

# NENSA Junior & Adult XC SKI BINGO

Winter 2022-23

Name:

 <b>Attend a NENSA Ski Event in MA</b>	 <b>Attend a NENSA Ski Event in ME</b>	 <b>Attend a NENSA Ski Event in VT</b>	 <b>Attend a NENSA Ski Event in NY</b>	 <b>Attend a NENSA Ski Event in NH</b>
 <b>Watch a Ski Event</b>	 <b>Ski with Friends or Family</b>	 <b>Make and Pack a Snack</b>	 <b>Classic Ski</b>	 <b>Backcountry Ski</b>
 <b>Research a Historical Ski Fact</b>	 <b>Ski with Just Legs</b>	<b>Bring Someone Skiing Who's Never Skied Before</b>	 <b>Ski Your Age In K</b>	 <b>Ski Backwards</b>
 <b>Ski in a New State (or Country)</b>	 <b>ID an Animal/Bird on Your Ski</b>	 <b>Ski all the Trails</b>	 <b>Night Ski</b>	 <b>Ski with Just Arms/Poles</b>
 <b>Slalom Ski</b>	 <b>Scooter Drill</b>	 <b>Skate Ski</b>	 <b>Try Another Winter Sport</b>	 <b>Ski to the High Point</b>

**SWIX**

**L.L.Bean**



**salomon S**

**FISCHER ONE/WAY**

## Rules of the Game

1. Must be 14 years of age or older to play.
2. Game runs from December 1, 2022 to March 31, 2023.
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 **some fun items from our sponsors!** 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:

**Attend a NENSA Ski Event in MA:** Check the NENSA calendar for ideas: [nensa.net/events](http://nensa.net/events)

**Attend a NENSA Ski Event in ME:** Check the NENSA calendar for ideas: [nensa.net/events](http://nensa.net/events)

**Attend a NENSA Ski Event in NH:** Check the NENSA calendar for ideas: [nensa.net/events](http://nensa.net/events)

**Attend a NENSA Ski Event in NY:** Check the NENSA calendar for ideas: [nensa.net/events](http://nensa.net/events)

**Attend a NENSA Ski Event in VT:** Check the NENSA calendar for ideas: [nensa.net/events](http://nensa.net/events)

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

**Bring Someone Skiing Who's Never Skied Before:** Share the love of skiing with a friend or family member!

**Classic Ski:** Try classic skiing!

**ID an Animal/Bird on Your Ski:**

**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.

**Research a Historical Ski Fact:** Research a fact and tell us what you learned!

**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?

**Skate Ski:** Try skate skiing!

**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 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 in a New State (or Country):** Get ideas here: [xcski.org/find-a-ski-area](http://xcski.org/find-a-ski-area)

**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.

**Ski Your Age in K:** Can be in one ski or in segments over the course of the winter.

**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.

**Try Another Winter Sport:** This could be ice skating, downhill skiing, snowshoeing, etc. Get creative and have fun!

**Watch a Ski Event:** This could be in-person at a local ski event or race, or you could look up some World Cup footage on the internet and check out the international racing scene!