

**Cabot After School, Inc., 229 Cabot Street, Newtonville, MA 02460**  
**2020 NASHOBA VALLEY SKI/BOARD PROGRAM**

November 5, 2019

Dear Tuesday Parents of First-Fifth Grade Students:

CASP will accept the first 35 participants in the order in which the paperwork is returned for the six-week ski and boarding program at Nashoba Valley in Westford, Massachusetts. The program will commence on Tuesday, January 7 and run until Tuesday, February 11, 2020. We will add an extra week (February 25) to cover a NPS snow day. We will leave Cabot at 1:15 via Local Motion of Boston and return by 5:30pm. Students usually have time for a couple of runs on the slopes with a parent chaperone or CASP educator before going to their lesson. Lessons are offered from 3:00-4:00pm for students in 1<sup>st</sup>-5<sup>th</sup> grade. Fifth grade students who are proficient skiers or boarders have the option of not signing up for a lesson with parent approval. During the hour lesson CASP staff and chaperones will be skiing or snowboarding or waiting near the lodge/first aid station to assist students when needed. CASP participants will not always be under the direct supervision of an adult as students navigate the slopes at different levels. We try to have chaperones lead groups of students down the trails or stay in the back of a group to help students who might fall and need help. During that time period 5<sup>th</sup> grade students must always be with a buddy. At no time should a 5<sup>th</sup> grader be alone on the mountain. If this were to occur, we would revoke the ability to ski/board without an adult from CASP. At the end of the lesson staff, students, and parent chaperones will meet at the base of the mountain near the rental office. At this time Nashoba rental equipment will be returned and attendance taken before getting on the bus at 4:15 for our return to Cabot School. CASP requires that all students wear helmets while participating in this activity. Bike helmets can not be considered an alternative to a snow helmet as they don't protect the same area of the head.

**Students in third through fifth grade who are interested in auditioning for the CASP Musical "Shrek" can't participate in the Nashoba program due to the vigorous rehearsal schedule. Auditions are scheduled after our pre-fit on December 3, 2019 so children and parents will need to make a choice to ski or perform.**

During lessons children are grouped according to ability and are placed in groups of eight to fourteen children with one instructor. The instructor could be an adult or a high school student. During the hour lesson students are not with the adults from CASP. Once the lesson ends students will be on their own until they reach the CASP designated area for check in. During this time parents need to realize that some children are faster than others in getting down the mountain. For example, ten children with one staff person may not always be directly in the vision of the adult. We take every precaution to ensure your child's safety, but skiing does have some inherent risk as in any sport.

The price for six lessons is \$220 and an additional \$125 for equipment rentals at the mountain. (the mountain purchased new rental equipment in 2019). The price for students not taking a lesson (5<sup>th</sup> grade) is \$190. Helmets can also be purchased from the mountain for \$60 during our pre-fit. Parent chaperones will need to purchase a weekly lift ticket at the mountain before going on the trails. If you plan to come all six weeks you might wish to purchase a badge in advance. If you are interested in renting equipment for the season you should check out the ski shops in New Hampshire, VT and MA. These shops often have seasonal rentals at close to the same price you will pay renting weekly at Nashoba. At this time, we know that the price for the bus will be \$684.00 per week for a total cost of \$4,104.00. Once we have the total number of participants we will inform you of the transportation fee.

CASP students will be fitted for rental equipment and helmets at our pre-fit held on Tuesday, December 3, 2019 at 12:30pm in the CASP Room on the first floor. The pre-fit is only for children renting equipment and purchasing a helmet through the mountain. **If your child misses the pre-fit and you are renting from the mountain CASP requires families to get fitted at the mountain prior to our 2020 start date.**

**Students who bring their own equipment or rent for the season should make sure their name appears on the skis or boards for easy identification. Helmets should be labeled in addition to clothing and gloves/mittens.**

Students must have proper outdoor clothing while on the mountain. All participants will need to have snow pants, jackets, water proof gloves/mittens, long underwear (if needed), ski socks, and a helmet prior to our departure. Additional items such as neck warmers face masks, and goggles increase your child's protection on afternoons of extreme cold. **If students do not arrive at CASP prepared to ski/board parents will be called to bring the proper attire or to pick them up as we can not have them remaining at CASP due to staff child ratios. If we can not reach you your child will need to go with us to the mountain and read in the lodge.**

**Students attending this extracurricular program must fulfill the six-week requirement.** We are unable to have students remain at CASP if they opt out of a day on the mountain due to frigid temperatures. Parents and students need to know that CASP will not cancel a trip due to the cold. If you still do not wish your child to be on the mountain we are requesting that you pick your child up at CASP prior to our 1:15 departure for the mountain. This allows us to keep our student/teacher ratios at the program and on the mountain.

Chaperones are a big part of the success of this program. It is our hope that several of you will offer to join us for all or a portion of our six weeks on the mountain. **There will be a mandatory meeting for all Nashoba participants and parents on Tuesday, December 3 at 5:30pm in the Music Room to review expectations and guidelines. Please attend even if you've heard it before to support the staff who will be skiing or boarding with your child.**

Permission slips and checks made payable to Nashoba Valley Ski School and/or Nashoba Valley Rental Corp should be returned to the CASP mailbox by Monday, November 18, 2019 at 6pm. If you have any questions don't hesitate to contact us.

Sincerely,

Lee Guertin  
Executive Director

# 2020 NASHOBA VALLEY PERMISSION SLIP

Tuesday, January 7-Tuesday, February 11, 2020

(Tuesday, February 25, 2020 if needed)

## FIFTH GRADE STUDENTS NOT TAKING LESSONS

\_\_\_\_\_ (Child's Name) will participate in the six week ski or board program (**circle one**) at Nashoba Valley with CASP, but will not take lessons. I've included a check for \$190.00 (lift ticket only) made payable to Nashoba Valley Ski School.

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## THE SECTION BELOW IS FOR: 1<sup>st</sup>-5<sup>th</sup> GRADE STUDENTS TAKING LESSONS AT NASHOBA

\_\_\_\_\_ (Child's Name) will participate in the six week **SKI** or **BOARD** program (**circle one**) at Nashoba Valley with CASP. I've included a check for \$220.00 made payable to Nashoba Valley Ski School.

\_\_\_\_\_ Yes, we will be renting ski or board (**circle one**) equipment from Nashoba Valley. I have included a check for \$125.00 made payable to Nashoba Valley Rental Corp.

\_\_\_\_\_ Yes, we will purchase a helmet from Nashoba Valley Rental Corp. I have included a check for \$60.00 made payable to Nashoba Valley Rental Corp.

\_\_\_\_\_ Yes, I would like to chaperone one or more of the trips to Nashoba. Please put me down for the following (write in the date(s) below.)

1.

2.

3.

\_\_\_\_\_ (Parent Signature) \_\_\_\_\_ (Date)

