

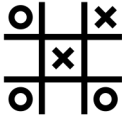






















# PLAY ON YOUR SKIS

## NENSA XC SKI BINGO



Name:

 <b>Backcountry Ski</b>	 <b>Slalom Ski</b>	 <b>Play a Game on Skis</b>	 <b>Make and Pack a Snack</b>	 <b>Ski in NH</b>
<b>3</b> <b>Legged Ski</b>	 <b>Log Your Ski Activities</b>	 <b>Ski to the High Point</b>	 <b> Scooter Drill</b>	 <b>Ski in ME</b>
 <b>Ski with Just Arms/Poles</b>	 <b>Ski with Friends or Family</b>	 <b>Research an Olympian</b>	 <b>Ski all the Trails</b>	 <b>Ski in MA</b>
 <b>Night Ski</b>	 <b>Ski Somewhere New</b>	 <b>Obstacle Course</b>	 <b>Ski Backwards</b>	 <b>Ski in NY</b>
 <b>Build a Ski Jump</b>	 <b>Ski with Just Legs</b>	 <b>Gliding Contest</b>	 <b>ID an Animal on Your Ski</b>	 <b>Ski in VT</b>



# Rules of the Game

1. Must be under 14 years of age to play.
2. Game runs from December 1, 2021 to March 31, 2022.
3. Get “Bingo” by completing the activities and skiing in the states in a full row, column, or diagonal.
4. Mark your Bingo card as you complete squares. Remember to take at least one activity photo or a picture of you where you skied!
5. Fill out the Bingo entry form at [www.nensa.net/xc-ski-bingo](http://www.nensa.net/xc-ski-bingo) once you’ve completed Bingo. You’ll include your activity or ski location photo and a picture of your marked Bingo card.
6. Get outside and HAVE FUN!!!
7. Direct any questions to [kait@nensa.net](mailto:kait@nensa.net)

## What can you win?

Every player who completes Bingo gets a **rainbow NENSA sticker**. Each Bingo line completed gets players a raffle entry and at the end of every month we will raffle off **NENSA monogrammed LL Bean flannel shirts and gift cards!** You can get a bonus raffle point if you do any of the below activities in costume.



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## Bingo Card Activity Details:

**Backcountry Ski:** Ski off groomed trails. Could even be in your backyard!

**Build a Ski Jump:** Build a jump and have fun skiing off it. Make sure you have a safe outrun.

**Gliding Contest:** You can play against yourself or with others. Double pole to a set point at the top of a hill and then glide down and see how far you can go. Mark where you stop and then do it again to see if you can go further. You can also compare your stopping point with others.

**ID an Animal on Your Ski:** Go for a ski, look for a wild animal or bird, and identify it.

**Log Your Ski Activities:** Keep a log for one week of all your ski activities (i.e. where you went, what you did, how long you skied, anything special about your ski, etc.)

**Make and Pack a Snack:** Make a tasty snack at home and eat it during or after your ski.

**Night Ski:** Ski after dark with light from the moon or a headlamp.

**Obstacle Course:** Build an obstacle course (bicycle bumps, jumps, slalom etc.) and then have fun skiing it.

**Play a Game on Skis:** Can be any game with anyone you choose to play with. Games at your BKL practice count!

**Research an Olympian:** Research a cross-country skier Olympian and draw a picture of them.

**Scooter Drill:** Must be done on classic skis. Take one ski off and scoot along like you’re on a skateboard. Mark a section of trail and see how few scoots you can take between the two markers. Try it again to see if you can improve. Try this on each leg. Do you feel more comfortable on one leg than the other?

**Ski Backwards:** Find a relatively flat loop and go around it skiing backwards (skating will be easier than classic). For an added challenge, try skiing backwards down a hill. Make sure you keep looking over your shoulder to avoid other people!

**Ski all the Trails:** Over the course of the winter, ski all the trails at your local ski place (only trails that are open and skiable).

**Ski in NH:** Ski somewhere in New Hampshire.

**Ski in ME:** Ski somewhere in Maine.

**Ski in MA:** Ski somewhere in Massachusetts.

**Ski in NY:** Ski somewhere in New York.

**Ski in VT:** Ski somewhere in Vermont.

**Ski Somewhere New:** Ski somewhere new to you (i.e. ski center, trail, public land etc.)

**Ski to the High Point:** Ski to the highest point possible at the location where you are skiing.

**Ski with Friends or Family:** Go on a group ski adventure with your family and/or friends.

**Ski with Just Arms/Poles:** Ski at least 10 minutes with just your arms/poles.

**Ski with Just Legs:** Ski at least 10 minutes with just your legs.

**Slalom Ski:** Set up a slalom course on a downhill and ski it. You can also set up two parallel slalom courses and “race” someone else.

**3 Legged Ski:** With a friend or family member, stand next to each other and use a long piece of cloth or large diameter rope and tie your inner legs together. Then try classic skiing a short loop together. Time yourselves and see if you can improve the second time around after you’ve had some practice working together.