



Club Development



Ecosystem Engineers



Ecosystem Services:

- Water storage
- Flood mitigation
- Increase Biodiversity

Benefits last for generations





YOU!
Fearless
Leader





Young Family





Kid with a
single,
working
parent





Coach:
Retiree who
wants to
feel
connected
with their
community





Coach:
20-something
year old who
recently
moved to
town and
wants to build
a community





You are not just teaching people how to ski - you are building community and bringing meaning and joy to people's lives.





Your biggest strength

(examples on next page)



Your
Name



90 Examples of Personal Strengths

Adaptable	Devoted	Imaginative	Outspoken	Responsive
Ambitious	Diligent	Independent	Painstaking	Seasoned
Articulate	Efficient	Innovative	Passionate	Self-confident
Calm	Emotional intelligence	Insightful	Patient	Self-directed
Candid	Empathetic	Intellectual strength	Perceptive	Self-disciplined
Capable	Energetic	Intuitive	Persuasive	Sensible
Charismatic	Enthusiastic	Inventive	Polite	Sincere
Clear-headed	Experienced	Involved	Positive	Sociable
Communicative	Flexible	Kind	Practical	Systematic
Competitive	Flexible	Mature	Proactive	Systematic
Considerate	Focused	Methodical	Problem-solving	Team Player
Cooperative	Forthright	Meticulous	Prudent	Thorough
Courage	Frank	Motivated	Punctual	Thoughtful
Creative	Hard-working	Natural Leader	Realistic	Trustworthiness
Curious	Helpful	Neat	Reliable	Versatile
Decisive	Honest	Objective	Resourceful	Well-rounded
Dedicated	Humble	Open-minded	Respectful	Willing
Determined	Humor	Organized	Responsible	



Your task:

- Based on the strengths you identified on the previous slide, which of the tasks at right would you be excited to perform?
- Write them down on the back of your beaver.

- Writing program descriptions
- Handling registration
- Sending out communications
- Accounting
- Maintaining website
- Coordinating practices
- Recruiting, organizing and training volunteers and coaches



Split the Room in Half. Your Assignment:

- Left side of room go to someone on the right side
 - Introduce yourself and say “I am trying to build community and bring joy and meaning to people’s lives by starting a cross-country ski club.”
 - “Here is what I’m really good at: _____. This is what I’m looking for in a partner: _____.”
- Right side of room
 - Share your strengths and decide whether you’d be good partners or if you should keep looking.
- Keep going until you find the best fit, then sit with your new partner.



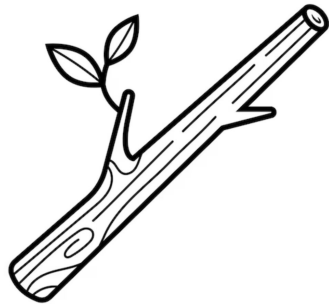
With your partner,
determine who will be
program director and
who will be head coach.
Split these tasks
between the two of you.

- Writing program descriptions
- Handling registration
- Sending out communications
- Accounting
- Maintaining website
- Coordinating practices
- Recruiting, organizing and training volunteers and coaches



Now that you have a partner, it is time to build a dam:

- Things to put in place to ensure that your club will continue to thrive long after you have moved on...





Become a NENSA Club



- Costs \$100 for the season
- Gives your club visibility
- Gives you access to the BKL

Manual

- Allows you to get NENSA Club

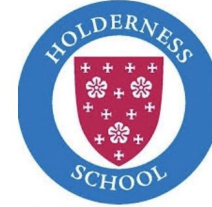
Liability Insurance



Gunstock Nordic Association

gunstocknordic.com

Gilford, NH



Holderness Nordic Club

[CONTACT](#)

Plymouth, NH



Kearsarge Nordic

kearsargenordic.org

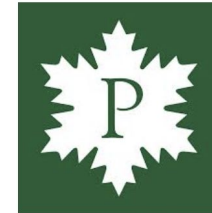
Hanover, NH



Nansen Ski Club

<https://www.skinansen.com/>

Berlin, NH



Proctor Academy

proctoracademy.org

Andover, NH



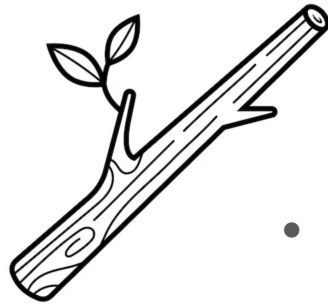
University of New Hampshire

unhwildcats.com

Durham, NH



BKL Manual



- Introduction
- Chapter 1: Starting Up
- Chapter 2: Coaching Children
- Chapter 3: Long Term Athlete Development:
- Chapter 4: Planning For Practice
- Chapter 5: Applying Skills
- Chapter 6: Games
- Chapter 7: Sample Practice Plans
- Chapter 8: Dryland/Low-Snow Lesson Plans
- Chapter 9: Setting Up Non-Competitive Events
- Chapter 10: Clothing and Equipment
- Chapter 11: Waxing
- Chapter 12: Nutrition
- Chapter 13: First Aid
- Chapter 14: Setting Up Competitive Events
- Chapter 15: The Cross Country Skier Lifestyle
- Chapter 16: Book Resources



NENSA Club Liability Insurance

- To qualify:
 - Be a member club
 - Every athlete, coach and volunteer must be a NENSA member
- We make it easier by providing bulk uploads to clubs



NENSA Clubs are eligible to receive General Liability insurance coverage under the NENSA master policy.

A Master policy aggregates coverage for the community, offers better coverage than what clubs may find individually, and saves our clubs the costs of these separate policies. It is a member benefit that we are proud to offer and that we believe will benefit our community directly through the local savings it offers to clubs.



Board of Directors

- Turnover is natural
- Some older people
- Some new people - it's okay if they're new to the sport!
- Allows the organization to continue once the leaders have moved on

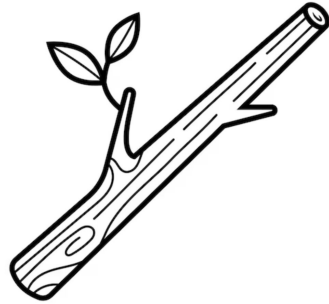


**WEST
RIVER
SPORTS**



Visibility: ability to be recognized

- Name
- Logo
- Uniform



- Jakroo is offering a NENSA Youth Apparel Program!

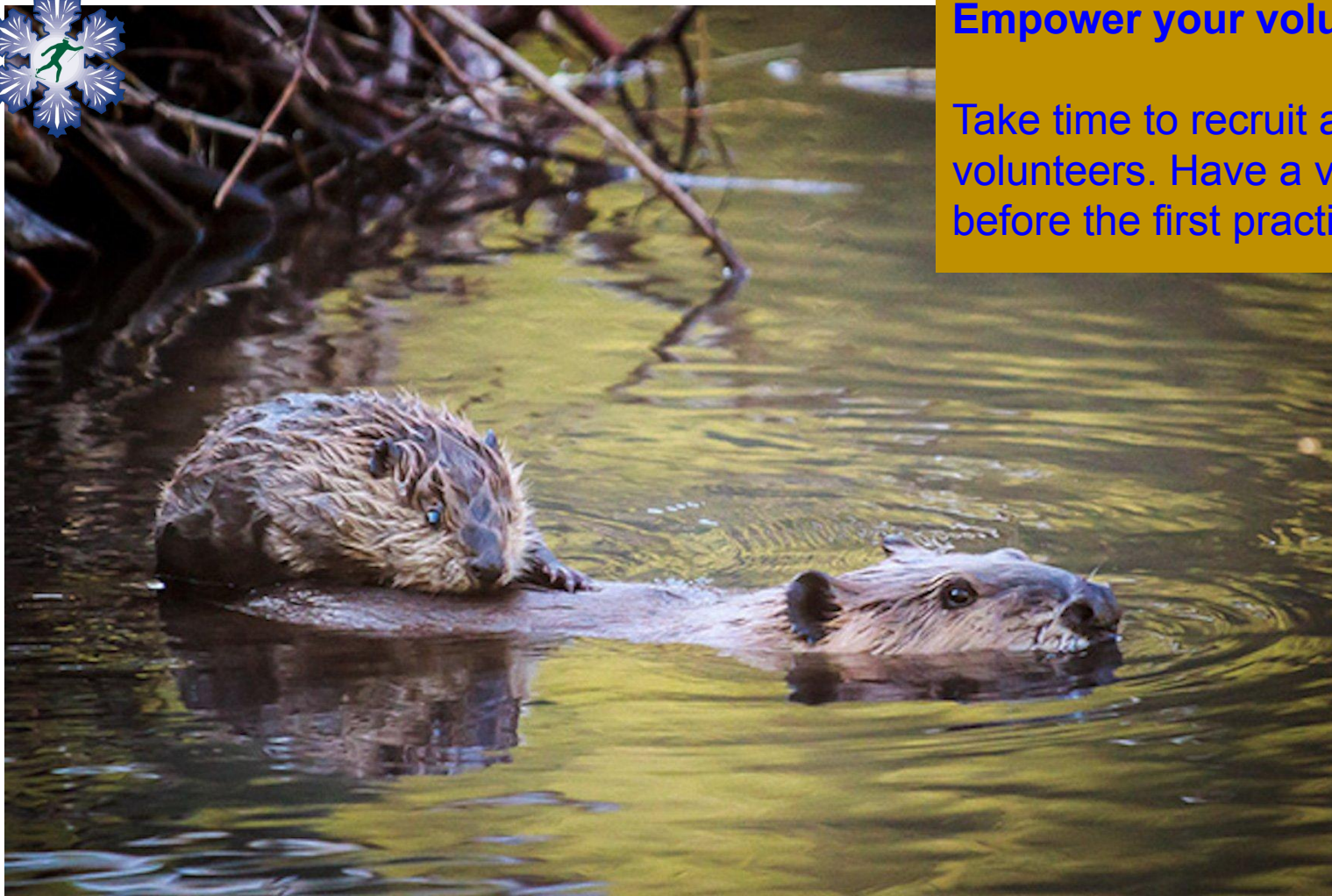




Emergency Plan

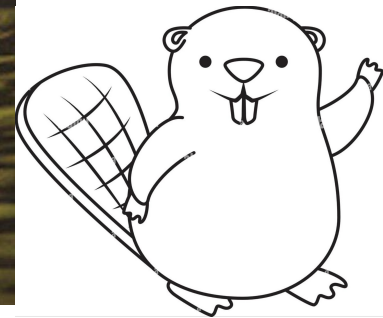
- Design an Emergency Plan
- Make sure your coaches and volunteers have access to and understand the plan
- NENSA offers Emergency Plan recommendations and templates





Empower your volunteers!

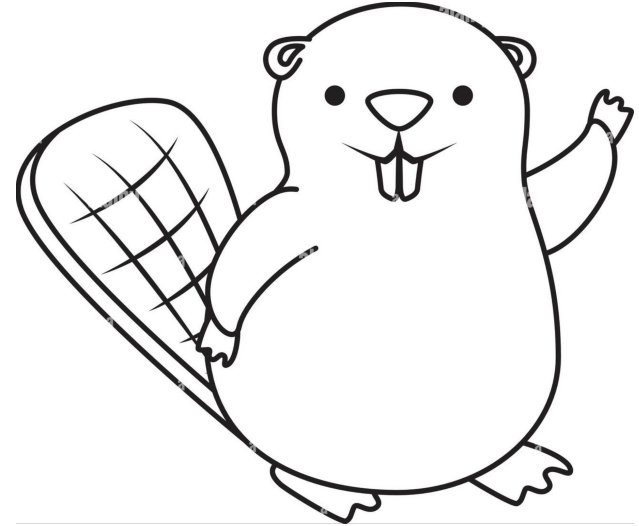
Take time to recruit and train your volunteers. Have a volunteer day before the first practice.





When a volunteer shows up to practice they should know:

- Where they should be
- What they should be doing
- How to do their job



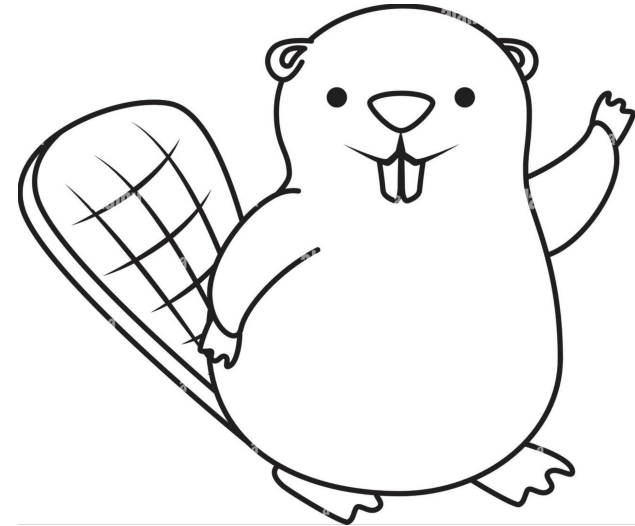
When people don't have clear expectations they get frustrated because they don't see how their work is making a difference in the club. Volunteers will stop showing up if they don't feel like their work is meaningful.



Your task:

- Brainstorm 4 different volunteer tasks and write them on your new beavers

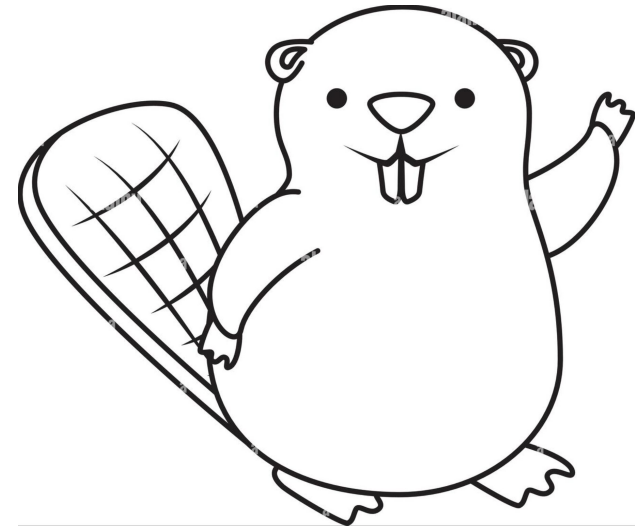
- On the back of each beaver specify:
 - Where they should be
 - What they should be doing
 - How to do their job





Never turn down a willing volunteer!

- Ski with kids (two per group) one leader and one sweeper
- Attendance - pick up and drop off ***important***
- Running a wax clinic
- Snack coordinator





Common Questions

- How many days a week should we practice?
- How often should we race?
- How much should the program cost?
- Should coaches get paid?