from practices. Space is limited. **Make checks payable to BART**

**Scholarships are available, please ask.**



# REGISTRATION

## **2016-17 CANSKI Registration**

**Will take place *Online* at:**

**<http://wi.4HOnline.com>**

Families of members and adult leaders will need to register at this site, 4-H CANSKI will appear in a club dropdown box during registration.

Limited online registration access will be provided at gear check-out but members are encouraged to complete this prior to their arrival. Payment can be mailed to:

**UW-Extension-Ashland County  
201 W Main St, Courthouse Rm 107  
Ashland, WI 54806**

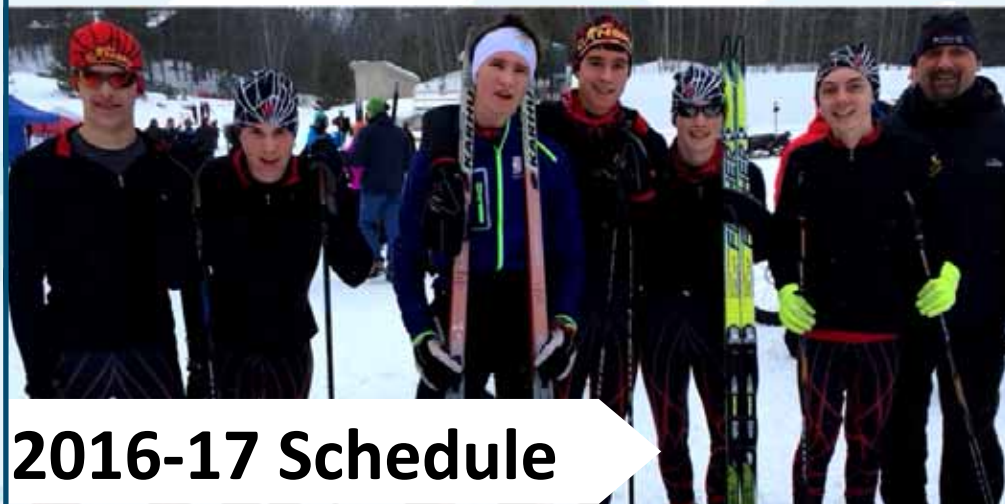
...or brought to the gear check out. Members not registered on the day of gear check- out will need to register on site before they can check-out gear.

### **Direct Questions to:**

**Doug Liphart** Ashland County 4-H  
715-682-7017

**Ian Meeker** Bayfield County 4-H  
715- 373-6104 ext. 3





## 2016-17 Schedule

Event	For Whom	
AHS Wax and Gear Prep	All	L A D
Annual Business/Member Meeting	All	V E L
HS/MS Gear Check Out	High School/Middle School	A
Elementary/Other Gear Check Out	Elementary	A
Start of MS/HS Rec Skiing	MS/HS	A
Start of Elementary Skiing	Elementary & Adult	A
Free Community Ski Clinic	All	T
Ashwabay Summit Ski Race/Tour	All	M
Jr. Birkie & Barnabirkie	All	F
Korteloppet	All	F
End of Year Shindig	All	M
Gear Check-in	All	A



Location	Time	Start Day/Date
Ashland School District Garage	5:00 PM	November 10
Washburn Elementary School Library	6:00 PM	November 15
AHS Commons	5:30 - 7:00 PM	December 1
AHS Commons	5:30 - 7:00 PM	January 10
Ashland MMC Trails	4:00 PM	January 12
Ashland MMC Trails	3:30 - 4:20 PM	January 13
TBD	TBD	January 28
Mt. Ashwabay	Races at: 9:30 AM	February 4
Hayward, WI	12:00 PM	February 23
Hayward, WI	9:00 AM	February 24
Mt. Ashwabay	5:00 PM	March 2
AHS Commons	5:30 - 6:30 PM	March 9 & 14



## 4-H CANSKI MISSION

To promote fun, fitness, excellence, and safety in the lifelong sport of cross-country skiing. 4-H CANSKI provides on-going instruction, social ski opportunities and leadership development for skiers of all levels.



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