

WINTER 2024

ANNUAL REPORT

YOUTH PROGRAMS



CATAMOUNT
TRAIL
ASSOCIATION

2024 YEAR IN REVIEW



Winter 2024 certainly kept everyone holding our breath. Every Friday was a guessing game whether there'd be snow for Ski Cubs. Our school programs also kept us on our toes, but we managed to make it through and still got 1,375 students out on skis this year!

Ski Cubs, our weekend program, had its second year at Catamount Outdoor Family Center. We ran the program for all 6 weeks, which rarely happens, and we skied every weekend! It seemed like the weeks with little snow were some of the kid's favorites. The communication methods that have been implemented over the last two years have paid off. We had a record low dropout rate (kids who signed up but never attended) of 25% compared to 50% in previous years. We also had record attendance, with 60% of kids attending for 4+ weeks, compared to 40% last year. These stats, along with others, show us that Ski Cubs is supporting kids and families in the ways they need!



Other exciting developments included a new internship program, in partnership with UVM. We had four collage interns supporting Ski Cubs, which provided consistency in instruction, familiar faces, and much needed program support. We also started a new program at Rutland Intermediary School; this program had 120 students in 3rd grade, and only one had ever skied before! Programs at Edmunds Middle School and Barre City also expanded, adding additional grades so that students were able to ski for multiple years.

Looking forward to 2025, we received a grant to purchase a large amount of additional equipment. This will allow continued expansion statewide, as well as providing more time on skis for existing programs! We're excited to continue to spread the joy of winter to youth in Vermont.

Courtney Dickerson
Program Manager



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 2024, programs ran in 21 communities across Vermont.

FIVE WEEKS

Average Program Length

90%

of New Students had Never Skied Before

2-4 YEARS

Average Time Skiing With CTA

1301

School Program Participants

80

Ski Cubs Participants

500+

Additional Legacy Program Participants

2022-2024 WINTER

YOUTH PROGRAM PARTICIPATION GROWTH

2022

1100

2023

1300

2024

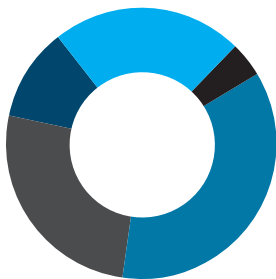
1375



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	23%
■ Asian American	4%
■ Caucasian	36%
■ Other/Mixed Race	26%
■ Prefer Not To Answer	11%

OVER 60% OF STUDENTS ARE BIPOC

"As new residents to Vermont, Ski Cubs was a great way for our daughter to get excited about winter sports and introduced to skiing. We are grateful for the team and look forward to next year!"

- 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

Vermont Commons School
Essex Middle/High School
Hunt Middle School
Champlain Elementary
Shelburne Community School
Chamberlain Elementary
O'Brien Community Center
Catamount Outdoor Family Center

80

Ski Cubs
Participants

1:5

Student - Teacher
Ratio

19

Volunteer
Instructors

76% OF NEW SKI CUBS HAD NEVER SKIED BEFORE

50

Avg Students Per
Ski Cubs Session

41%

Returning Students

59%

Attended 4+
Ski Days

"The Ski Cubs program provides an amazing opportunity for kids to move their bodies outside during one of the most beautiful times of the year, while also teaching them to step out of their comfort zones and practice resilience. It is so exciting to watch these kids develop skills in a new sport and celebrate each success with them along the way."

- Sofie Carlson, Ski Cubs Volunteer

LOOKING AHEAD

- ◆ Continue to develop non-snow and low snow activities for Catamount terrain.
- ◆ Follow up with students to increase yearly retention rate.
- ◆ Support New American students with additional bus stops at requested locations.



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.

1301

School Program
Participants

19

Unique School
Programs

68%

Receive Free Or Reduced
School Lunch

26%

Household Income
Less Than \$50k

33% 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
Kingdom East School District
Craftsbury Academy
Rutland Intermediate School
Common Ground Center
Sleepy Hollow Nordic Ski Center



Cross-country skiing is incredibly fun and we are very lucky to do it. From cross-country skiing I learned how beautiful things can be if you look at them positively.

*- Lincoln Community School
4th Grade Student*

86%

Will Ski with
CTA for 2+ Years

87%

Only Get to Ski at
School with CTA

91%

of New Students
were First-Time
Skiers

"Teaching on the Catamount Trail as an End to Ender is special and this was the first year where as a teacher I was able to teach my students about trail stewardship as well as ski on the trail they took care of."

- Julie Higgins, 3rd grade teacher at Craftsbury Academy

FROM CROSS-COUNTRY SKIING, I LEARNED...

It's not that easy, especially on hills.

How to look before I leap!

It is fun to be outdoors doing new things.

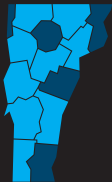
If you're not falling down, you're not doing it right.

How to ski and how to get up hills with skis on.



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

