

WINTER SPORTS 2009
JANUARY 9, 16, 23 & 30 FEBRUARY 13

October 2008

To: Upper and Middle School Parents
From: Tara Sinquefield, Winter Sports Coordinator

On five Friday afternoons in January and February, RHSM students participate in Winter Sports. Academic classes end at 11:30 a.m., and students leave after lunch for one of several indoor and outdoor activities. Those dates are **January 9, 16, 23, 30 and February 13.**

Students choose from a list of activities outlined in the attached information. Enclosed is a brief description of each activity. ***Please complete the Winter Sports Registration Form enclosed and return it to the school before October 31.*** The Winter Sports lists will be posted in mid-November and *students will have the opportunity to make changes until the first week in December.* The costs are indicated, and are based on the activity chosen and the cost of transportation. We will bill you at the conclusion of the season; do not send payments in advance.

The following students do not participate in Winter Sports **but should return the sign-up form indicating these activities:**

- ✓ Rowmark
- ✓ Junior Rowmark skiers
- ✓ Upper School Basketball players

Students participating on Friday afternoons with other ski teams may also be exempt. ***This option should be indicated on the registration form.*** Upper School debaters should sign up for a Winter Sport. Parents will be reimbursed for any Winter Sports days missed for debate meets.

Thank you for returning the enclosed sign-up form. Remember, if you're not sure what you'll be doing for Winter Sports, sign up for an activity anyway. You'll have the opportunity to make a change in December.

(Please complete, sign, and return the enclosed form)
Mail to the main office, send in with your son/daughter,
Middle School Fax 801-359-8318 attention: Emily Eardley
Upper School Fax 801-355-0474 attention: Tara Sinquefield

Winter Sports Registration 2008-2009 (Upper School/Middle School)
January, 9, 16, 23, 30 and February 13

Name _____ Grade _____

Indicate your first and second choice. A parent signature is required for approval. Every Upper and Middle student is required to return this form – including skiers and basketball players. All students will have the opportunity to make a change the first week in December. Skiers with other ski programs should indicate so below. Return this form to the office by **October 31**. For activities with limited space, the date on which your form is returned will be taken into account.

Ski/Snowboard Bus Drop Off (Circle) Canyon Mouth Kmart RHSM

1. Alpine Skiing \$315 Ski Skills _____ (Circle: Beg Int Exp)
 "Free" Ski _____ (Upper School only)

2. Snowboarding Skills \$315 Snowboard skills _____ (Circle: Beg Int Exp)
 "Free" Snowboard _____ (Upper School only)

3. Rowmark/Jr Rowmark (fees handled separately) _____

4. Upper School basketball teams _____

5. Hike/Sled/Tube \$75 (limited to 14 students) _____ **Sign and return enclosed
 Hike/Sled/Tube liability waiver**

6. Tennis \$165 _____

7. Squash \$105 (limited to 20 students) _____ **Sign and return enclosed
 Squash liability waiver**

8. Ice Skating \$75 _____ (Lessons? Yes No)
Circle one: Beginner Intermediate Advanced

9. Archery \$75 _____

10. Indoor Sport Climbing \$130 _____ **Sign and return enclosed
 Climbing liability waiver**

11. Bowling \$66 _____

12. Yoga \$100 _____

(Parent Signature required to sign up for Winter Sports) **Parent Signature:** _____

Other Ski Teams: If you will be participating in an outside skiing activity (i.e., Park City or Snowbird ski teams), please indicate below.

Other Ski Team _____ **Parent Signature** _____

My child will not participate in Winter Sports and I assume responsibility for his/her whereabouts on Friday afternoons. Students may not remain at RHSM and must be picked up by 12:00 noon.

No Participation: _____
 Parent signature

PLEASE RETURN THIS FORM BY OCTOBER 31

2008-2009 Winter Sports Offerings (Upper School/Middle School)

1. **Skiing and Snowboarding** All students are required to ride buses to Solitude. There will be three drop-off points this year at the end of the day –Big Cottonwood Canyon mouth, at 4:45 – 5:00 p.m., the KMart parking lot (2705 Parleys Way) at 5:00-5:15 p.m., and RHSM between 5:15 and 5:30 p.m. **Please indicate on the registration form where you would like your child dropped off -- canyon mouth, KMart or RHSM.** Students must provide their own equipment. Gear needs to be rented before the Friday activity.

Alpine Skiing Solitude Ski Area

Cost \$315

Lessons are offered with a lift ticket. Solitude Ski School Director Leif Grevle will be stressing safety as well as technique improvement. He is excited to be working again with RSHM. Skiers will be asked to give some indication of their ability (beginner, intermediate, etc.) and will be placed in groups after the instructor has the opportunity to observe a “ski by”. **Free skiing (no lessons) is an option for Upper School Students only.** Please indicate drop-off – canyon mouth, KMart, or RHSM.

Snowboarding Solitude Ski Area

Cost: \$315

Beginning and advanced instruction is being offered along with the lift pass. Please indicate ability level on the form. Upper School students may choose a **Free Snowboarding option (for Upper School Students only).** Students must provide their own equipment. Please indicate drop-off – canyon mouth, KMart, or RHSM.

2. **Hike/Sled/Tube** Various locations (limited to 14 students)

Cost: \$75

Three of the five days will be spent doing easy/moderate hiking/snowshoeing. The balance will be sledding up Big Cottonwood Canyon and one day at Gorgoza Tubing Park. Participant provides snow or hiking shoes/sleds/snacks and water. This venue is designed to be fun and relaxing, while getting some exercise and just being outdoors. **Please complete and return enclosed Hike/Sled/Tube liability waiver if you plan to sign up for this activity.**

3. **Tennis** Coach Mike’s Tennis Club

Cost: \$165

Instruction provided. All ability levels. Bring your own racquet and tennis balls.

4. **Squash** Squashworks (limited to 20 students)

Cost: \$105

All ability levels, costs will include all equipment and instruction, bring non-marking athletic shoes. **Please complete and return enclosed Squash liability waiver if you plan to sign up for this sport**

5. **Ice Skating** Bountiful Recreation Center

Cost: \$75

Skates are provided. Figure skating only. Sorry, no hockey. All ability levels.

6. **Archery** Salt Lake Archery

Cost: \$75

Costs will include all equipment and instruction. Prior instruction is not necessary.

7. **Indoor Sport Climbing** The Front Climbing Gym

Cost: \$130

The program has been designed to introduce students to all aspects of a climbing workout. This instructor intensive program was designed with the coach/student relationship in mind. **Please complete and return enclosed climbing agreement if you plan to sign up for this sport.**

8. **Bowling** University of Utah Bowling Lanes

Cost: \$66

Instruction in manual scoring as well as basic bowling technique will be provided. All ability levels

9. **Yoga** Centered City Yoga (minimum 10 students)

Cost: \$100

Energize, oxygenate, and massage your entire body while soothing and calming your nervous system with a multi-dimensional yoga class this winter. This yoga series will be designed by the student group in coordination with the yoga is at Centered City Yoga. Classes will be suitable for the beginner as well as the returning yoga student. Yoga is process-oriented where students of every level can immediately enjoy benefits, see improvements, and use newfound inner and outer strength to increase the quality of each workout. Yoga is an excellent complement to both athletics and academics.

PLEASE RETURN THIS FORM BY OCTOBER 31

