

PLAY ON YOUR SKIS

NENSA YOUTH XC SKI BINGO



Name:

 Ski in MA	 Ski in ME	 Ski in VT	 Ski in NY	 Ski in NH
 Watch a Ski Event	 Ski with Friends or Family	 Obstacle Course	 Classic Ski	 Backcountry Ski
 Research a Historical Ski Fact	 Ski with Just Legs	 Participate in a NENSA/BKL/Youth Ski Event	 Build a Ski Jump	 Ski Backwards
 Gliding Contest	 Spin on Your Skis	 Ski all the Trails	 Night Ski	 Ski with Just Arms/Poles
 Slalom Ski	 Play a Game on Skis	 Skate Ski	 Try Another Winter Sport	 Ski to the High Point



Rules of the Game

1. Must be under 14 years of age 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 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

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.



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.

Classic Ski: Try classic skiing!

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.

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.

Participate in a NENSA/BKL/Youth Ski Event: Enter a local BKL race, games day, tour, or ski festival in your community! Check the NENSA calendar for some ideas: www.nensa.net/events.

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

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

Skate Ski: Try skate skiing!

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. Get ideas here: xcski.org/find-a-ski-area

Ski in ME: Ski somewhere in Maine. Get ideas here: xcski.org/find-a-ski-area

Ski in MA: Ski somewhere in Massachusetts. Get ideas here: xcski.org/find-a-ski-area

Ski in NY: Ski somewhere in New York. Get ideas here: xcski.org/find-a-ski-area

Ski in VT: Ski somewhere in Vermont. Get ideas here: 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.

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!

Spin on Your Skis: Try jumping in a circle with your skis parallel. Can you jump 180 degrees? What about a full 360 degree rotation?

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!