

CATAMOUNT TRAIL ASSOCIATION



ANNUAL REPORT YOUTH PROGRAMS



WINTER
2023



2023 YEAR IN REVIEW

Going into Winter 2023, my goals for the season were to ensure we were providing high quality program experiences for our students, along with continued sustainable program growth. If you've been following along, you've seen that in five years we've gone from 200 to 1,350 students. So, this year focused on making sure all of our students were having a great experience learning to ski and we were doing so in a way that could be maintained by CTA staff for years to come.

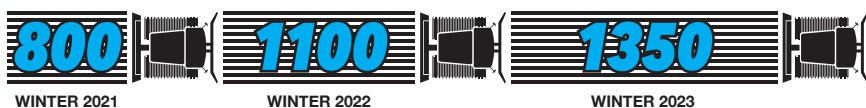
A couple of exciting changes happened, the biggest being a new venue for our Ski Cubs program on Saturdays. This year, we hosted Ski Cubs at Catamount Outdoor Family Center, providing a shorter bus ride, beginner friendly trails, and more time on skis! We added additional bus stops to increase accessibility, and implemented new measures to help with student retention; and with these changes, we saw more consistent attendance! We also added "no snow" curriculum so we could continue programming when the weather didn't cooperate. Activities like equipment relay races and winter scavenger hunts got kids having fun outside and familiarized with gear so we were ready to go when the snow arrived!

On the sustainable growth side, this year launched our new remote school program initiative which reached over 400 students in parts of the state that are too far to drive on a weekly basis. This initiative provided intensive upfront instruction with CTA staff and then the loan of a classroom set of equipment for 4-6 weeks. Such a format increased the impact of our programs by allowing us to reach communities with the greatest need.

Looking ahead to 2024, we'll see continued program refinement to provide both consistent programming regardless of weather and increase access to the outdoors by reaching underserved communities around the state.

Courtney Dickerson - Program Manager

YOUTH PROGRAM PARTICIPATION GROWTH





CATAMOUNT TRAIL YOUTH PROGRAMS

For over twelve 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 2023, programs ran in 25 communities across Vermont.

1275

School Program
Participants

75

Ski Cubs
Participants

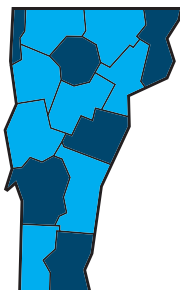
461

Legacy Program
Participants

77% Of Participants Were **First-Time Skiers**

**SIX
WEEKS**

Average Program Length



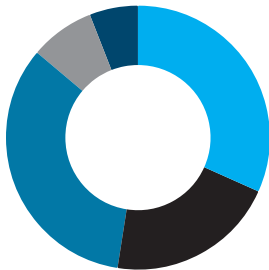
Average Time Skiing With CTA






3 YEARS



SKI CUBS SATURDAY

Our SKI CUBS Saturday program 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 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 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.



	African American	32%
	Asian American	21%
	White	32%
	Other/Mixed Race	9%
	Prefer Not To Answer	6%

Over 33% of students are New Americans

"Spending time surrounded by nature with friendly parents, helpful staff and volunteers, and joy-filled children we met along the way, was the highlight of our winter. I can't imagine a better way to be welcomed into a community."

- Ski Cubs Parent and Volunteer

SKI CUBS PROGRAM SCHOOLS AND PARTNERS

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

BFA St. Albans
Essex Middle/High School
Frederick H. Tuttle Middle School
Rick Marcott Elementary
Shelburne Community School
Catamount Outdoor Family Center
O'Brien Community Center
DREAM Elm Street

75

Ski Cubs
Participants

1:5

Student - Teacher
Ratio

19

Volunteer
Instructors

84% of Ski Cubs **Had Never Skied Before**

I love that Ski Cubs provides an inclusive opportunity for kids to gain exposure to winter recreation through skiing. The Ski Cubs program allows kids to explore the sport in their own way; whether it's chatting with friends on the trail or zooming down the hills. It is always great to watch the kids wholeheartedly embrace winter and have a blast developing the skills for a lifelong sport.

- Clayton Queen, CTA Board Member and Volunteer

46

Avg Students Per
Ski Cubs Session

10+

Parent/Teacher
Volunteers

40%

attended 4+ Ski
Days

LOOKING AHEAD

- » Work closely with English Language Learners teachers to support New American students to achieve weekly attendance
- » Eliminate weather cancellations for more consistent programming
- » Increase returning student retention for Ski Cubs through revamped recruitment efforts



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.

1275

School Program
Participants

19

Unique School
Programs

60%

Receive Free Or Reduced
School Lunch

29%

Household Income
Less Than \$50k

25% Did Not Report

SCHOOL PROGRAM PARTNERS

Monkton Central School
Barre City Elementary School
Bristol Elementary School
JFK Elementary
Lincoln Community School
Sara Holbrook Community Center
Beeman Elementary School
St Albans City School
Robinson Elementary School
Brewster Pierce Memorial School

Edmunds Middle School
Hardwick Elementary School
Swanton Elementary School
Concord Elementary School
Smilie Memorial School
Craftsbury School
YouthBuild Vermont
Common Ground Center
Sutton Elementary School
Lunenburg Elementary School

"The best parts of cross-country skiing are being with your friends, being in the beautiful outdoors, and learning how to go faster or slower. Skiing lets me get outside more and gets all of my energy out!"

- Robinson Elementary School 4th grade student



70%

Will Ski With
CTA For 2+ Years

81%

Only Get To Ski At
School With CTA

64%

"Never-Ever"
Skiers

"Thank you so much for the awesome time! For some of our students this is one of the only extracurriculars they can participate in because of the busing so we really appreciate everything you do!"

-English Language Learners Teacher at Mallets Bay

MY FAVORITE MEMORY FROM SKIING WAS...

Getting to ski with my friends and be independent!

Having fun falling in the snow.

Going downhill in the playground.

Races and games and getting chased by my friends!

The first time I got up by myself!



**CATAMOUNT
TRAIL
ASSOCIATION**

Courtney Dickerson
Program Manager
1 Mill Street Suite 350
Burlington, VT 05401
cdickerson@catamounttrail.org
802-864-5794



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

