

# CATAMOUNT TRAIL ASSOCIATION



## ANNUAL REPORT YOUTH PROGRAMS



WINTER  
2022

# 2022 YEAR IN REVIEW

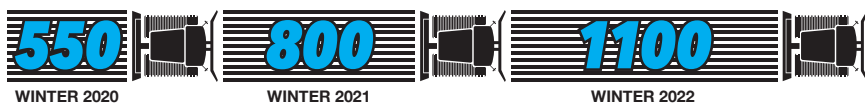
Reflecting back on this past winter, CTA Youth Programs had a strong 2022 season. We certainly faced challenging weather conditions, yet we still saw exciting growth in both new and long-term partnerships. We were happy to be able to run our flagship program, Ski Cubs, again this year in a similar pre-pandemic format. Ski Cubs saw participants attending from a record number of Burlington area schools, which led to a fun mixing of many different groups of students. This year, we also strengthened our relationships with the New American community in Burlington. The continued close relationship with these students and partners is exciting for the longevity of Ski Cubs.

In our School Programs, we were excited to add three new schools, St. Albans City School, Barre City Elementary, and JFK Elementary. These programs served a record number of students who had never put on skis before and all took place in local areas where access to skiing is limited. What's most exciting about our School Programs is that we are able to take kids right out the back door of their school and let them explore both new and familiar landscapes on high quality nordic gear. While it can be logistically tricky to transport all of our equipment, we believe it provides an authentic and meaningful experience that we hope will lead to a lifelong love of winter!

Looking ahead to 2023, we are in the process of securing new skis and creating low/no snow curriculum to provide consistent programming regardless of the weather, and we're continually working on ways to improve students' experiences in our programs to increase access to the outdoors.

*Courtney Dickerson - Program Manager*

## YOUTH PROGRAM PARTICIPATION GROWTH



*In 2022 48% of participants were first-time skiers and 22% were new to the program but with previous ski experience.*



## CATAMOUNT TRAIL YOUTH PROGRAMS

For over ten 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 six sessions each winter. In 2022, programs ran in 18 communities across Vermont.

**596**

School Program  
Participants

**69**

Ski Cubs  
Participants

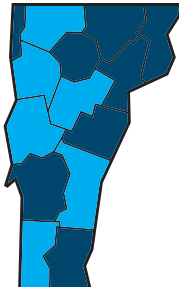
**434**

Legacy Program  
Participants

**48%** Of Participants Were **First-Time Skiers**

**SIX  
WEEKS**

Average Program Length



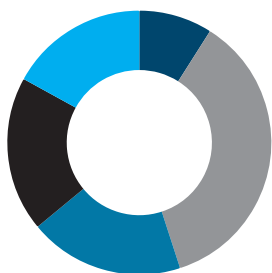
Average Time Skiing With CTA

**3 YEARS**



## SKI CUBS PROGRAM

SKI CUBS is CTA's flagship youth learn-to-ski program that primarily serves BIPOC and New American students from 14 schools in the greater Burlington area. Ski Cubs runs on Saturday mornings during January and February, and was hosted this year by Bolton Valley's Nordic Sports Center. Ski Cubs students receive instruction, equipment, trail passes, snacks, and transportation to the program, all at no cost to participants. With help from dedicated volunteer instructors that support the program each week, we aim to keep group sizes small and provide individualized lessons to students learning to ski for the first time.



<span style="color: #00AEEF;">■</span> African American	17 %
<span style="color: #333333;">■</span> Asian American	19 %
<span style="color: #00728F;">■</span> Caucasian	19 %
<span style="color: #A6A6A6;">■</span> Other/Mixed Race	36 %
<span style="color: #005596;">■</span> Prefer Not To Answer	9 %

**74% Of Ski Cubs Had Never Skied Before**

*"This opportunity is great to give the kids a chance to see the winter in a different way than their parents are seeing it. Vermont needs people here like us, if we can raise kids loving the winter and loving the snow, why not?"*

*New American Ski Cubs Parent*

## SKI CUBS PROGRAM PARTNERS

JFK Elementary  
Orchard Elementary  
Sustainability Academy  
Flynn Elementary  
Hinesburg Community School  
Integrated Arts Academy  
Mallets Bay Elementary  
St. Francis Xavier  
Porters Point

Winooski Middle School  
Colchester Middle School  
Edmunds Middle School  
Winooski High School  
Bolton Valley Nordic Sports Center  
O'Brien Community Center  
DREAM Elm Street  
Winooski Recreation and Parks

**69**

Ski Cubs  
Participants

**1:5**

Student - Teacher  
Ratio

**17**

Volunteer  
Instructors

**Over 30%** of students are **New Americans**

*"I absolutely love volunteering for ski cubs! It's a great way for new skiers to get exposure to a sport they may not otherwise have access to and I love seeing how their skills and confidence grow over the course of a day, a season and across the years. But mostly it's just fun to get out on snow with a crew of kids and other volunteers."*

*Sam Graulty- Ski Cubs volunteer since 2013*

**31**

Avg Students  
Per Week

**172**

Granola Bars  
Consumed

**18**

Spontaneous Butt  
Brakes Applied

## LOOKING AHEAD

- » Strengthen communication with New American families
- » Increase bus pickup locations to minimize transportation barriers
- » Develop low/no snow curriculum to increase program resiliency
- » Host pre-season gatherings to better prepare families and assess needs



## 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.

**596**

School Program  
Participants

**13**

Unique School  
Programs

**51%**

Receive Free Or Reduced  
School Lunch

**24%**

Household Income  
Less Than \$40k

*19% Did Not Respond*



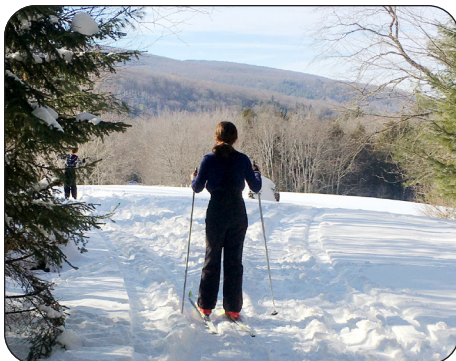
## SCHOOL PROGRAM PARTNERS

Monkton Central School  
Vergennes Boys and Girls Club  
Vergennes Rec Department  
Barre City Elementary School  
Bristol Elementary School  
JFK Elementary  
Winooski 21C Afterschool Program

Lincoln Community School  
Sara Holbrook Community Center  
Beeman Elementary School  
St Albans City School  
Robinson Elementary School  
Brewster Pierce Memorial School  
Common Ground Center  
Sleepy Hollow Nordic Ski Center

*"Winter in Vermont is very special, and amazing! The snow is usually everywhere, and it's very fun to play in. Very fun. I learned that going down hills that may be challenging at first, but is very satisfying when you get to the bottom."*

*Lincoln Community School  
6th Grader*



**33%**

Have Skied With  
CTA For 2+ Years

**67%**

First Year  
Participants

**45%**

First-Time  
Skiers

*"Thank you so much for bringing the gear, the expertise, and the big fun to our school for cross country skiing! We all had a total blast! The kids still talk about how much fun they had learning with you!"*

*Kerry Lake Robinson Elementary School 3rd & 4th grade Teacher*

## FROM SKIING I LEARNED...

*To never give up, even if I'm tired.*

*A little bit more about how to enjoy the winter in Vermont.*

*That when I get down, I can get back up!*

*Cross country is fun, but a lot harder than downhill.*

*To use duck feet to get up hills.*



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