



October 14, 2009

As we wake up to snow falling at Sunday River, it's easy to see that the ski season is right around the corner. We are ready for winter and hope you are too!

Here is what you need to do...

1. Participant Application – this gets filled out by everyone, every year and gives us your updated information. Please let us know if you need any help completing the form.
2. Physicians Statement – this needs to be completed by your physician every 2 years, or if you've had a recent change in medical status. If you had a Physicians Statement completed last year, you should not need another one this year. Please feel free to call or email (schedule@skimhs.org) the office to check if you need a new one this year.
3. Lesson Request Form – This is where you request lessons for the season. Please follow the directions on the form and return it to the office. We need to have this form to schedule and confirm lessons.

The Participant Application and Lesson Request Form need to be on file in our office for us to schedule any lessons for you. Please help us by returning them by **November 13**. The Physician Statement can follow later, but will need to be here before your first lesson of the season.

After these forms are completed we will review everything and start scheduling. Once lessons are confirmed, we will send out a confirmation packet. This will include:

- Lesson Confirmation showing which days you are confirmed for lessons.
- Participant Handbook including information and directions to program locations
- Release Forms
- Equipment Forms

New this year, we have a **deadline on Lesson Request Forms**. We will still schedule lessons on a rolling basis, but **if you want to receive a Lesson Confirmation in December**, we need to receive your Lesson Request by **November 13**. If it is received after that date, it will be confirmed as space is available. We are trying to maximize our lesson availability this year. By getting your Request in early and confirming your lessons, we will be able to offer the MHS experience to more people.

Please contact the office at 207-824-2440 or schedule@skimhs.org if you have any questions. We will be happy to help.



PARTICIPANT LESSON REQUEST FORM 2010

Name _____ Phone # _____ Email _____

Directions for Completing this form

- 1. Choose Your Sport.** Check the sport for which you would like to schedule lessons. If you are interested in more than one sport, please indicate which sport on specific days on the lesson calendar using the indicated abbreviations:

Nordic Skiing (NS)

Snowshoeing (SS)

Alpine Skiing (AS)

Snowboarding (SB)

- 2. Choose Your Time.** Check off the lesson time you would prefer. If you're requesting different times on different days, please indicate the time on the specific days on the lesson calendar.

Full Day (9-3)

AM (9:00-11:30)

PM (12:30-3:00)

- 3. Choose your Days.** On the lesson calendars, mark a "P" on up to 10 preferred days. Then use an "x" to indicate any additional days you would be available for lessons. Participants **without** a physical disability may schedule up to 3 lessons.

- 4. Check Transportation Needs.** Check the boxes below to sign up for the "bus":

From Portland: Thursdays to Sunday River.

From Bangor: Sundays to Sugarloaf

- 5. Check the box below if you are a military veteran and are interested in receiving information on the February 5-8 Veterans/ No Boundaries program.**

send me VNB info

- 6. Return this whole form to:**

Maine Handicapped Skiing

8 Sundance Lane

Newry, ME 04261

207-824-0453 (fax)

or, if filling out on line, click the save icon and email to schedule@skimhs.org

PARTICIPANT LESSON REQUEST FORM 2010

Name _____ Phone # _____ Email _____

ALPINE SKIING & SNOWBOARDING AT SUNDAY RIVER SKI RESORT

****Please note: Shadowed dates are NOT AVAILABLE for lessons****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				January	1	2
Lessons begin 3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	MLK Day 18	19	20	21	22	23
24	25	26	27	28	29	30
31	1-Feb	2	3	4	Veterans/ 5	No 6
Boundaries 7	Program 8	9	10	11	12	13
14	15	President's 16	Week 17	18	19	20
21	22	23	24	25	26	27
28	1-Mar	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1-Apr	2	Ski-A-Thon 3
						Easter Weekend

Completion of this form is a request for lessons. It does not guarantee lesson availability or confirmation. You will receive a lesson confirmation after you have submitted this form.

**** Sugarloaf and Cross Country Lessons are on the next page****

Date received: _____

PARTICIPANT LESSON REQUEST FORM 2010

Name _____ Phone # _____ Email _____

ALPINE SKIING & SNOWBOARDING AT SUGARLOAF

CROSS COUNTRY SKIING & SNOWSHOEING AT PINELAND FARMS & THE SUNDAY RIVER CROSS COUNTRY CENTER

***Please Note:** Shadowed Dates are NOT AVAILABLE for lessons.

SUGARLOAF	
<u>Saturday</u>	<u>Sunday</u>
2-Jan	3
9	10
16	17
23	24
30	31
6-Feb	7
13 President's	14 Week
20	21
27	28
6-Mar	7
13	14
20	21
27 Ski-A-Thon	28 Thanks!
3-Apr at Saddleback	4 at Saddleback

CROSS COUNTRY SKIING & SNOWSHOEING		
Sunday River XC Center		Pineland Farms
<u>Wednesday</u> Sunday River XC	<u>Friday</u> Sunday River XC	<u>Thursday</u> Pineland Farms
6-Jan	8	7-Jan
13	15	14
20	22	21
27	29	28
3-Feb	5	4-Feb
10	12	11
17 President's Week	19	18
24	26	25
3-Mar	5	4-Mar
10	12	11
17	19	18
24	26	25
31	2-Apr	1-Apr

*Pineland dates are subject to snow conditions, alternate location in absence of snow will be The Sunday River Cross Country Center

Completion of this form is a request for lessons. It does not guarantee lesson availability or confirmation. You will receive a lesson confirmation after you have submitted this form.

Date received: _____