

BLACKWATER NORDIC SKI CLUB
BILL KOCH YOUTH LEAGUE
INFORMATION FOR THE 2023-2024 SEASON

Important message regarding Pat's Peak

If skiing is not possible at the Fairgrounds due to insufficient snow or otherwise inhospitable trail conditions, Sunday practices may be held at Pat's Peak (see details in section 5, "Logistics.") Pat's Peak has a policy that all skiers who are not using the lifts must purchase an uphill pass for ALL uphill users which includes school groups. The season uphill pass costs \$49.

If you attend ANY of the Pat's Peak practices, or plan to uphill ski there on your own, you must get one of these passes (unless you already have a season pass there).

Please refer to their uphill policy and be familiar with it before skiing there.

Here is the info: [Pats Peak - Plan Your Visit - Uphill Travel Policy | Pats Peak Ski Area in Henniker, NH is southern New Hampshire's premiere ski area.](#)

If this purchase presents a hardship for your family, please contact Erin Vanden Borre (erin.e.morrissey@gmail.com). Your communication will be confidential.

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1. What is BKL: BKL is the largest membership group in cross-country skiing in the United States. Founded by Olympic Silver Medalist Bill Koch, the League's mission is to introduce children to cross-country skiing in a supportive fun environment.

2. Registration

- You must register on paper.
 - <https://www.blackwaternordic.org/content/bill-koch-youth-league>
 - To register on paper you must complete and submit two forms:
 - The form entitled "2023-24 BLACKWATER NORDIC SKI CLUB_BILL KOCH LEAGUE MEMBERSHIP APPLICATION" should be completed once per family.
 - Each child must have a Blackwater membership in order to

participate in BKL. This can be EITHER a youth membership or a family membership.

- Each child must also pay the separate fee for BKL.
 - If you are registering only children, each child is **\$45**
 - If you would like to do some cross country skiing also, we encourage you to join as a family, as it supports Blackwater's efforts to maintain and groom the trails.
 - If you're signing up as a family, you pay the \$90 family registration, plus the \$25 BKL fee for each child. So the cost is \$115 for one child plus \$25 for each additional child.
- In addition to completing the registration form, please complete the **2023-24 Blackwater Nordic Ski Club liability release**. We'll need a waiver for everyone in the family planning to ski.
 - Please mail your registration and release form to Blackwater Nordic Ski Club, 45 Penacook Rd. Contoocook NH 03229.

3. Covid Safety Information:

Blackwater Nordic and the coaches of Hopkinton BKL take the threat of the Covid-19 pandemic and the safety of our community seriously and we are committed to a prudent approach to youth sports that supports the ability of our kids to get outside without taking unnecessary risks.

Skiers should follow CDC guidance and Hopkinton Public Schools guidance and should not attend practice if they are not permitted to attend school.

4. Equipment:

a. All participants should have equipment for classic skiing. Generally, this should include:

- i. Skis, ideally 4-8 inches taller than the child, that have "Fish scales" on the middle third of the base of the ski.
- ii. Ski poles (with straps) that are about as high as their armpits
- iii. Boots that fit the bindings on their skis.
- iv. We will be classic skiing for most practices (once the snow falls).

v. Helmets (either ski or bike helmets) are recommended for Pat's Peak practices since it is possible for the kids to pick up more speed than they would at the fairgrounds. Not required.

b. We have some Blackwater rental equipment available. The seasonal rental costs \$40 for the season (\$20/season for skis, \$15/season for boots, and \$5 for poles). If you would like to rent gear, please [email](#) your child's height and shoe size and we will let you know if we have something.

- c. S&W sports offers a seasonal rental of newer, better gear than what we have. It includes classic skis, boots, and poles. If you go in, be sure to bring the Blackwater Nordic membership card that you will receive by email after you register. S&W also offers a 20% discount off new gear for BKL families (including parents)
- d. You can learn more by reading this ski equipment and sizing guide created by Flo Dapice: [BKL Ski Sizing Info](#)

5. Logistics

- a. When and where is practice?
- i. FRIDAYS:: Practice is at 3:15 and ends at 4:30. Location is at the Fairgrounds.
 - ii. SUNDAYS: Time is 4PM to 5:00. Until we have snow at the fairgrounds the location is at Pat's Peak, meeting at the base of Bluster, in front of the Valley Lodge. The lifts close at 4pm just as we are starting. We don't use the lifts, we just ski around on the manmade snow at the base. Please see note at the top about ski passes.

We also hope to have practice on TUESDAYS at the same time and in the same place as Friday practices. Please bear with us as we try to line up coach/parent coverage for this.

- b. Who is coaching? See table at the bottom of next page with coaches listed. There are also high school helpers.
- c. How will I know if the practice location is affected by weather?
- i. We will email you by 8PM if we are going to cancel due to weather. On some occasions we may shift practice location if conditions at our normal practice venue are too muddy, icy, etc. Alternative venues include Gould Hill farm and Houston Fields (at Hopkinton Library). Occasionally when ice skating is good and there is no snow to ski on, we may ice skate at Kimball Cabins in Hopkinton village.
- d. Transportation:

Each family is responsible for getting their child and equipment to practice. [Bus 92](#) stops on Park Ave at the Fairgrounds at 3:05 PM. This is an option; however, students may not carry skis on the bus without a bag. Parents can meet kids at the fairgrounds, and we may be able to store some skis at the fairgrounds. If this option would help your family please let us know.

5. Parent participation

- Skiing: Parents are welcome to ski at the Fairgrounds during practice, either with the group or without.
- Cocoa: Historically, cocoa has been a big part of BKL. Parents are a big help with cocoa, if you would like to help this year, please contact one of us.

6. FAQs

- Q: What is the difference between Blackwater and BKL? A: BKL is a nationwide program. Blackwater Nordic is a local all-volunteer Nordic ski club that runs the local BKL program.
- Q: Do I have to live in Hopkinton to participate in this BKL chapter? A: no. all are welcome.
- Q: What is classic skiing and skate skiing? A: this one-minute video explains: <https://youtu.be/z0Sfs2vZrG8>
- Q: What do we do when there is no snow? A: it is called “dryland” and it consists of games, conditioning drills, and other exercises intended to work the muscles and coordination that will make it easier for kids to learn to ski.
- Does my kid have to go to every practice? A: No. We are happy to have people out there participating.
- Does my skier need both classic and skate equipment? A: For older skiers (3rd-4th grade and up, depending on skier experience and skill) it is a good idea to get both classic and skate skis and poles if possible. For younger skiers, it is less important, and generally having just one set is fine. For the youngest skiers, generally classic is better, but some kids prefer skate skis. One pair of boots will work for both if the bindings are compatible.

Blackwater BKL Coach Contacts

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