

Snow Tracks

The GPAS Adaptive Snowsports Newsletter
Volume 2, Issue 3 – Mid Winter 2009



Mission of Greek Peak Adaptive Snowsports

To provide snowsports experiences and skill development for people with disabilities utilizing the safest and most effective adaptive equipment and qualified/trained volunteer staff in a supportive and positive learning atmosphere



Neelam Naslund wins gold in World Winter Games in Bogus Basin, Idaho

Congratulations to Neelam Naslund on her spectacular performance in the Winter World Games in Idaho February 7-13, 2009. Neelam won

gold in the Giant Slalom, silver in the Super G, and placed 6th in the Slalom. Neelam is a regular participant in the Greek Peak Adaptive Snowsports program.

Way to go Neelam!



Brian Kaplun wins gold at Camelback Mountain



Congratulations to Brian Kaplun for his Gold Medal at Camelback Mountain on February 7, 2009. Brian participated in the Diana Golden Cup Level 1 Race Series in the mono-ski division. This race is part of the DS/USA Diana Golden Cup Race Series, which is designed to encourage, promote, and introduce the sport of ski racing to skiers and riders with disabilities.

Belleayre Adaptive Ski Free Days

This winter, Belleayre Mountain in Highmount, New York will be hosting a series of Adaptive Skiing Workshops and an Adaptive Awareness Day. The events, which are open to individuals with disabilities, are being held in conjunction with Helen Hayes Hospital's Adapted Sports and Recreation Program and are free of charge.

Adaptive Skiing Workshops are scheduled for the following dates: March 1 & 29; April 12. Two sessions will be offered on each day: from 8:30 a.m. – 12:30 p.m. and 1:00 – 4:30 p.m. See Gregg for more info or send him an email at penboy123@aol.com.



New purchases

GPAS has recently purchased two complete sets of bindings for use with the Freedom Factory mono-skis. The bindings will allow us to make faster ski changes on the mono-skis, reduce set up time and keep our skiers on the hill longer.

Practice chair lift

The practice chair lift across the creek from the Adaptive Center was placed there so learners can practice loading and unloading with an instructor. It can be used by beginners as they end their work on the Magic Carpet and the Boardwalk. Take advantage of this nice teaching resource as you coach!



Welcome to the SUNY Cortland students

For the last four years, Lynn and Dale Anderson have taught a class at SUNY Cortland called *REC 211: Adaptive Skiing and Snowboarding*. In partnership with Greek Peak Adaptive Snowsports, college students are immersed in our program, and experience all aspects, from mono-skiing to guiding a participant with a vision

impairment, to working with a participant with a developmental disability. This year, please welcome the thirteen students enrolled in the course, and mentor them into continuing to volunteer after the class ends!

Time sheets

It would be a help if you could pencil in the totals on your time sheets. Instruction at Greek Peak equals 3 hours for each session taught even if the lesson ends early (if you dealt with 2 different participants during a session, it is still 3 hours); if the session exceeded 3 hours, make note of it. Training and GPAS work away from Greek Peak is credited at 1/2 the time spent.

- To be eligible for a season pass next year, your total must be 45 hours or more.
- To be eligible for a family pass next year, your total must be 60 hours or more for 2 consecutive years.

Special Olympics still accepting donations of old program jackets

If you have one of our old GPAS jackets, and would like to donate it to Special Olympics, please see Jeanne Johnson or email Gregg Macey at Penboy123@aol.com.

Care of new Goretex program jackets

Machine wash warm (104 F), rinse thoroughly (powder or liquid detergent - no fabric softener). Tumble dry medium (or warm steam iron) until completely dry (the heat from the dryer will help to reactivate the durable water repellent - DWR - treatment on the garment's outer fabric). Product may also be dry cleaned (request clear distilled solvent rinse and spray repellent).

- No chlorine bleach. It may damage the garment.
- Stain Removal; Use a pre-wash treatment such as Shout or Spray'n Wash, following manufacturer's instructions.
- Water Repellent Treatment: Gore recommends applying a topical water repellency restorative (DWR treatment), available at outdoor retailers. Gore does not recommend wash-in treatments as they can affect the garment's breathability.

Program jacket return

If you have one of our new program jackets for the season, please return it, freshly laundered, by the day of the picnic (3/15) at the latest. You probably will want to bring another coat to wear on the hill or going home. We will try to get you the same jacket next year. It would be a help if you placed a 3x5 card with your name and jacket # in the clear plastic pocket on the inside left.

Order in the building

This is a friendly reminder for everyone to clean up after themselves. The GPAS Adaptive Building can get rather untidy at times - please respect our gift!



Your GPAS Board:

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The Snow Tracks newsletter is available in alternate formats – please contact Lynn Anderson for further information.

Don't forget to visit the GPAS web site frequently at www.gpadaptive.org.