

# AAS SKI WEEK

2011-2012

In February all students will be participating in the annual AAS SKI WEEK. Many members of our community are already starting to make plans for this event, so I just wanted to pass along some important information to help.

## Frequently Asked Questions (FAQs)

### **What is Ski Week and why are we doing it?**

- Ski Week is a school wide program that brings together multi-grade groups of students to learn the life-long sport of skiing or snowboarding. It is a way to take learning outside the school walls and promote the enjoyment of activity and healthy living. Skiing is also an important part of life in Bulgaria and affords the students an opportunity to understand more about their home and host country. Our mission statement refers to life-long learning and skiing is indeed a life-long endeavour that may provide students with a skill that they may appreciate for many years to come. Ski week is part of the AAS PE curriculum for all students up to Grade 10 and students are encouraged to reflect on the development of their skills and attitudes toward the sport toward the sport.

### **When and where does Ski Week happen?**

- Ski week is February 20 – 24, 2012 as per the published AAS Calendar. We will be traveling close to one hour to Borovets and the RILA HOTEL will serve as home base for all students to gather in the morning and meet instructors, have lunch and to meet up before heading home. Students arrive at school at the normal time in the morning and will leave the ski hill around 2:30 each day. They should arrive home around 3:30-4:00.

### **Do all students get 5 days to ski or snowboard?**

- Elementary and Middle School students will participate in all 5 days at Borovets
- Grade 9 to 11 students will participate for the last 3 days at a different location.

### **What if my child doesn't want to ski or snowboard?**

- We have a program called OUTDOOR PURSUITS that your child can participate in instead of skiing or snowboarding. This program also involves life-time pursuits and includes other winter activities like ice skating, snow shoeing, making snow/ice creations like snowmen or igloos and sledding down hills.

### **Do Preschool students participate?**

- Preschool students do participate in Ski Week, but their program is modified to suit their skills and physical capabilities. The preschool teacher is developing their schedule and will be in contact with preschool parents.

### **Who can ski and who can snowboard?**

- All students can ski if they choose to, but only students from Grade 5 and higher have the choice to snowboard.

### **How will my child be transported to and from the ski hill?**

- All students will be picked up with their regular bus in the morning and then will travel to school. HS students will be dropped off at AAS and then the bus will continue up to Borovets (about an hour journey). At end of the day the kids will get on their regular bus and will be taken home directly.

### **Who will supervise my child while they are skiing?**

- All AAS teachers will be accompanying students to the hill. Not everyone is able to ski or snowboard, so teachers will be assigned to help students in various ways. Your child will never be left unattended and we have ski / snowboard instructors from Borovets as well to help students. Students will be in groups of 6-10 to maximize skill development.

### **What equipment will my child need?**

- All students, whether skiing/snowboarding or participating in Outdoor Pursuits will need to have warm ski jacket, snow pants, hats, gloves and snow boots. Dressing in layers is a good idea to help retain body heat, so you might also want to get long underwear for your child.

- Goggles and helmets are mandatory for all skiers and snowboarders students. It is also a good idea for children who will be sledding down hills at a fast pace.
- Your child can either bring personal ski/snowboard equipment to the hill or you can rent equipment from the people at BOROSPORT (the company located at the ski hill).

**Who will be instructing my child to ski/snowboard?**

- Whether your child is a beginner or more advanced, the certified and experienced instructors from BOROSPORT will be teaching your child to improve their skills. All instructors speak English and will be able to communicate to your child so that they will know what to do to improve.

**What will my child eat when they are on the ski hill?**

- All students need to bring a lunch from home. There will be microwaves for heating food and hot tea and water will be provided. Students will not be allowed to purchase items from any restaurants or shops during the ski day. This helps us to keep all students together and safe.

**What will the cost of the program be?**

<b>Typical Borosport Fees</b>	
Ski Pass for Week	165 BGN/person
Equipment	95 BGN/person
Group Instruction	190 BGN/person
<b>Total</b>	<b>450 BGN/person</b>

<b>AAS Discounted Package – if renting</b>	
Borosport Discounted Fee	315 BGN/person
Transportation Costs	15 BGN/person
<b>Total</b>	<b>330 BGN/person</b>

<b>AAS Discounted Package – if not renting</b>	
Borosport Discounted Fee	245 BGN/person
Transportation Costs	15 BGN/person
<b>Total</b>	<b>260 BGN/person</b>

**What happens in the case of emergencies?**

- Our school nurse will be on site everyday of ski week. She has contacts with the medical facilities located in Borovets and they are ready to handle minor and major injuries. They speak English and are always ready to see our students in case of problems.
- Our school has insurance to cover injuries.

**Does my child have to participate?**

- Ski-Week is an integral part of our school program that offers enhanced educational experiences for all students. We also hold a parent information session so parents may learn more about the trips. Ski Week is an important part of the school program and all students are required to participate in some way. The school kindly requests that you inform the school by January 21, should the very rare case arise that your child will not participate in ski-week. Since ski-week is inherent to the school’s program, students not attending ski-week are considered absent from school.

**Since my child / children will be going to Borovets by bus each day could they instead stay with their parents at a hotel in Borovets during ski-week?**

- Yes, students are welcome to stay with parents in Borovets should parents want to stay there during ski-week. If this is the case we kindly ask that you inform the school by February 1 should your child be staying in Borovets with you rather than going by bus.

**What are the behavioural expectations on the trips?**

- Ski-week is considered a regular week of school. The expectations as outlined in the Handbook continue to apply. It is important to note that students are not only ski-week participants but also are representatives of the school.