



Embracing Winter Experiences Part 2

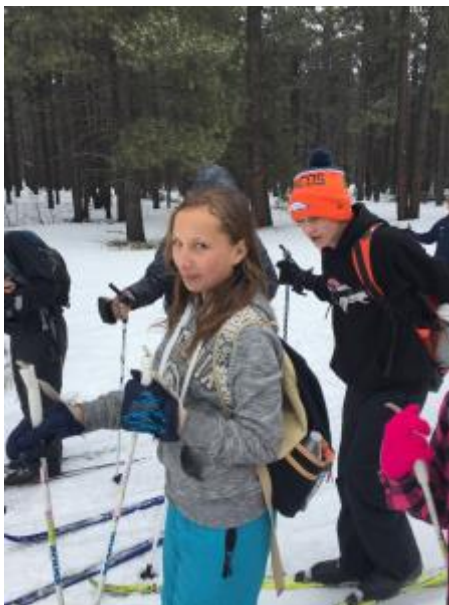
by Sabrina Carlson

On February 17, 2017, 31 sixth grade students from Sinagua Middle School traveled to the Arizona Nordic Village for a day of fun, camaraderie, and learning about the joys of getting outside even in the winter.

The night before had brought a dusting of snow, softening the trails since a similar

group visited the day before. While the skies were greyer and the temperature colder, the storm eased up just enough to make the day pleasant. Often times our biggest challenge with winter outings is the potential for wet, cold feet. With the packed trails and rented skis these issues were taken care of! Luckily most of the students were well dressed for the weather and the few we were a little light on layers found themselves warming quickly with activity.

After getting checked in and outfitted with gear, we all headed out on a short green loop together to experience the day as a class and get a feel for the equipment. Those in the front of the pack learned how to correctly “bump up” a group when there are lots of people and different abilities. Those in the back of the group worked on their equipment management skills and how to move most efficiently with really long feet.



Like the day before, we staged a short race back to the lodge for lunch for those who wanted to race. It was fun to watch yet another group of students work on finding the right balance of moving quickly without moving so fast they tripped themselves up. The young lady who took the first place prize of a big high five was steady and focused.

After lunch we allowed the students to self-select into groups that wanted to move a bit faster, groups that wanted to go a moderate speed, and those that wanted to ski a shorter distance a little slower.

Leading the faster group, I headed out to climb one of the smaller hills that led up towards the yurts. We were hoping to ski up Babbit Trail and back down the fast but not too steep one-way Coyote Trail. When we reached the top, however, we found Coyote Trail was closed. Oh well, a lesson in flexibility and the willingness to change plans. Skiing back down Babbit Trail was still a hoot!

We all gathered together again before heading back to school. From the most physically skilled student to those who had never skied before everyone seemed to have a great time and learn a lot about themselves and winter fun in the process.



This Seeds of Stewardship outing made possible with support from:

