

2021 AltaGas Ski at School in Calgary

February Update

Foothills Nordic Ski Club is scheduled to bring the AltaGas Ski at School program to 7 schools this season. We have already successfully visited 3 schools; St. Margaret's School, West Dover School and Rundle Academy. St. Pius X School, Rockyview School, Glenmore Christian Academy and Calgary Waldorf School are to follow in the coming weeks.

COVID-19 has made this year the most difficult yet interesting Ski at School season thus far. It became apparent that Ski at School is one of the few or only programs that could run under COVID-19 restrictions. Although many schools could not accommodate us, many new schools were reached out to and dashed at the opportunity to have their students on skis this season. Due to the scheduling, some schools were and are able to have us come for two weeks, reaching more of their student population. Although this season has been more difficult to plan and execute, the schools are even more appreciative that we could still offer an amazing cross-country ski program.

We are very thankful for all the dedication to the program thus far from our coaches. Along with me, Caitlin Aqcuroff, Evelina Groll, Judy Aitken and Arden Grovue have been working very diligently to give every student at each school a fun and unique cross-country skiing experience. Eric Hall is grooming again for us this year and is creating amazing tracks on the school fields. We have a very dedicated and talented team working hard to provide a fun and safe program for the kids.

The season started at St. Margarets from January 11-13 and January 18-20 coaching 88 students in grades 3 and 4. Due to the school's location, we were able to teach their lessons at Confederation Park Golf Course. Being there for two weeks and having the space to practice more techniques, these students excelled at cross-country skiing. They were even able to speed down some of the larger hills with a lot of confidence. Many students loved being able to go out for longer skis and very much wished to join our club Foothills Nordic to continue learning how to ski.





Our next stop was at West Dover School from January 25-27. 70 students in grades 3-6 participated. Unfortunately their school could not allow us coaches on the premises, so we dropped off the ski equipment and I sent the lessons plans for the students. Roy Strum the principle of West Dover was formerly a part of Foothills Nordic Ski club and so he was able to provide lessons of excellent quality and fun. This school was extremely grateful for the opportunity to borrow the equipment and they have notified me that special remarks from the students are on the way.

We recently finished with Rundle Academy from February 2-3, teaching 59 students in grades 4-6. At first we were not sure if we would have enough snow, but on the second day we received so much snow it completely covered all of the tracks Eric Hall had made. The students had a lot of fun finding those tracks and helping us pack them down again. Although this school had no hills, we used premade little hills by the kids as obstacles on our ski to the imaginary Mt. Everest.

We were scheduled for the Calgary Waldorf School from February 8-10, but -30C weather prevented us from providing the program. We are hoping that if there is enough snow, they can be rescheduled for the third week in March.



With many more schools to come, we are excited to see new students and help to further share our love of cross country skiing with kids across Calgary. We are very thankful for AltaGas and Nordiq Canada for providing the funding necessary to bring this unique experience to so many new schools here in Calgary.

Leah Medwin
Ski at School Coordinator