

BCD Winter Sports 2009-2010

The following optional winter sports programs are available to students this year. Please note that some are restricted to certain grades and that older students receive first priority if a particular program is over-enrolled. Also, please realize that once a student chooses a program, attendance is mandatory. Except where noted, programs meet after school with bus or parent pick-up at 4:30pm. Winter sports begin Monday, Nov. 30th.

Varsity Basketball – Open to grades 7-9. Practices will be Mondays, Tuesdays and Thursdays. Interscholastic games will be scheduled. Program ends Thursday, February, 25th.

JV and Farm teams – open to grades 4 – 6. Practices will be Mondays, Tuesdays and Thursdays. A few interscholastic games will be scheduled as well as intramural games. Program ends Thursday, February 25th.

Alpine Race Team – Grades 4-9. Prospective racers should have some prior experience and be Level 7 or 8 skiers. Dryland training through December is Monday and Thursday. If there is early snow, we will ski in December. Starting in January, practices are Mondays and Fridays at Bousquet. On Mondays, PPU is 5pm at Bousquet and 5:30pm at BCD. On Fridays, 4:30pm at Bousquet and 5pm at BCD. Program ends by Friday, March 5th. See your Winter Friday packet for more details.

X-C Race Team – Grades 5-9. While X-C race experience is not required, X-C or alpine skiing background is necessary. Rental equipment is available. Higher than average aerobic ability is a priority. Dryland training on Tuesdays and Thursdays through December. Starting in January, practices are on Mondays, Tuesdays, and Thursdays. This year we are in the Bill Koch League as well as the High School League. Koch races are usually Sunday afternoons, High School are Saturdays all day. Membership in the Koch League is a must for those in that League (\$30). Program ends Thursday, February 25th.

Alpine Recreational Skiing – Friday Ski Program only.

Indoor Soccer- Grades 6-9. Thursday nights, 7pm to 8:30pm. Parents must provide transportation. **Students sign-up weekly with Mr. Ashworth.** Program ends Thursday, Feb. 25. The tournament will be on Tuesday, March 2 and Thursday, March 4. The tournament times may be slightly different as necessary.

Please complete the form below and return it to Mr. Frantz before Friday, November 20th.

Student's name and grade _____

_____ **Basketball**

_____ **X-C Race Team**

Alpine sign-ups are in the Winter Friday packet.