

# St. Clair Shores Ski & Snowboard Club 2022-2023

Parks and Recreation Contact Number: (586) 445 - 5350

Mt. Holly Ski Arena Contact Number: (248) 634 - 8269

Mike Fremont Contact Number: (586) 531 - 2352

## Ski & Snowboard Schedule (7 Trips)

(Pick up & drop off is at Civic Arena - 20000 Stephens Road, SCS)

*Buses leave Civic Arena @ 4:00 p.m. and return around 11:30*

December 13	<b>PARENT MEETING @ Civic Arena 7:00</b>
December 16	TBD (weather permitting)
December 30	TBD (weather permitting & if we didn't go Dec. 16 <sup>th</sup> )
January 6	Regular Skiing
January 13	Regular Skiing
January 20	Regular Skiing
January 27	Regular Skiing
February 3	Regular Skiing
February 10	Regular Skiing
February 17	Off for " <b>President's weekend</b> "
February 24	Regular Skiing (if needed)
March 3	<i>Cancellation Make-up date (if needed)</i>

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Lift Tickets:	\$25.00 Weekly
Skis, Boots, & Poles Rental:	\$25.00 Weekly
Snowboard & Boots Rental:	\$25.00 Weekly
Helmet Rental:	\$15.00 Weekly

**NOTE: Please have exact change; if paying by check make check payable to:  
Mt. Holly**

**IMPORTANT NOTE: PARENTS, PLEASE PICK UP YOUR CHILDREN ON TIME**

**St. Clair Shores Ski/Snowboard Club patches must be sewn on the left sleeve.** This is for easy identification by our staff, ski patrol, instructors, etc. Additional patches may be purchased on the bus.

**Mt. Holly Patches must be sewn on the left sleeve.**

These patches indicate which lifts and hills students may use. Mt. Holly lift operators strictly enforce the path system. This is for the skier's safety.

*Skiers not having their patches sewn on their jackets will not be allowed to ski!*

**CANCELLATIONS:** Anytime skiing has been cancelled, an announcement is made to the schools by **Noon on Friday**. Parents may also call the Parks & Recreation **AFTER 12:00 Noon on Friday**.

**Parks & Recreation:** 8:30 a.m. - 9:00 p.m. Every day of the week  
(586) 445 - 5350

**RENTALS:** Mt. Holly rental equipment forms are enclosed and must be filled out by the students who will be renting equipment.

Sincerely,

Mike Fremont, *Coordinator*

## **Recommended equipment for cold weather night skiing.**

Night skiing offers new challenges. Mostly that it is usually quite cold. Cold weather makes the snow faster but, with the wrong equipment, it makes you very uncomfortable. That can be easily overcome with some decent equipment.

**Helmet** – Keeps your head safe & warm!

**Hat** - Fleece is best. Make sure it covers your whole head. 80% of heat loss is through the head.

**Gloves** – Decent gloves with insulation work well. Have an inexpensive pair of mittens on hand as spares or for extreme cold.

**Facemask** – A fleece neck gaiter works best. Usually under the “Turtle Fur” brand. These don’t usually freeze up around your mouth. If they do, just rotate it a few inches to a dry warm part of the gaiter.

**Socks** – *do not under any circumstances wear cotton socks.* They get wet from sweat and stay wet and cold. Thin wool or performance fabric blends work well. **Toe**

**Warmers** – Disposable toe heaters. These are available at any sporting goods shop Warm your toes to about 110F.

**Ski Pants** – Insulated nylon pants or bib overalls. Keeps wind, snow and cold out. *Try not to wear jeans. They tend to bind up and make you less agile.*

**Fleece Pullover** – Fleece is about the warmest thing going for skiing

**Ski Jacket** – With the right clothes underneath, a ski jacket becomes less important, however, you do need an insulated coat. The best choice is nylon to wick off the snow when you fall.

**Goggles** – Keeps your eyes clear and tear free. Try to get light colored or clear lens.

- The key to staying warm is to dress in several light layers. Layers insulate the body better and it’s easy to add or remove layers.

- It's easy to lose your stuff. Always use a locker. If possible bring spare gloves, hat and goggles, just in case.
- Use a Ski or Board bag and a Boot bag.
- Come inside the lodge when you get cold.
- Always use the free ski corral. Check your stuff.