

Volunteers and MVN-Sponsored Events

Methow Valley Nordic could not exist without volunteers. Doing your part as a volunteer helps keep the cost lower, allows for generous financial aid to those in need and enables us to continue to offer great programming. Plus it is fun and a great way to interact with the skiing community!

Here is a breakdown of the encouraged volunteer time for each athlete's family. Of course you are welcome to help out more! If we each do at least what is asked we will more than cover our needs:

Arctic Foxes: 4 hours

Polar Bears: 6 hours

Lynx: 4 hours for family and 4 hours for skiers

Snow Leopards: 8 hours for family and 8 hours for kids

Wolverines: 12 hours for families and 12 hours for kids (not including Championship Fundraising)

Here is a list of likely volunteer opportunities:

Helping Director at Registration Meeting/Jacket handout: The informational meeting is usually in late October and the Director needs help getting set up and especially with handing out jackets and hats. There is often another practice day where volunteers are needed to hand out jackets and hats too. 2 hours: 2-4 volunteers needed.

Online Auction: One of our larger fundraisers, this happens annually with planning, procurement, data input, and disseminating items all needing volunteers. 2-30 hours! 6+ volunteers

Donor Dinner: This is one of our larger fundraisers and we may need help with the silent auction aspect and/or organizing desserts, or doing check in/out. 0-3 volunteers. 1-8 hours total.

Ski Swap: We provide the crew to set up the Barn for the swap, help during the swap and clean up afterwards. 6-8 volunteers 2-3 hours each.

Volunteer Coaching: We have a great crew of coaches but we can often use more help to keep all the kids covered. This is a big commitment as you must pass Safesport, background check, first aid and attend at least one coaching clinic. But it is super rewarding! Volunteer coaches get a Methow Trails pass and one skier at basic level (\$160) for free. About 60 hours total!

Ski Rodeo: the annual super fun race at the McCabe trail where we need many volunteers for many aspects; stadium crew, timing, announcing, course marshalls, soup prep, clean up, etc. 2-12 hours. At least 20 volunteers needed.

Hanz's Big Adventure: A super fun "guess your time" event with obstacles and excitement at the McCabe trail. We set up an elaborate obstacle course, need timers and some side helpers: 8-10 volunteers needed. 2-8 hours.

Race of the Methow: Our Junior National Qualifier with races for all ages at the McCabe trail. Two days of exciting racing: usually a long sprint day and a shorter mass

start. Many volunteers needed in many aspects: course set up and marshalling; timing; dinner prep and clean up; food concessions; bib management; registration, results; awards etc. at least 25 volunteers 2-20 hours.

Hot Dog Day: the last day of practice, fun and games with hot dogs and treats. At the McCabe trail. 2-3 hours. 4-6 volunteers.

Spring Ski Waxing: We wax all the rental skis from Winthrop Mountain Sports in the spring and help Rita get them back in the Store. 6-12 volunteers needed 2-4 hours

Rainshadow Running Aid Station: We man an aid station for one of the Rainshadow Running events in May at Sun Mountain. Feed the runners and cheer them on. Great family volunteer opportunity. 6-8 volunteers needed 3-4 hours each.

Other events that are part of MVN:

- **Ski to Sun** Sponsored by Methow Trails & MVNSEF, this is their signature event of the season. We may provide them with a group to run aid stations-fun! There will be a relay that kids can participate in. There is a dinner so food prep and help from the older athletes is hoped for.
- **Biathlon events:** For those that participate in biathlon there are several events throughout the winter (aside from biathlon specific practices) including Try biathlon fundraisers and Sun of a Gun biathlon race.
- **Championship Fundraisers:** To raise money for older athletes traveling to Championship events. This is up to the older athletes and their families to organize and participate in. (Those hoping to get Championship funding).
- **Races and Travel:** Anyone is welcome to join the team at races, but you should check with the coaches first to find out if it is an appropriate race for your skier. Comp team skiers will have first use of the Van, starting from oldest to youngest. Skiers 12 and under likely need a parent along but there can be exceptions so check in if you have an avid young racer. We recommend that kids try racing in the Valley before traveling to a race. The Ski Rodeo in December and Hanz's Big Adventure (usually in February) are great starter events.
- **Trail Work:** We schedule trail work days infrequently on the McCabe trail and as a community service for Methow Trails since they allow all team member to ski for free. Please attend these days regardless of your skiers age! There is always work that needs to be done.
- **Holiday Ski Camp** We host two holiday camps: one in December and one in February. These are open (for a fee-reduced if you are on the Team)to skiers aged 6-12 ish. Generally two half days of skiing instruction, games and fun.

- **Grooming the McCabe trail** We maintain our own trails at LBHS so if you are interested in joining the grooming crew, contact the Program Director!

You'll be hearing more about these events as the ski season progresses.