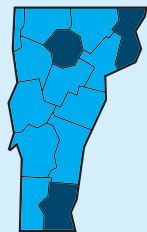




WINTER 2025
YOUTH PROGRAMS
ANNUAL
REPORT



CATAMOUNT
TRAIL
ASSOCIATION



2025 YEAR IN REVIEW

What an exciting winter for CTA Youth Programs this year! We hit a big milestone and skied with over 2,000 students in schools across Vermont. Thanks to a VOREC grant, we were able to purchase 100+ pairs of skis, boots, and poles to add 7 new schools and 600 kids to our program.

Our school-based programs took place at 23 schools around the state, spread across 11 of 14 counties. Students were able to ski an average of 4 weeks this winter, with each school running programs for several grades, meaning those 2,000 students are each getting multiple years of exposure to cross-country skiing! In addition to our new programs, we saw expansion at Rutland school as well; the program went from 100 to 500 kids across 3rd-6th grade. One of the most exciting things about our Rutland program is that only three of those 500 kids had ever cross-country skied before!

Our flagship program, Ski Cubs, also had an exciting year. We skied with almost 100 students and had our largest group yet (up from 80 in '24). Ski Cubs is our Saturday morning program that works directly with underserved students in the Burlington and Winooski school districts. This year, one-third of students were multilingual/New American, and two-thirds were BIPOC. We had six weeks of on-snow skiing at Catamount Outdoor Family Center in Williston. This was the second year of our internship program and we had four college interns, along with 17 volunteer instructors.

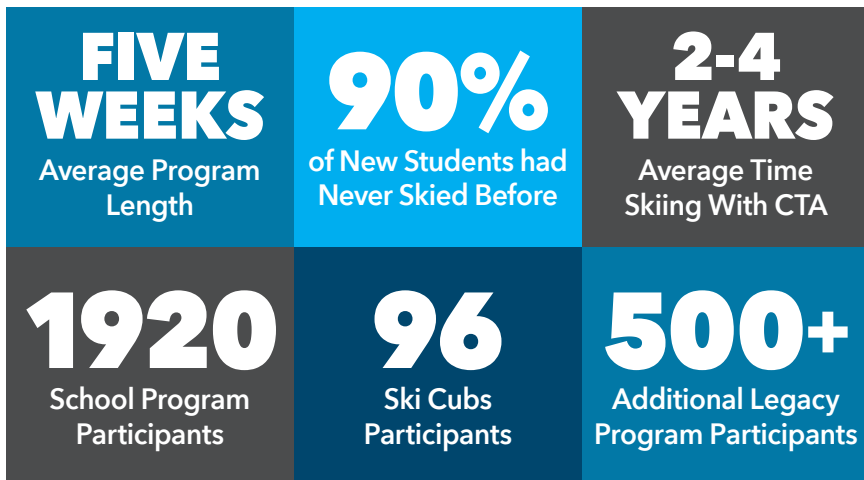
Looking forward to 2026, we are looking to start a mentorship program with some of our older Ski Cubs participants, expand our programs to several new schools as we continue to utilize new skis, and pilot a family program to encourage Ski Cubs parents/siblings to join our programs.

Courtney Dickerson
Program Director



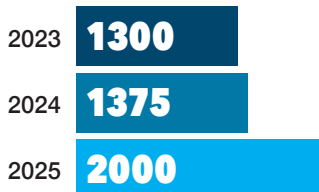
CATAMOUNT TRAIL YOUTH PROGRAMS

For the past thirteen years, the CTA has run free, community based, learn-to-ski programs for youth across Vermont. Programs are tailored to each community, but all share a common mission of reducing barriers to entry, connecting students to their local landscape, promoting exercise and outdoor play, and building community. All programs are free, share a common curriculum, and offer a minimum of four sessions each winter. In 2025, programs ran in 24 communities across Vermont.



2023-2025 WINTER

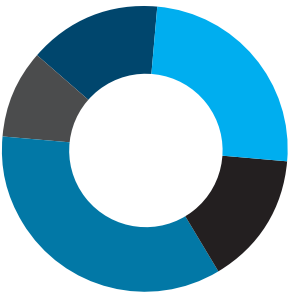
YOUTH PROGRAM PARTICIPATION GROWTH










SKI CUBS SATURDAY

Our **SKI CUBS Saturday program** is CTA's flagship youth learn-to-ski program that primarily serves BIPOC students from 14 schools in the greater Burlington area. Ski Cubs runs on Saturday mornings during January and February, and was hosted at Catamount Outdoor Family Center. Ski Cubs students receive instruction, equipment, trail passes, snacks, and transportation to the program, all at no cost to participants. With help from staff, interns, and dedicated volunteer instructors, we aim to keep group sizes small and provide individualized lessons to students learning to ski for the first time.



	African American	25%
	Asian American	15%
	White	35%
	Hispanic/Latino	10%
	Multiethnic	15%

OVER 65% OF STUDENTS ARE BIPOC

"My students love this program and we are so grateful for the equipment that the CTA provides. We're looking forward to doing it again next year!"

- JFK Elementary teacher

SKI CUBS PROGRAM SCHOOLS & PARTNERS

JFK Elementary
Milton Elementary School
Sustainability Academy
Integrated Arts Academy
Mallets Bay Elementary
Winooski Middle School
Colchester Middle School
Edmunds Middle School

Vermont Commons School
Essex Middle/High School
Hunt Middle School
Mater Christi School
Shelburne Community School
O'Brien Community Center
Catamount Outdoor Family Center

96

Ski Cubs
Participants

1:5

Student - Teacher
Ratio

20

Volunteer
Instructors

76% OF NEW SKI CUBS HAD NEVER SKIED BEFORE

54

Avg Students Per
Ski Cubs Session

40%

Returning Students

65%

Attended 4+
Ski Days

"Hearing kids say 'This is so fun!' brought me back to when I was their age, learning to love skiing. Being able to pass that on was a really special experience."

- Emma Rothe, Ski Cubs Volunteer

"Having the opportunity to ski with kids and watch their joy and confidence in the sport grow week to week was really rewarding."

-Olivia Bernier, Ski Cubs Volunteer

LOOKING AHEAD

- ◆ Add mentorship program for older Ski Cubs participants to work with younger students.
- ◆ Continue to fine-tune bus route to eliminate transportation barriers.
- ◆ Encourage family/sibling participation, and utilize new larger skis to support this effort.



SCHOOL PROGRAMS



School Programs take place during the school day or after school, and primarily serve students in 3rd-8th grade. Our school programs provide opportunities for youth to get outside during the school day by integrating cross-country skiing into the curriculum, both during PE and regular classroom times. CTA staff transport skis directly to the school, allowing students to explore natural areas around their community. Our programs are designed as multi-year learn-to-ski experiences; we work with several grades per school, allowing students to start as beginners and progress through the years. Our goal for these school programs is to partner with schools in rural communities where access to cross-country skiing is limited.

SCHOOL PROGRAM PARTNERS

Monkton Central School
Barre City Elementary School
Bristol Elementary School
JFK Elementary
Lincoln Community School
Beeman Elementary School
Edmunds Middle School
Hardwick Elementary School
Swanton Elementary School
Kingdom East School District

Craftsbury Schools
Rutland Intermediate School
Washington Village School
Orange Center School
Alburgh Community Education Center
Fair Haven Elementary/High School
Wardsboro Elementary School
The Dover School
Hinesburg Community School
Smilie Memorial School

"This was a great opportunity for my students who don't get to ski outside of this program. It got them outside, active, and encouraged them to challenge themselves."

FROM CROSS-COUNTRY SKIING, I LEARNED...

"I loved exploring the trails, going up and down hills, and getting to ski with all my friends."

"I had so much learning how to ski and getting to go outside every week."

"My favorite part was getting to play games on my skis."

"I liked learning to go fast and glide."

"It got a lot easier to stand up on my own when I fell."

"I had a lot of fun on the hill because there was so much snow."

- Lincoln Community School Students



1920

School Program
Participants

23

Unique School
Programs

93%

Only Get to Ski at
School with CTA

92% OF NEW STUDENTS WERE FIRST-TIME SKIERS

80%

Receive Free Or Reduced
School Lunch

9

New Programs for 2025
Program Year



**CATAMOUNT
TRAIL
ASSOCIATION**

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Thank you to our members, donors, and the following organizations for making these programs possible:

