

Parent Guide: Sovereign Lake Nordic Club (SLNC) Programs

Program Overview:

Welcome to Sovereign Lake Nordic Club! Whether you are a new or returning parent, this guide provides a quick reference to give you a brief overview of programs and links to resources.

SLNC Programs' vision is to be a Nordic-sport community for life. Our mission is to foster lifelong love for Nordic sport through skill development opportunities for members, delivering passionate coaching and leadership, and offering engaging activities and ski environments: <https://www.sovereignlake.com/programs-committee/>.

Where to find information:

From the program website: <https://www.sovereignlake.com/programs/>, scroll down to your child's skill development program for details regarding program goals, program details (dates, #sessions, time/day of session, location, cost, cold weather cut-offs), leaders, useful links (equipment, waxing, sizing), and FAQs. A SLNC [season pass](#) is required for program participants.

Equipment Rental:

For Bunnies and SDP programs (3-12year olds), equipment can be rented for the season for a nominal fee.

What to expect the first day: You will receive an email or TeamSnap message from your coach prior to the first ski session. In general, plan to arrive 15 minutes early to get your rentals, and wax your skis (as needed). A program committee table will be set up in the lodge; volunteers can answer questions and help you find your meeting location. Please arrive at the designated flag on-snow at your start time.

How to dress: <https://www.sovereignlake.com/wp-content/uploads/2024/09/How-to-Dress-for-Cross-Country-Skiing-2.pdf>

Apres-Ski:

Join us! A hot chocolate station is available for our young skiers following some Saturday morning skill development programs. Additionally, many families pack a lunch to eat in the lodge, sometimes even followed by a little tobogganing after lunch. We are looking for two parent volunteers each Saturday to make the experience as fun and organized as possible. Let Andrew, the SDP program administrator, know if you can help (programs@sovereignlake.com).

Events/Race Calendar:

Throughout the season, there are some fun special events, as well as opportunities for local and regional races. Race opportunities have coaching and wax support. Link to calendar: [Calendar of Activities – Sovereign Lake Nordic Club](#)

Volunteer opportunities:

The success of our programs and events at Sovereign Lake Nordic Club is largely due to our strong volunteer base. However, we also know how busy parents and families like yours can be! If you have interest and capacity, please consider making a commitment early in the season, whether it's a couple hours or a weekend. Even small amounts of time are a big help. Our volunteer coordinator, Christine, can assist you (volunteers@sovereignlake.com), or check out the website: <https://www.sovereignlake.com/volunteers/>. Many opportunities have minimal time commitments. Longer time commitments generally include food and volunteer swag.

Communication:

SLNC programs use the TeamSnap platform for communication. This app has a training calendar which includes schedule, technique, and location. It helps coaches plan for participant numbers (by responding whether your athlete will be going or not). It can also be used to send messages to the coach or group (visible to all group members). If you require assistance with navigating the app, please reach out to your coach. Information for the upcoming week will be posted a minimum of two days in advance to give busy parents time to prepare appropriate skis, etc. For races, information will be communicated via email a minimum of one week before the event.

As per Safe Sport policy, all communication between participants and coaches or other Persons of Authority should be open, observable, and justifiable. Policy is pending board approval but will be available for review here: <https://www.sovereignlake.com/club-committee-terms-reference/>.

Feedback/input:

We strive to continually improve our programs, and we'd love to hear your ideas. Please freely share them- questions, what's working well, suggestions for improvement- we welcome it all. As well, an annual survey will be sent to all program participants/parents in mid-February, to obtain feedback on coaching, dryland training, communication, and culture. Survey results will inform the following year's programs and events. We're also eager to hear from anyone who may be interested in finding out more about or serving on the Programs or other SLNC committees.

Contact us:

Darren Derochie, Head Cross Country Coach: xcoach@sovereignlake.com

Eric Schryer, Head Biathlon Coach: biathloncoach@sovereignlake.com

Programs Committee: programs@sovereignlake.com

