



## WELCOME WINTER STARTER PACK

### Welcome to Mount Hotham Free Ski

Mount Hotham Free Ski's intention is to have fun, be inspired, to learn and develop a higher level of skiing skills with a dedicated team of coaches and young athletes. To fulfil a young member's skiing goals and their achievements whilst learning practical ongoing life skills.

#### So let's get started:

- Attend the MHFS club rooms by 8.15 am and sign in (Snowbird Inn - new entrance - under the MHFS sign (middle door))
- Wear runners or snow shoes for warm up exercises 15 minutes (no ski boots)
- Bring a bag with your ski boots, drink bottle, lunch & snacks, and of course, your skis! (we are a **nut free zone**)
- The All Winter and Casual program members will be allocated a pigeon hole within the club room. Unfortunately, we have limited space, and ask all members to leave their skis upright outside the club room in the designated MHFS ski racks provided. We will have a limited number of single ski lockers available to hire, season rate \$25 (for members only) Please provide own lock (key or combination)
- Coaches will prep you about your day
- No devices allowed whilst skiing (Please leave in your bag or give to a MHFS support team in the office)
- On snow 8.30 am - 11.30am
- Lunch break generally is between 11.30 am - 12.15pm (Some members bring their lunch - some members get picked up for lunch) \* parents are not permitted to remain in the club rooms at lunch time with the children. There is always a lunch monitor in charge. Please notify them of your decision to go out for lunch or to stay in (kitchen facilities avail. hot water urn, toasted sandwich maker, microwave, fridge (name your food))
- On snow and ski video analysis 1.00 pm - 3.15pm
- Members sign out before leaving
- Pick up 3.15 pm - 3.30pm

**Welcome Family Soiree** invitation to all new and renewed MHFS members. We invite you to come and meet other like-minded fun Free Ski families and their children held at the Richard Nevile's 'SnowMonkey Shop' from 4.30 - 6.30pm with complimentary drinks and nibbles (new location, bigger shop (Jack Frost building))

**Dates: Tuesday 4th & Monday 10th July**

**Live / Silent Club Fundraising Auction Night** - join in on the fun with your children while they get a movie & chips - you get to have some fun with the adults and bid/buy some great items and services

**Date: Tuesday 11th July | Venue: ARCO Restaurant (tbc) | Time: 6.00pm | Cost: \$5.00 per child**

#### Please Note:

- ❖ Every young member must read the MHFS Members Code of Conduct before commencing any of their skiing programs (we encourage parents to be interactive with their child/children)
- ❖ Don't forget your back brace! No back brace no ski policy.
- ❖ No child is permitted to leave their ski group without notifying their coach first under any circumstances.
- ❖ All parents must submit their child's CareMonkey Member Profile to MHFS prior to commencing their children's skiing program or your child/children will be unable to participate.
- ❖ All payments have been paid prior to commencement of their children's skiing program or your child / children will be unable to participate (credit card (card processing fee +2.2%) facilities in office)
- ❖ MHFS uniforms and MHFS merchandise can be purchased at the office.

If there are any queries or you require assistance, please don't hesitate to ring or drop into the office and speak to our loyal and dedicated MHFS support team either: Jane Leonard 0413 997 309 or Vanessa Vance 0400 204 250

They would love to help in any way to make you and your children's time skiing with MHFS a great one!

We look forward to sharing our passion for skiing with you at Mt Hotham this winter!

Kind regards,  
Martin Rowley  
President / Director of Programs  
MHFS Coaches and the support team