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

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<th>WINTER 2021</th>
<th>WINTER 2022</th>
<th>WINTER 2023</th>
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<tbody>
<tr>
<td>Youth Program Participation</td>
<td>800</td>
<td>1100</td>
<td>1350</td>
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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
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

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**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
“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

“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!

“Never-Ever” Skiers

70% Will Ski With CTA For 2+ Years
81% Only Get To Ski At School With CTA
64% “Never-Ever” Skiers

“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

MY FAVORITE MEMORY FROM SKIING WAS...

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

Monkton Central School
Barre City Elementary School
Bristol Elementary School
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