

# Rotary Youth Exchange Ski Trip

Breckenridge, Colorado

December 10 thru 14, 2009

## Ready, Set, Go ...

We are very pleased with the response to our Rotary Youth Exchange Ski Trip this year.

We'll be taking a very nice chartered bus to the mountains of Colorado. To help you get some sleep on our 15 hour trip to Colorado, we recommend you bring a cover and pillow to make you more comfortable.

If you can't sleep while traveling on the bus, please bring something to read and respect other's right to sleep peacefully.

## If You're A Newbie...

Never been skiing or snowboarding? Don't worry...first time skiers or snowboarders, receive first time BASIC lesson(s) to learn how to snowboard and/or get up on skies, turn, stop, get on and off the ski lift, etc.

Lessons last approximately 2½ hours.

Things are pretty hectic when we arrive, so we will check out our ski gear and move to the ski area ASAP. DO NOT get separated from your fellow "Never-Ever" skiers. If that happens, ASK DIRECTIONS and go there as soon as possible. Once there, the ski instructors will take over to give you professional training and you will graduate from a "Never-Ever" to a "Novice" skier.

## Where We Stay...

We are headed to Breckenridge, Colorado and we'll be staying within walking distance of the ski area.

Our condos have 3 bedrooms, full kitchens, fireplaces and balconies with a view of the mountains.

If you don't want to ski, you can go shopping in the village shops at Breckenridge.

For more information, check Breckenridge's website:  
[www.breckenridge.snow.com](http://www.breckenridge.snow.com)

## Where We Eat...

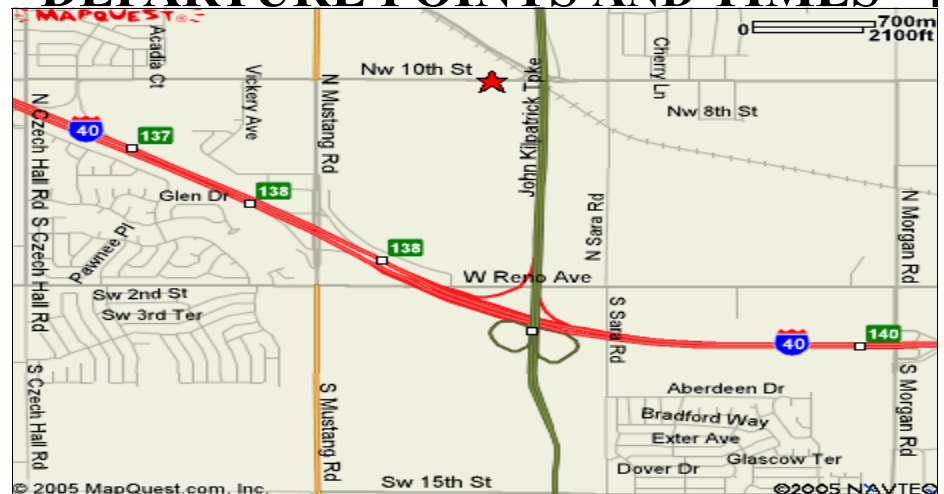
In the spirit of trying to keep your "out of pocket" expenses to a minimum, we have arranged for sandwiches, chips, and soft drinks for the bus trip to Breckenridge. This will save time as well as money.

We'll have breakfast foods for

Saturday and Sunday mornings. Friday evening's meal will be provided by very generous Colorado Rotarians. Saturday, it's dinner on your own with other Youth Exchange students at a local restaurant.



## DEPARTURE POINTS AND TIMES



We have two departure points on the afternoon of Thursday, December 10th. The first is from the Yukon area **PROMPTLY** at 4:00 p.m. at the parking lot of the Kincaid Coach Lines. Kincaid Coach Lines is located just North of Interstate 40 in Yukon. Take I-40 West through Oklahoma City. Exit on Mustang Road, turn right on North Mustang Road to NW 10th Street. Turn Right (East) on NW 10th to Kincaid Coach Lines, 10920 NW 10th Street. The second departure point will be from the Berrong Agency on Main Street in Weatherford **PROMPTLY** at 5:00 p.m. On the return trip we anticipate arriving around **5:00 a.m.** in Weatherford and **6:00 a.m.** in Yukon on Monday morning. **You should be prepared to pick up your student at the appropriate time listed above Monday morning. Please give your student a cell phone number to contact you if we are delayed on the return trip.**

**Notice: Leaving at these times is important so that we maintain our schedule. If you are unsure of the location of your departure point, get an early start so you still won't be late. Plan to be there early to allow time for loading your luggage.**

You will also need money for food and other needs on the slopes each day and for fast food in route on the way home.

## When To Sleep...

When we reach Breckenridge, “officially”, the hours of sleep are from 11:00 p.m. until 6:00 a.m. However, it is the policy of the sponsors of this trip that “you are on vacation”, so, if and when you choose to sleep is your decision.

If you want to stay up late visiting with your new friends, that’s fine, providing you don’t interfere with others and their right to sleep. If anyone requests you to quiet down and/or turn off the lights, please do so immediately. There are common areas in the condos where you may talk without disturbing others. So, please be respectful.

If you choose to sleep late, that’s ok with us...but DO NOT expect others to tiptoe around you while they are getting their breakfast or dressing for the slopes, etc. Most of us came here to ski. If you want to do your own thing, that’s ok too, as long as you remember the Rotary Rules.

## What To Pack...

Many of you have not been on a weekend bus Ski Trip before. This is a list of equipment and other things you will need:

- ☑ Heavy jacket (insulated for cold and preferable water resistant)
- ☑ Heavy socks (wool socks work best because they insulate even if they get wet.)
- ☑ Warm headgear (a headband at the minimum)
- ☑ Thermal underwear (long johns)
- ☑ Heavy gloves or mittens (should be waterproof or water resistant)
- ☑ Heavy shirt and sweater
- ☑ Neck scarf or neck gaiter
- ☑ Ski pants or bib, (if you cannot borrow this, use blue jeans and spray them with Scotchguard to waterproof them.)
- ☑ A pillow, sheet, & blanket or sleeping bag for sleeping on bus.

- ☑ Large bandanna (to protect face)
- ☑ Sun glasses or ski goggles
- ☑ Sun screen and lip balm-you can get a bad sunburn on the slopes
- ☑ Camera & film
- ☑ Normal toilet articles (comb, toothbrush, etc.)
- ☑ It is a long trip, so you may wish to bring appropriate games, book(s) and/or magazines to read on the bus.
- ☑ Spending money for meals in-route to and from Colorado, and on the slopes, and also for incidentals or souvenirs.

## Rotary Rules Apply...

Rotary Exchange Students should know what “Rotary Rules Apply” means, but for the benefit of everyone else, I will spell it out:

- ➔ All students must have group hospital insurance and must bring a copy of their insurance card.
- ➔ Students from all Districts will be under the sponsorship of the Host District, with District 5770 assuming authority.
- ➔ Students are not permitted to drive a motorized vehicle.
- ➔ No drugs are permitted without valid medical reason.
- ➔ DRINKING alcoholic beverages is ABSOLUTELY forbidden.
- ➔ Smoking is strongly discouraged, but if you must smoke, please do so with respect for those around you. NO smoking on the bus or in the condos.
- ➔ Students must avoid romantic attachments.
- ➔ Attendance at all scheduled meetings is REQUIRED.

## Be Responsible...

This Rotary Youth Exchange ski trip is organized primarily to give exchange students a chance to ski. Let’s not ruin it for future groups by being irresponsible. The sponsors of this trip trust everyone to behave in an appropriate manner. We expect you to behave as adults and you will be treated as adults...unless you prove to be unworthy of such trust.

## Participating Districts...

District 6110 (Eastern Oklahoma and Arkansas) and District 6150 (Arkansas) are returning, as well as District 5750 (Oklahoma). District 5770 (Oklahoma) will again serve as host District.



## Current Snow Report...

Want to know what’s going on? Check out the current ski conditions at: [www.breckenridge.snow.com](http://www.breckenridge.snow.com).