



December 2009 Update

www.omahaskiclub.org

Club Trips Filling Up

The Schweitzer trip is closed; the Winter Park trip has 5 spots left and will be closing on December 27th. The Crested Butte and Park City trips still have space available. See the trips update on page 3 for details. Information about each of the club's trips is on pages 5 through 8.

January 3rd (Sunday) Social Gathering and Schweitzer Pre-trip Party

6 p.m. - Senor Matias, 90th and Arbor

A little north of 90th and Center St.

Everyone welcome.

January 3rd (Sunday) Board Meeting

8 p.m. - Senor Matias, 90th and Arbor

A little north of 90th and Center St, after the social gathering.

All members welcome.

January 6th (Wednesday) to January 12th (Tuesday) Schweitzer Trip

See page 5 for details.

January 24th (Sunday) Social Gathering Schweitzer Post-Trip and Winter Park (FSA) Pre-trip Party

6 p.m. - Senor Matias, 90th and Arbor St

A little north of 90th and Center St.

Everyone welcome

January 27th (Wednesday) to January 31st (Sunday) Winter Park (FSA) Trip

See page 6 for details.

February 9th (Tuesday) Board Meeting

6 p.m. - Brazen Head Irish Pub, 319 N 78th St

On 78th St between Dodge and Cass St.

All members welcome

February 9th (Tuesday) Social Gathering Winter Park(FSA) Post-Trip and Crested Butte Pre-Trip Party

7 p.m. - Brazen Head Irish Pub, 319 N 78th St

On 78th St between Dodge and Cass St, after the board meeting

Everyone welcome.

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Tips for better skiing - page 4

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pages 5-8**

**Membership application
page 9**

Trip application - page 10

BOARD OF DIRECTORS

PRESIDENT

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February 23rd (Tuesday) to February 28th (Sunday)

Crested Butte Trip

See page 7 for details.

Free Subscription to "Skiing" Magazine

For a limited time all members of CMSC Clubs (that's us) will be able to receive a one year subscription to Skiing for free. Current subscribers are not left out, as they'll be able to extend their subscription for one year for free.

Designed and edited for those who live to ski, Skiing magazine serves up equal parts inspiration and information; it's the passionate, athletic skier's guidebook to the sport of skiing. Skiing readers want to know where to ski, how to ski, what to buy, and what trends they should embrace or ignore. And it's all wrapped in a bigger, sleeker design matched with the world's best ski photography.

To take advantage of this exclusive offer go to www.skiCMSC.com and click on the Skiing Magazine ad. Members will need to indicate their ski and snowboard club affiliation prior to reaching the subscription page; a link detailing privacy issues is available for those concerned. A credit card is not required. Skiing Magazine will identify current subscribers from the address and extend those subscriptions. This offer is limited to one offer per household.

There is a CMSC code that must be entered to get to the subscription page, and the code is magoffer.

from Keith L. Fanta
President, Chicago Metropolitan Ski Council

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TRIPS UPDATE

I would like to take this opportunity to wish everyone a Merry Christmas and happy skiing in 2010! Several members have been to Colorado to test their skiing ability. The snow is variable and the mountains are not 100% open yet. Hopefully this coming snow storm will help open more terrain. Winter has officially arrived!

Schweitzer Trip is now closed. We have nine members who will enjoy this new area. I will have a report when I return.

FSA Winter Park Trip will close on **December 27th**. If you are still planning on waiting to the last minute, this is it. I have 5 spots left for our people but have other clubs wanting to take them. If you wish to go, please call me. At the present time there are 17 people on this trip. I am looking forward to at least having us close to the lifts and all in the same condo complex. It won't be a repeat of how spread out the group was last year.

Crested Butte Trip at the end of February still has open space. There are 8 people signed up but we need more. If you are interested, call Mary Soar. This is Mary's first attempt at being Trip Captain. Let's make it successful for her!

Park City Trip in March is slowly filling. Joe Dotzler and Mary Soar are working together to run this trip. This is the Chicago Metropolitan Ski Council's week long trip, complete with activities, racing and après ski events. It is a milder version of the old USRSA trips we used to have. Speaking of USRSA, do you remember the Hawaiian Party we had with the group? What a great turn out that was! Remember the goldfish? Hopefully we won't have any this time.

I hope you consider joining us on one of the trips if you haven't signed up yet. We work very hard to put these trips together to places where you wish to go. It takes 15-20 people to get group rates for lodging and lift tickets. When the lodging properties want almost all their money upfront, it makes it difficult for the club to save or hold spaces for people who want to wait until the last minute. Having a low number of sign-ups jeopardizes the club's funds and also increases the "group" rate because we fall below the amount needed for a group rate. It makes it hard to plan trips for next year when we have such a low number of sign-ups. If you are one of those who are waiting, please let us know what your plans are as soon as possible. "Thank-you" to all of you who have made the trips successful.

Have a safe holiday season and think SNOW!
Happy New Year!

Got skis, gotta go...

Teri Hammon
Vice President of Trips

Tips for Better Skiing

As I was scanning the internet, I happened across an article by Lisa Densmore that had quite a bit of useful information. It reinforces all the reminders that your instructors have tried to instill into your knowledge base. Skiing should be enjoyable. It helps tone your legs, boost strength and increases your anaerobic capacity.

Some points that Lisa brings out in her article "Ski Like a Pro" include items such as:

- Relax your Toes-this helps the joints in your entire lower body stay loose, ready to absorb variations in terrain.
- Flex Your Ankles-bend forward at the ankles, rather than the knees. If your ankles flex forward, your knees automatically bend to help you balance over your skis.
- Keep Your Shins Against the Tongues of your Boots-leaning back makes it difficult to turn. If your shins stay in contact with your boot tongues, your weight stays centered and you have better control.
- Put Pressure on Your Ski Tips to Start a Turn-Resist slamming all your weight to the middle of your skis at the beginning of the turn causing them to chatter. Steer your tips into the turn first, and then let your feet follow.
- Roll Your Skis from Edge to Edge-a flat ski with a wide tip is more likely to get tossed around by chunky snow and bumps. When you finish a turn, rather than flattening your skis before starting the next curve, roll your skis immediately into the new turn. Makes your technique more fluid and improves control on ice.
- Keep Your Skis Parallel-common mistake is to start a turn and hold the downhill ski on edge while allowing the uphill ski to go flat. Both skis should enter each turn and roll on edge simultaneously.
- Keep Your Hands Forward-(how many times have you heard this one!)-If your hands drop by your sides or if you allow a hand to cross over your skis, your skis will skid rather than carve. Your hands should be comfortably forward, as if holding a tray. (Sound familiar?)
- Plant Your Pole Down the Hill-As you finish a turn, plant your pole with the downhill hand helping you navigate the steeps and putting rhythm in your turns.
- Stay Centered in Powder-most skis are wider today, providing better buoyancy so we do not have to sit back on the skis to get our tips up. By remaining centered and equally weighting both skis, you will float through the fluff with less leg-burn.
- Look Ahead, Not at Your Skis- plan a path and look in front of you, not at the ground. You will have more time to react and this will also help keep your torso oriented downhill.

Many of us have heard these things many times over and over. One thing that helps me is repeating to myself to "keep my hands forward" as I am skiing downhill because often times I forget to do this. As we go out on the slopes this season, continue to work on these tips. It makes us better skiers. When we get in difficult situations, we revert back to techniques that are opposite of the skills we need to get out of those predicaments. Practicing these items on the easy blue and green slopes, will make those black diamonds look easy.

Have a great ski season wherever you travel. Relax and enjoy the adventure!

Got skis, gotta go!

Teri Hammon

Vice President of Trips

Schweitzer ID (Jan 6-12, 2010)

Fly-Out Trip

Closed

\$1095.00 per person

\$690.00 per person drive-out

Join the Omaha Ski Club as they explore Schweitzer Mountain, located 11 miles from Sandpoint in northern Idaho. This trip includes:

- lift tickets for 4 days of skiing/snowboarding (with a 5-day option for an additional \$50)
- 6 nights of lodging at the Selkirk Lodge (deluxe style hotel rooms-triple occupancy)
- R/T airfare from Omaha to Spokane WA on Southwest Airlines
- Ground transfers
- Welcome reception

The Selkirk Lodge is ski-in; ski-out and the deluxe style rooms have refrigerators, microwaves, a kitchenette as well as 2 Queens and 1 twin bed per room. The Lodge also has a large outdoor hot tub to relax in after a busy day skiing. Bars, restaurants and grocery store are located in the resort area.

Trip Captain: Teri Hammon

Home 402 571-4517

Cell 402 680-0971

Email: dragonsrock@cox.net

Payment Schedule:

9-27-09 \$250.00 deposit

10-27-09 \$250.00

11-28-09 \$250.00

12-28-09 \$345.00

Checks made out to the
Omaha Ski Club

Everyone is required to be a member of the Omaha Ski Club. If you are not a member of the club, please fill out a membership application and return it to the address below with your membership fee. New members are WELCOME!

All prices stated above are subject to change or cancellation if participation is not adequate. The Omaha Ski Club is able to offer our members great trips because of the member participation. Please support your Club.

For information on any trip, please contact the trip captain or:

Teri Hammon

Vice President of Trips

Omaha Ski Club

(402) 571-4517

vp-trips@omahaskiclub.org

SEND YOUR DEPOSIT AND A COPY OF THE TRIP APPLICATION FOUND ON OUR WEBSITE

(WWW.OMAHASKICLUB.ORG) TO:

OMAHA SKI CLUB TRIPS

P.O. BOX 3104

OMAHA NE 68103-0104

Winter Park CO (Jan 27-31, 2010)

Drive-Out Trip

5 spots left – closes December 27th

\$615.00 per person

\$585.00 per person senior (65+)

\$425.00 per person without lift-ticket

The Omaha Ski Club and the Flatlands Ski Association (FSA) annual FSA Trip will be at Winter Park Colorado. The trip includes:

- 4 day lift tickets
- 4 nights of lodging in 2BD/2BR condos at the Fraser Crossing/Founders Pointe Condos located at the base of Winter Park within walking distance to the lifts. These condos were built in 2008 and have free high speed internet, an outdoor hot tub, underground parking and ski storage lockers. We will all be located in the same condo complex close to the FSA activities
- FSA Welcome Party
- Awards Banquet on Saturday
- Racing opportunities for anyone who wishes to participate
- Après ski parties

Winter Park Resort has terrain for all levels of skiing/snowboarding. There are also opportunities to take lessons at the resort if needed. (Cost not included in trip pricing)

Trip Captain: Teri Hammon

(Home) 402 571-4517

(Cell) 402 680-0971

Email: dragonsrock@cox.net

Payment Schedule:

9-27-09 \$100.00 deposit

10-27-09 \$150.00

11-28-09 \$150.00

12-28-09 \$215.00

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Vice President of Trips

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P.O. BOX 3104

OMAHA NE 68103-0104

Crested Butte CO (Feb 23-28, 2010)

Drive-Out Trip

8 spots left

\$535.00 per person

Join the Omaha Ski Club as they host a trip to Crested Butte Colorado. The trip includes:

- lift tickets for 4 days of skiing/snowboarding
- 5 nights of lodging in 2BD/2BR condos at the Snow Crest Condos located a short walk to the lifts. The Club has stayed in these condos in the past. There is an outdoor hot tub as well as shuttle service to the town of Crested Butte.
- Welcome Party.

Crested Butte has terrain for all levels of skiing/snowboarding. The quaint town of Crested Butte is unique with many shops and restaurants to offer you dining options for your stay. Other opportunities for those who don't ski or wish to take the day off include: dog sled tours, snowshoe tours, ice skating, cross country skiing, tubing, snowmobile tours, sleigh ride dinners or visiting the museum and shopping.

Trip Captain: Mary Soar

Phone: 402-515-1686

Email: msoar11@yahoo.com

Everyone is required to be a member of the Omaha Ski Club. If you are not a member of the club, please fill out a membership application and return it to the address below with your membership fee. New members are WELCOME!

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|--|
| Payment Schedule: |
| 9-27-09 \$100.00 deposit |
| 10-27-09 \$150.00 |
| 11-28-09 \$150.00 |
| 12-28-09 \$135.00 |
| Checks made out to the Omaha Ski Club |

All prices stated above are subject to change or cancellation if participation is not adequate. The Omaha Ski Club is able to offer our members great trips because of the member participation. Please support your Club.

For information on any trip, please contact the trip captain or:

Teri Hammon

Vice President of Trips

Omaha Ski Club

(402) 571-4517

vp-trips@omahaskiclub.org

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P.O. BOX 3104

OMAHA NE 68103-0104

Chicago Week @ Park City UT (March 20-27, 2010)

Fly-Out Trip

13 spots left

\$1230.00 per person

\$875.00 per person without round trip airfare

Join the Omaha Ski Club and the Chicago Metropolitan Ski Council (CMSC) as they host the annual CMSC Week to Park City Utah. The trip includes:

- Lift-tickets for 5 days of skiing/snowboarding (2 days at Park City, 2 days at Canyons and 1 day at Deer Valley) Optional 6th day ticket available. Cost depends on which resort chosen.
- 7 nights of lodging at The Yarrow Hotel and Conference Center. These are newly remodeled hotel rooms (2 queen beds/room). The Yarrow will be where most of the activities take place. The Yarrow has an outdoor pool/hot tub, complimentary high-speed internet, mini-fridge, daily breakfast, and is ½ mile to Main Street, across the parking lot to the grocery store and it is also on the free shuttle route.
- Round trip airfare from Omaha
- Ground transfers
- Welcome Breakfast
- Welcome Reception
- Après ski parties
- Racing opportunities for anyone who wishes to participate (but it's fun to experience racing without being pressured to win!)
- Mountain Picnic
- Banquet Dance
- Trip Insurance included in the price!

The 3 Resorts offer terrain for all levels of skiing/snowboarding. There are also opportunities to take lessons at each of the resorts if needed (not included in trip pricing)

Trip Captains: Mary Soar and Joe Dotzler

Phone: 402-515-1686

402-699-9229

Email: msoar11@yahoo.com

joejay50@hotmail.com

Payment Schedule:

9-27-09 \$100.00 deposit

10-27-09 \$250.00

11-28-09 \$250.00

12-28-09 \$250.00

1-28-2010 \$380.00

Checks made out to the

Omaha Ski Club

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Please support your Club.

For information on any trip, please contact the trip captain or:

Teri Hammon

Vice President of Trips

Omaha Ski Club

(402) 571-4517

vp-trips@omahaskiclub.org

SEND YOUR DEPOSIT AND A COPY OF THE TRIP APPLICATION FOUND ON OUR WEBSITE

(WWW.OMAHASKICLUB.ORG) TO:

OMAHA SKI CLUB TRIPS

P.O. BOX 3104

OMAHA NE 68103-0104

**OMAHA SKI CLUB MEMBERSHIP APPLICATION
JUNE 2009 – MAY 2010**

MEMBERSHIP STATUS: NEW ____ RENEWAL ____
Through September 30, 2009: FAMILY \$25 ____ SINGLE \$22 ____
After September 30, 2009: FAMILY \$30 ____ SINGLE \$27 ____

MEMBER INFORMATION - - - PLEASE PRINT CLEARLY

Name: _____ Spouse: _____

Street Address: _____ City: _____ State: ____ Zip: _____

Home Phone: (____) _____ Alternate Phone: (____) _____

Email Address: _____

Check this box if you are 21 years or older. For family membership, list all dependent minors on back of application.

If new member, how did you hear about the club? _____

Ski/Snowboard destinations you're interested in: _____

Activities you're interested in: Biking ____ Bowling ____ Dinners ____ Other _____
(please list)

Other Interests: (please list) _____

NOTE: BY SIGNING THIS APPLICATION I RELIEVE THE OMAHA SKI CLUB, INC. (OSC) OF ANY RESPONSIBILITY FOR ACCIDENT OR INJURY I INCUR WHILE PARTICIPATING IN ANY OSC ACTIVITIES. I ALSO CERTIFY THAT I AM OF LEGAL DRINKING AGE IN THE STATE OF NEBRASKA.

SIGNATURE _____ **DATE** _____
(Must be signed and dated)

[OSC USE ONLY] MEMBERSHIP NO. _____ BD. _____ TR. _____ NL. _____

Mail to: Omaha Ski Club, P.O. Box 3104, Omaha, NE 68103-0104



TRIP APPLICATION

(Required for each individual on the trip) (PLEASE PRINT LEGIBLY)

Trip Destination _____ Trip Dates _____

FIRST NAME _____ M.I. _____ LAST NAME _____ DATE OF BIRTH _____ SEX _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP CODE _____
 HOME PH. _____ WORK PH. _____
 E-MAIL _____ CELL PH. _____

EMERGENCY CONTACT:

Name _____ Relationship _____ Phone _____
 I Prefer to Room With _____ OTHER INFO _____

THE OMAHA SKI CLUB MEMBER SIGNING THIS APPLICATION AGREES AS FOLLOWS

The member has read the OSC trip policies on the bottom of this application and understands and agrees to be bound by them as a condition of participation in this trip. The member further agrees that the club, its directors or committee chairmen shall bear no financial responsibility to members in the event of a delayed departure or return of a trip, or for cancellation of a trip except as provided in items 7 through 10 of the trip policies, nor shall they be liable for any bodily injury, property damage, loss of personal property, or death sustained by or caused by any member on a trip. Those individuals causing property damage at the lodges, condos, busses, ski areas, etc. shall bear the full legal and financial responsibility for the damages. It is a condition of membership in the club that any individual shall be deemed to have accepted these responsibilities and limitations of liability as a consideration of joining the club and participating in this trip.

SIGNATURE _____ DATE _____
 [osc use only] deposit: amount paid _____ date _____ ck or rept no _____

OMAHA SKI CLUB TRIP POLICIES

- 1) Trip captain is the final authority on and during the trip.
- 2) Club members will conduct themselves in a mature manner at all times.
- 3) There will be a \$28.00 charge on any returned check.

TRIP SIGN-UP, DEPOSITS AND PAYMENTS

- 4) Only members in good standing with dues currently paid to the Omaha Ski Club may sign up for a trip. Children under the age of 19 must be accompanied by a parent or guardian on the trip. A trip application for a child under the age of 19 must be signed by a parent or guardian of the child.
- 5) By signing up for a trip a member agrees to pay the Club the full cost of the trip applied for, subject to the provisions for timely cancellation in item 7). Each trip will have its own trip deposit and payment schedule to be set by the trip committee. A deposit is required to sign up for a trip. Failure to meet the payment schedule may result in automatic cancellation from the trip subject to the cancellation fee in item 7).
- 6) When a trip is full the trip captain will start a waiting list. To be placed on the waiting list a member must fill out and sign a trip application and pay the standard deposit for that trip. Waiting list members must meet the payment schedules when moving to the confirmed lists.

CANCELLATIONS AND REFUNDS

- 7) Unless otherwise listed in individual trip information, cancellations prior to 60 days before the trip departs will result in a cancellation fee of \$50.00; cancellations less than 60 days before the trip departs will result in a cancellation fee of \$100.00 if the trip goes full, or liability for the full cost of the trip if the trip does not go full. Any cancellation fees or penalties may first be deducted from payments the member made for the trip.
- 8) Transferring from the waiting list on one trip to a confirmed list on another trip will be done with no cancellation fee. Refusal to move from the waiting list to the confirmed list will constitute automatic cancellation subject to the cancellation fee in item 7) above.
- 9) If a trip is cancelled by the club, all money paid to the club by a member for that trip will be refunded.
- 10) All members on the waiting list when the trip departs will receive a full refund.
- 11) No refunds will be made until after the trip returns.

BUS TRIPS

- 12) Smoking on buses is prohibited.
- 13) Any time the bus stops en route to its destination, passengers leaving the bus will do so at their own risk.
- 14) The Omaha Ski Club will not provide alcoholic beverages for any bus trip. If any members wish to consume alcoholic beverages on the trip, they can do so at their own expense, and assume all risks and liabilities associated with such consumption.