

Jan. 1992

# To ALL Jr. Nordic Parents:

JUNIOR NORDIC has grown from about 20 Kids in 1984 to over 300 in 1992! We Sometimes experience growing Pains, so Please Read this and You can help us improve!



## Anchorage Jr. Nordic Philosophy is:

- Fun
  - Rewarding
  - Positive
  - Quality
- } Cross country Skiing

Our coaches DON'T just teach technique and speed... We are REALLY teaching a Healthy Lifestyle that Hopefully will last a LIFETIME. Since kids only Relate to "FUN" as something worthwhile to continue, PLEASE don't put pressure on them to ~~go harder!~~ ~~go faster!~~ Remember kids have the Rest of their lives to Be COMPETITIVE AND STRESS OUT like the rest of us! **You can Help By:**

get to know your Headcoaches...

### POLAR CUBS:



Tyler Beardsley  
Tues, Thurs.



Jeane Larsen  
Mon, Wed.

### OTTERS:



Karen Bronga  
Mon, wed.

They really look much better than this!



Tasha Bergt  
Tues, Thurs.

### WOLVERINES:



Steve Bergt  
Tue, Thurs.

True likeness



Dirk Sisson  
Mon Wed.

### HAWKS:



Bruce Hickok

Ya-hoo



Betsy Haines

1. Give us constructive criticism. Either talk to headcoach or Dirk on Mon or Wed or Kathy on Mon or Thurs. (or call Dirk, 258-1558 evenings, Kathy 271-2512 days)
2. Any compliments are WELCOME. we need encouragement
3. Know that Practice ends at 7:30 pm on week nites and at 11:30 AM on SAT. If you can't pick up child at those times Do NOT come that day! Coaches are NOT responsible for kids After-Pract
4. Remind your child to be AWARE of who their coach(es) are and NOT to ski with someone who is not a coach.
5. Parents, DO NOT move your child up to a New Group. This is headcoaches responsibility. The Groups are for management purposes only. As kids naturally improve they WILL be moved up. Being put in a faster group by Parents puts unneeded stress on child and confuses coaches.
6. Be a Parent Helper! **Please Do NOT be a Helper with your own Child's Group!** Believe it or not, kids perform and behave better when you're out of sight! 😊
7. If you're late for Practice, Do NOT send kid off ALONE to find group. please ski ~~with~~ with them and if you can't find your group be prepared to just have a Fun family ski! Thanx!