



Junior Development Program

Thrillseekers Inc. (TSI) is pleased to offer the junior program intended to expose kids (ages 6-16) to the winter sports of skiing and snowboarding. As a local chapter of the National Brotherhood of Skiers (NBS), it is our goal to align ourselves with the national mission *“to identify, develop, and support athletes of color who will WIN international and Olympic winter sports competitions representing the United States and to increase participation in Winter Sports.”*

We have a partnership with Mountain Creek in Vernon, NJ to provide quality instruction from their certified instructors in the morning and to offer recreational skiing and snowboarding in the afternoon. The program offers an all-inclusive 5-week program on Sundays which is open to all skiing and snowboarding levels. For beginners, the program aims to set the foundation for a lifetime of enjoyment on the snow. Children will learn how to put on their equipment, learn safety rules of the mountain, and progress with stopping and turning skills, building their confidence on the snow. Intermediates and those who are advanced will find opportunity to improve technique, build self-confidence, plus test their control with racing fundamentals skills.

Please contact TSI Youth Directors at youthchair@thrillseekers.org with any questions.

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TSI/Winter4Kids NeverEver package and Ski Improvement program

Thrillseekers proudly presents the TSI Learn to Ski program for NEVER Ever and Beginner Skiers and Snowboarders. Youth (Male and Female) ages 5 - 17 are welcome to attend this program. This program is 3 Sundays Jan 26th, Feb 2nd, Feb 9th The Winter4kids Center. The Center is a training only mountain and not open to the public for skiing or boarding. The program includes the following details:

- The Never Ever Students will be introduced to skiing/Snowboarding/Nordic .
- The Ski Improvement Students will get 3 days of instructions in either Skiing or Snowboarding until the achieve free skiing proficiency's will have mastered the basic skills
 - Snowplow and Parallel Ski
 - Stop
 - Turn Left and Right
 - Ride Lift Chairs unassisted

At this point they are promoted to all mountain ski programs and race Programs.

- Ski equipment including Skis or Snowboard, Boots and Helmet
- Breakfast and Lunch at Center



Suggested Clothing List

ARE YOU A BEGINNER aka "NEVER/EVER?"

If so, this is a list of some of the items you should consider wearing. It can all be adjusted by layering. See the article below.

- 1) Thermal or "base layer" top and bottoms
- 2) Fleece top or Turtleneck
- 3) Smooth ski socks (Note: socks with ridges usually causes irritation on shins from boots)
- 4) Ski jacket or warm winter coat (water resistant)
- 5) Ski pants (water resistant)
- 6) Gloves (water resistant and Thinsulate for warmth)
- 7) Ski goggles are optional at beginning (helps protect eyes from wind and sun)
- 8) Neck warmer/gaiter (good for cold days; scarves not recommended since they untie & get tangled)
- 9) Helmet - It is required in NJ that youth wear helmets.
 - a. Helmets are included at NWAC with the equipment, but you have the option to purchase your own.
 - b. Winter hats are not required to be worn with helmets since the proper fit of a helmet will be altered. However, one can be worn getting to and from the lodge.
- 10) Other items you may want to have available are facial tissues, lip balm, and **handwarmer** packets to go inside gloves on extremely cold days.

"What is Layering?"

Layering simply means wearing a combination of clothes (in layers) to help regulate your temperature and keep you warm and dry. The layers you wear for a given activity are matched to the weather, your activity level and your personal preference. There are essentially three layers to consider: base, mid, and outer. Each layer has a specific function. The base layer wicks moisture & perspiration away from your skin to keep you warm. The mid layer is for insulation and keeping you warm. The outer layer allows moisture to escape while blocking wind, and repel water.

The Base Layer is in contact with your skin. A tight fitting and wicking material is best to keep you warm and dry. Polypropylene, silk, polyester, Thermax, Thinsulate, wool are all good choices. Avoid cotton because it traps moisture, so it stays wet and draws heat from you. Base layers come in various weights (lightweight, midweight and heavyweight). Select a weight based upon the outside temperature and your activity level. The lighter weight is better at wicking, the heavyweight has more insulation.

The Mid Layer provides insulation. It should be a bit looser than the base layer, but to function properly it needs to maintain contact with the base layer. Mid layers also carry moisture away from the base layer to the outer layer. Common material for mid layers include down, polyester, fleece, wool and newer synthetic / natural blends. Many mid layer clothing has extras such as pit zips, long front zippers, adjustable cuffs and collars.

The Outer Layer blocks wind and allows moisture to escape. Typical outer layers include shells made of Gore-Tex or a similar material. Extras such as pit zips, ankle zippers (for pants), and a variety of ventilation options are standard. Outer layers should also be tough enough to withstand tears and abrasions. Other less high tech options may include wind resistant materials, or water resistant fabrics.