



August 2026 Newsletter

www.omahaskiclub.org



2026-2027 Trips

December 13-19 – Copper Mountain, CO, drive out.
See the flyer on page 6.
January 23-30 - Steamboat, CO, FSA trip, drive out.
See the flyer on page 7.
February 27-March 6 - Big Sky, MT, drive or fly out
This trip is full, waitlist signups available. See the flyer on page 8.
March 14-20 - Winter Park, CO, drive out.
See the flyer on page 9.

Upcoming Events

September 2nd (Wednesday) 6:30 p.m.

Board Meeting

Peony Park Hy-Vee #5, 7910 Cass St, Omaha

At the north end of 78th St beyond Cass St. All members welcome.

September 20th (Sunday) 5:00 p.m.

Social Gathering and Catfish and Chicken Dinner

The Surfside Club, 14445 N River Drive Omaha

On the Missouri River a little N of Omaha. Everyone welcome.

October 7th (Wednesday) 6:30 p.m.

Board Meeting

Peony Park Hy-Vee #5, 7910 Cass St, Omaha

At the north end of 78th St beyond Cass St. All members welcome.

October 25th (Sunday) 3:00 p.m.

Bonfire and Potluck Party at Dale Weinstein's country cabin

16914 Middle Lane, Gretna NE

Everyone welcome. Directions to follow next month.

November 4th (Wednesday) 6:30 p.m.

Board Meeting

Peony Park Hy-Vee #5, 7910 Cass St, Omaha

At the north end of 78th St beyond Cass St. All members welcome.

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applications
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BOARD OF DIRECTORS

PRESIDENT

Phil Bintz

(402) 630-4753

VICE PRESIDENT TRIPS

Teri Hammon

(402) 680-0971

VICE PRESIDENT ACTIVITIES

Scot Jones

(531) 255-7993

TREASURER

Mark Johnson

(712) 623-9463

SECRETARY

Ben Novograd

(402) 212-4274

Membership August 2026

New memberships: Chris Lohry-Chris is joining us for the Big Sky Trip. She has attended several trips with us previously as a reciprocal member of the Cornhusker Ski Club.

Richard Wilson-Richard and his wife Katie reside in St Louis MO and he is joining us for the Copper Mountain Trip. Richard has been with us previously as a reciprocal member of the St Louis Ski Club.

Jeff Schlichting and his wife Shirley are from Omaha NE. Jeff heard about the club while out skiing at Crescent and found us on the website. He will be joining us for the Copper Mountain and Winter Park Trips.

Welcome to the Omaha Ski Club!

Membership Renewal for the 2026-2027 season

Now is the time to renew your membership for the 2026-2027 season. Please send your application and dues to the Omaha Ski Club, PO Box 3104, Omaha NE 68103-0104. Prices increase after September 30th!

Refer/Recruit (this can be done at any time!)

Any member will receive a \$25 trip credit for referring/recruiting new members when they join the Omaha Ski Club. Help us grow our membership and spread the word that the Omaha Ski Club does exist. (One \$25 trip credit for each new membership single or family) Word of mouth is the most effective way to recruit new members.

Teri Hammon - Membership

It's all about our members!



Park City March 2025 - (front) Jeff Krinsky, Teri Hammon. (Back) Joe Reitman, Jon Garrigan, Phil Bintz, Ben Novograd, Nancy & Dave Burden, Kim Lee, Mark & Dee McCracken, Pat Connelly and Brian Moore.

COMMITTEES

MEMBERSHIP
Teri Hammon
(402) 680-0971

NEWSLETTER
Ben Novograd
(402) 212-4274

RACE
Phil Bintz
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FLATLAND SKI ASSOC. Rep.
Teri Hammon
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Scot Jones
(531) 255-7993

WEBSITE
Ben Novograd
(402) 212-4274

Trips Update August 2026

All trips are open for sign-ups. Don't be left out! Sign-up now!

If you have already signed up for a trip, please review the payment schedules that are posted on the trip flyers. Try to stay close to the schedule as the club has some rather large payments coming soon. Thank you in advance!

Destinations for the 2026-2027 Season:

Copper Mountain December 13-19, 2026 Staying at Woodbridge Condos. 10 spots available. See the trip flyer on page 6 for details.

Steamboat January 23-30, 2027 We are staying at the Lodge again this year. It was so easy getting around. We will all be in Building B, close to the hot tubs. These are 3 bed/3 bath condos. 24 spots available. See Trip Flyer for pricing and information). We are also taking PRE ORDERS for the tee shirts. An example is on the trip flyer on page 7. The shirts will be blue.

Big Sky Montana February 27-March 6, 2027 We will join the Chicago Metropolitan Ski Council (CMSC) for a week at Big Sky. We are staying in the Big Horn Condos, 3 bed/3 bath. This trip is full with 20 spots filled. I am trying to get additional spaces. See the trip flyer on page 8. *If you are flying out, please book your flight ASAP. It is unknown when the shuttles will leave, but the earlier you can arrive, the better. After you have flight information, send it to Teri.*

Winter Park March 14-20, 2027. We have 20 spots at the Holiday Inn in Fraser. Hot breakfasts daily and on the bus line directly to Winter Park Resort (10-12 minute ride). Great, economical spring getaway! See the complete details on the trip flyer on page 9.

We are going to have a great season for 2026-2027!

I am optimistic that we are getting lots of snow for next season

I just hope Mother Nature cooperates!

Let it SNOW!!!



Teri Hammon

Vice President of Trips
(Aspen 2026)

Upcoming OSC Events!

(Everyone welcome!)

(Rescheduled from July - Hopefully it won't be nearly as hot!!)

Join us **Sunday, 20 September, 5:00 PM** at the **Surfside Club**,
14445 N. River Drive (approximately 4 miles north of the Mormon
Bridge)

Enjoy world famous fried catfish, chicken, and corn fritters on their
deck! Double Cheeseburger special!

Meals include corn fritters, home made Cole slaw and crinkle fries!

SAVE THE DATE!

It's Bonfire time again! **Dale and Kay Weinstein** have graciously
offered to host a bonfire at their cabin on **25 October at 3:00 pm.**

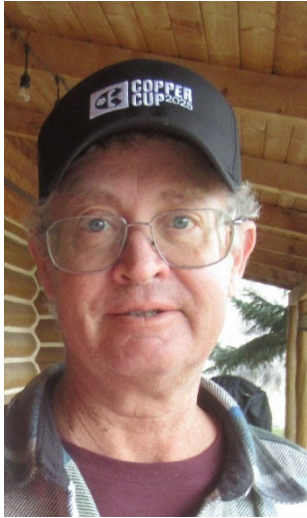
Please plan to bring a side and your favorite beverage.

Directions will be provided next month.

SAVE THE DATE!

Christmas Party at Cascio's Steakhouse on 6 Dec. at 5:30 pm.
1620 S. 10th Street, Omaha

Meal order forms will be sent out in early Sept.



President's Letter 2026-2027

Phil Bintz

The 2026-2027 season is here; all we need is snow and cooler temperatures. The weather people are talking about the El Nino this year. I hope this brings snow to the ski areas. Last year was fun, but I would like more snow and lots of fresh powder! Fingers crossed! It is always exciting when ski season approaches, getting on the skis, seeing old friends and relaxing in the hot tubs. I finally retired in May of this year from the city of Minden Iowa. It has been a challenge since my dad has been in and out of the hospital and requires care.

This season, we chose to use the IKON Pass with FSA being at Steamboat again and it is easier and less expensive obtaining lodging at IKON resorts. Teri has some great trips planned for us! I hope you enjoy this season! First, we begin our season at Copper Mountain in December for some early season skiing. We will stay at the Woodbridge condos and shuttle to the resort. This will be a great trip with a welcome party and early season snow! In January, we join up with the Flatland Ski Association (FSA) for a week-long trip to Steamboat. We are staying at The Lodge in three bed/three bath condos. Yes, same place as last year. We will meet up with other members of the FSA clubs for friendly racing, socializing and a banquet to end the week. Following this trip, we travel to Big Sky Montana where we will stay in the Big Horn Condos. CMSC has great events planned, as well as Teri planning for club dinners. I have not-so-fond memories of the last time we were there in 2020. Our last day was when they shut everything down for COVID. Trying to find restaurant or a restroom on the way home was impossible. Glad those days are behind us. Our late season trip is to Winter Park. We will stay in Fraser and bus to the resort. It will be a great Spring Break trip!

We have the trips planned; now all we need is YOU! Let's work to recruit friends and family members to fill these trips and grow our membership. The club offers our members \$25 trip vouchers for every new member you recruit! Let's fill these trips! Sign-up for any of the trips early to make sure you have a spot!

I want to welcome our new and renewing members. We hope to see you at our social gatherings and on our trips! We continue to have an Omaha Ski Club because of people like you. It is all about the members!

Our Board Members are amazing! Scot Jones has done a fantastic job planning our social events. We have had a good turnout for them. Everyone is welcome to join us. Ben Novograd sees to it that we get a newsletter monthly and keeps our website current with events, as well as posting photos of events and trips, sometimes a daunting task knowing how many pictures Teri can take! Mark Johnson tracks all the checks going out and coming in for trips and membership. Teri Hammon works many hours planning trips for you to enjoy. And I, Phil Bintz, preside over the Board as President. Thank you everyone for all that you do to keep this club running smoothly.

I will close by saying, "Thank You!" to all of our members, reciprocal clubs and Board Members who keep the Omaha Ski Club alive and going strong. Get out and meet your fellow skiers at one of our future events. All of these can be found at omahaskiclub.com. Enjoy the ski season!

Cheers to the 2026-2027 Season!
Let it Snow!



Copper Mountain CO



December 13-19, 2026
Cost: \$435
ONLY 10-12 spots available!
Sign up early if you wish to go!



Join us for early season skiing at Copper Mountain! Enjoy great snow and warmer temperatures on the mountain. This will be a great early season trip! This trip includes:

- *Six nights* lodging at the Woodbridge Condos. 400 W Main Street, Frisco CO. Check-in 4 PM, check-out at 10 AM. We have reserved two condos (sleeps 10-12)
- Free area shuttle- Summit Stage-picks up and drops off in front of condo on the street and is a direct route to Copper Mtn or you can drive to the resort.
- Free parking, free Wi-Fi
- Welcome Party TBD
- Lift tickets additional. If you do not have an IKON Pass, purchase lift tickets online or purchase a four pack in advance. Lift tickets can be obtained through IKON or through the resorts' website, or through liftopia.com.

Trip Captain: Teri Hammon
Email: dragonsrock@cox.net
Phone: 402 680-0971

Membership is required in either the Omaha Ski Club or one of our reciprocal membership clubs. No additional dues will be required.
(Prices subject to change)

Payment Schedule:
\$100 due at signing
\$100 due September 10, 2026
\$Balance due October 10, 2026

Mail payments to:
Omaha Ski Club
P O Box 3104
Omaha NE 68103-0104

Steamboat Springs, CO

FSA Week

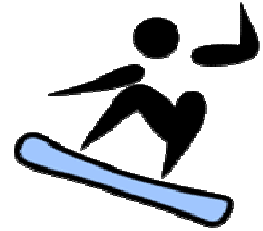
January 23-30, 2027

24 spots available

Drive-out

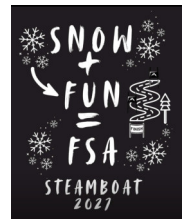
\$ 1195 LESS than last year!

(prices subject to change)



It was so fun last year, let's do it again! Grab your friends and join the Omaha Ski Club with the Flatlands Ski Association on the annual trip to Steamboat Springs, Colorado. This is a great trip for those who wish to party, have fun, race and meet new friends. If you haven't been here in a while, now is the time to check it out! This trip includes:

- 7-nights lodging at The Lodge, 2700 Village Dr. 3-bedroom Condos- Check-in @ 4 PM 1/23 and check out @ 10 AM 1/30 Outdoor hot tubs & pool, on-site check-in, shuttle service to and from the mountain, laundry facilities, parking, Wi-Fi
- Meet your trip captain and Race Director at The Range to pick up your packets and bibs. They have food and drinks there to purchase. This will be a Welcome Après Ski from 3-5 PM
- A club welcome and/or farewell party **TBD**
- Après ski specials Pub crawl
- FSA Awards banquet at Thunderhead or Steamboat Grand **TBD**
- NASTAR type racing (friendly competition between clubs)
- Snowshoe races between clubs (if interested, let your trip captain know)
- 1-7 days of skiing – lift tickets purchased with trip sign-up. Daily rate \$124 per day 1 or more days. (No senior or multi-day discount) Lift tickets not needed with IKON pass (5 days base pass, unlimited Full pass)
- FSA Activity Pass for the FSA events during the week
- FSA Tee shirt optional Cost **\$20** short sleeve (unisex & women's cut), **\$20** long sleeve **Pre-ordered**. This design is on the back of a heather blue shirt. FSA logo on front.
- Open Race (2 runs) optional. Cost **\$30** open to anyone who wants to make a couple NASTAR runs from the higher starting point.
- Many things to do in and around Steamboat for non-skiers (snowshoe, cross country skiing, dog sled, snow mobiles, shopping, bars, restaurants, museums, hang out on the mountain with a gondola foot pass (daily rate **\$TBD** if purchased in advance))



Trip Captain: Teri Hammon

Phone: 402 680-0971

Email: dragonsrock@cox.net

Membership is required in either the Omaha Ski Club or one of our reciprocal membership clubs. No additional dues will be required.

Payment Schedule:

Due at signing: \$100

September 20, 2026 \$300

October 20, 2026 \$500

November 20, 2026 \$\$
remaining balance

Make checks payable to:

Omaha Ski Club

PO Box 3104

Omaha NE 68103-0104

Big Sky Montana

February 27 – March 6, 2027

ONLY 20 spots available

Cost: \$1690 w/transfers/NO AIR, \$1575 NO Transfers/NO AIR
(prices subject to change)

This trip is FULL-Wait list only

Come join in the fun with the Chicago Metropolitan Ski Council as we all meet up for a fun week in Big Sky! This trip includes:

- 7 nights lodging at the Big Horn Condos (98 Running Bear Rd, Big Sky MT 59716), 3 bedroom/3 bath condos with one car garage, full kitchens, free Wi-Fi, washer and dryer, access to the Huntley Lodge for pool and fitness area, walking distance to the Mountain Village, slopeside access via the Bear Back Poma Lift.
- Ground/Bus Transfers (See pricing difference with transfers)
- Welcome Reception
- Mountain Tours
- Mountain Lunch
- Fun Race
- Pub Crawl
- Two Après Ski Parties
- Dinner Banquet with music and dancing
- CMSC credentials

Airfare and lift tickets are not included. This is an IKON Pass resort (5 days with the IKON Base pass and 7 days with the Full IKON Pass).

This trip is FULL-We are taking applications and deposits and holding these in hopes that we get more space. If not, you will receive a full refund of your deposit.

Trip Captain

Teri Hammon

402-680-0971

dragonsrock@cox.net

Payment Schedule:

\$100 due with sign-up

\$200 June 1, 2026

\$200 July 1, 2026

\$200 August 1, 2026

\$200 September 1, 2026

\$200 October 1, 2026

\$200 November 1, 2026

\$200 December 1, 2026

Final amount January 1, 2027

Make checks payable to Omaha

Ski Club PO Box3104, Omaha

NE 68103-0104

Membership is required in either the Omaha Ski Club or one of our reciprocal membership clubs. No additional dues will be required for reciprocal members.

Winter Park CO



March 14-20, 2027
Cost: \$525
20 spots available!
Sign up early if you wish to go!



Join us for Spring skiing at Winter Park Resort! Enjoy great snow and warmer temperatures on the mountain. This will be a great way to end the season! This trip includes:

- ***Six nights*** lodging at the Holiday Inn Express & Suites, 108 Zerex St, Fraser, CO. Check-in 3 PM, check-out at 11 AM. These are hotel style rooms (either a King bed or double queen beds) with a microwave, refrigerator and Keurig coffee maker. Hot breakfasts daily. Across the street from Safeway. Indoor pool, hot tub and fitness room from 6 AM to 10 PM daily.
- **Free area shuttle-** The Lift (Black Line)-picks up and drops off in front of the hotel on the street and is a direct route to Winter Park Resort or you can drive to the resort.
- **Free parking, free Wi-Fi**
- **Welcome Party TBD**
- **Lift tickets additional.** If you do not have an IKON Pass, purchase lift tickets online or purchase a four pack in advance. Lift tickets can be obtained through IKON or through the resorts' website.

Trip Captain: Teri Hammon
Email: dragonsrock@cox.net
Phone: 402 680-0971

Membership is required in either the Omaha Ski Club or one of our reciprocal membership clubs. No additional dues will be required.
(Prices subject to change)

Payment Schedule:

\$100 due at signing
\$100 due September 10, 2026
\$100 due October 10, 2026
\$100 due November 10, 2026
\$Balance due December 10, 2026

Mail payments to:

Omaha Ski Club
P O Box 3104
Omaha NE 68103-0104

Exercising for Ski Season

Did you know, our first ski trip is a little over 16 weeks away. I can't wait for those colder temperatures and SNOW, in the mountains of course. I get asked frequently what I do to get ready for skiing. Besides walking at least 5 miles a day, hiking and cycling, I exercise and stretch. There are numerous websites that show good exercises for skiing. Google it! Some of the more common exercises that we can perform 3-4 times a week are:

Wall sits: put your back against a wall and slide down into a sitting position until your knees form a 90-degree angle. Hold this position for as long as you can. This builds quad endurance.

Squats: Stand with your feet shoulder-width apart, lower your hips back and down while keeping your chest up, bending your knees to a 90-degree angle, then push through your heels to return to standing. Strengthens quads.

Lateral Lunges: Step out to one side, bend your knee to a 90-degree angle while keeping the other leg straight, then push back to the start. This helps with carving stability.

Walking Lunge with Rotation: Stand with feet slightly apart. Step forward with one foot, lowering into a basic lunge position (back leg should drop, forming a 90-degree angle to the ground, and your forward leg should also be at a 90-degree angle). As you step, rotate your body in the direction of the front leg. Have your arms at chest level. Push through your forward leg, taking the next lunge step and repeating the rotation to the opposite side.

Single Leg Squats: Lift one leg off the floor and lower your body straight down using the standing leg. This helps to improve joint stability.

Skater Jumps like speed skating: Jump laterally from side to side, landing softly on one foot while sweeping the other leg behind you to mimic turning motions.

Pogo Hops: perform quick, small jumps on your toes with minimal ground time to build reactive ankle and calf strength.

Dead Bugs: Lie on your back with arms and legs in the air, then slowly lower opposite arms and legs toward the floor while keeping your lower back flat. Great for your core!

Side Planks: Support your body on your forearm and the side of feet in a straight line to strengthen obliques for better posture on the slopes. Great core exercise.

Bridges: Lie on your back with your knees bent, feet apart and hands at your sides. Push into the ground equally with your hands, upper back and feet, lifting your buttocks and hips off the ground. Slowly, lower back down. Great exercise to strengthen the glutes, hamstrings and quads, but also the spine and hips. You can also do one-leg bridges.

Always stretch out after a workout. Start slowly and build up your strength and endurance.

These are just a few of the exercises for skiers. As I said, Google it. You can find many exercises for skiers, for endurance, core, strength and balance. The only thing that is needed is YOU to start doing them. Have fun! Do a little every day. You will see improvement if you just do it.

Here are low-impact, beginner-friendly modifications for each exercise listed above, followed by structured, 16-week training plans tailored for both beginners (or older adults) and athletic individuals.

Exercise Modifications for Beginners / Older Adults

● Wall Sits

○ Modification: High-Angle Wall Sit (or Chair Sit-to-Stand). Slide down to a shallow 45° angle instead of a full 90° angle, or perform controlled chair stand-ups to build quad strength safely without placing excessive load on the knees.

● Squats

○ Modification: Box / Chair Squats. Squat down to touch a sturdy chair or bench, using an abbreviated range of motion to maintain balance and protect knee joints.

● Lateral Lunges

○ Modification: Side-to-Side Step-Taps or Supported Lateral Step-Outs. Hold onto a stable surface (like a counter or chair back) while stepping out to the side and taking a shallow bend in the knee.

● Walking Lunge with Rotation

○ Modification: Stationary Reverse Lunge with Torso Twist (Supported). Step backward into a shallow lunge rather than forward to ease pressure on the front knee, or perform a standing torso twist while keeping feet stationary on the ground.

● Single Leg Squats

○ Modification: Kickstand / Assisted Single-Leg Squats. Keep the heel of the non-working leg lightly resting on the ground for balance, or hold onto a wall or sturdy chair for support while bending the standing leg slightly.

● Skater Jumps

○ Modification: Speed Skater Steps (Low Impact). Step side-to-side dynamically with a slight knee bend and arm sweep, eliminating the jump completely to protect joints.

● Pogo Hops

○ Modification: Calf Raises / Toe Bounces. Perform quick, controlled standing calf raises on flat ground (lifting heels while toes remain on the floor) or hold a countertop for light ankle bouncing without leaving the floor.

● Dead Bugs

○ Modification: Supported Dead Bugs. Lie flat with knees bent and feet on the floor. Tap one heel down at a time, or lower only the arms, keeping the lower back flat to maintain core control safely.

● Side Planks

○ Modification: Knee Side Plank or Wall Side Plank. Perform the side plank resting on the knees rather than the feet, or lean against a wall at an angle to reduce strain on the shoulders and core.

● Bridges

○ Modification: Two-Leg Glute Bridge with Reduced Range of Motion. Perform standard double-leg glute bridges without progressing to single-leg variations, focusing on squeezing the glutes at a comfortable height.

16-Week Training Plans

Both plans follow a 4-phase progressive structure: Phase 1 (Weeks 1–4): Base Building & Stability | Phase 2 (Weeks 5–8): Strength & Endurance | Phase 3 (Weeks 9–12): Power, Dynamic Motion & Stamina | Phase 4 (Weeks 13–16): Peak Conditioning & Ski Readiness.

Plan A: Beginner / Low-Impact 16-Week Plan

Frequency: 3 days per week (e.g., Mon/Wed/Fri) with rest or light walking/cycling on off days.

Phase 1: Foundation & Stability (Weeks 1–4)

Focus: Mastering form, joint safety, and core stability.

- High-Angle Wall Sit: 2 sets of 15–20 sec hold
- Chair Squats: 2 sets of 8–10 reps
- Supported Lateral Step-Outs: 2 sets of 8 reps per side
- Supported Glute Bridges: 2 sets of 10 reps
- Supported Dead Bugs (Leg Taps): 2 sets of 6–8 reps per side
- Knee Side Plank: 2 sets of 10–15 sec per side

Phase 2: Strength & Range of Motion (Weeks 5–8)

Focus: Increasing muscular endurance and stability.

- Wall Sit: 3 sets of 25–30 sec hold (slightly deeper angle)
- Chair / Free Squats: 3 sets of 10–12 reps
- Stationary Reverse Lunge (with support): 2 sets of 8 reps per leg
- Glute Bridges: 3 sets of 12 reps
- Speed Skater Steps (Low Impact): 3 sets of 30 sec
- Knee Side Plank: 2 sets of 20 sec per side

Phase 3: Dynamic Endurance & Balance (Weeks 9–12)

Focus: Building lower body stamina and lateral movement control.

- Wall Sit: 3 sets of 40–45 sec hold
- Kickstand Single-Leg Squat: 3 sets of 8 reps per leg
- Stationary Lunge with Torso Twist: 3 sets of 8–10 reps per side
- Speed Skater Steps: 3 sets of 45 sec
- Toe Bounces / Fast Calf Raises: 3 sets of 20 sec
- Dead Bugs (Full Arm & Leg extensions): 3 sets of 8 reps per side

Phase 4: Ski-Ready Peak (Weeks 13–16)

Focus: Leg burn endurance and overall balance for the slopes.

- Wall Sit: 3 sets of 60 sec hold
- Bodyweight Squats (Full Range): 3 sets of 12–15 reps
- Lateral Lunges (Shallow): 3 sets of 10 reps per side
- Speed Skater Steps: 3 sets of 60 sec (continuous movement)
- Pogo Toe Bounces: 3 sets of 30 sec
- Knee or Full Side Plank: 3 sets of 30 sec per side

Plan B: Athletic 16-Week Plan

Frequency: 3–4 days per week with cross-training (running/cycling) on off days.

Phase 1: Hypertrophy & Work Capacity (Weeks 1–4)

Focus: Building baseline strength, core alignment, and joint durability.

- Wall Sits (90°): 3 sets of 45 sec hold
- Bodyweight / Weighted Squats: 3 sets of 12–15 reps
- Lateral Lunges: 3 sets of 10 reps per side
- Single-Leg Bridges: 3 sets of 10 reps per leg
- Dead Bugs: 3 sets of 10 reps per side
- Side Planks: 3 sets of 30 sec per side

Phase 2: Single-Leg Strength & Core Control (Weeks 5–8)

Focus: Unilateral balance and dynamic core rotation.

- Wall Sits: 3 sets of 60 sec hold (option to elevate one foot)
- Single-Leg Squats (Pistols to Bench): 3 sets of 6–8 reps per leg
- Walking Lunge with Rotation: 3 sets of 10 reps per leg
- Skater Jumps (Controlled): 3 sets of 30 sec
- Pogo Hops: 3 sets of 20 sec
- Side Planks with Leg Lift: 3 sets of 30 sec per side

Phase 3: Plyometrics & Carving Power (Weeks 9–12)

Focus: Explosive lateral speed, reactive calf power, and rotational agility.

- Single-Leg Squats: 3 sets of 8–10 reps per leg
- Walking Lunge with Rotation: 3 sets of 12 reps per leg
- Skater Jumps (Explosive & Wide): 4 sets of 45 sec
- Pogo Hops (Fast & Reactive): 4 sets of 30 sec
- Single-Leg Bridges: 3 sets of 12 reps per leg
- Dead Bugs (Weighted or Slow Tempo): 3 sets of 12 reps per side

Phase 4: Peak Ski Conditioning (Weeks 13–16)

Focus: Maximum quad endurance and rapid direction changes.

- Wall Sit (Extended Hold): 3 sets of 90 sec hold
- Skater Jumps to Pogo Hop Combo: 4 sets of 60 sec continuous
- Single-Leg Squats: 3 sets of 10–12 reps per leg
- Walking Lunge with Torso Twist: 3 sets of 15 reps per leg
- Side Plank Rotations: 3 sets of 45 sec per side
- Single-Leg Glute Bridges: 3 sets of 15 reps per leg

There are many other exercises that can be done to strengthen your body for ski season. These are just a few. If you Google the exercises, you can find examples of these and others you can try. Do a little bit each day. Have fun exercising for ski season! See you on the slopes!

OMAHA SKI CLUB MEMBERSHIP APPLICATION
JUNE 2026 – MAY 2027

MEMBERSHIP STATUS: NEW ____ RENEWAL ____

FAMILY \$25____ (\$30 if paid after September 30, 2026)

SINGLE \$22____ (\$27 if paid after September 30, 2026)

MEMBER INFORMATION - - - PLEASE PRINT CLEARLY

Name: _____ Spouse: _____

Street Address: _____ City: _____ State: ____ Zip: _____

Home Phone: (____)_____ Alternate Phone: (____)_____

Email Address: _____

Check this box ☐ if you are 21 years or older. For family membership, list all dependent minors on back of application.

If new member, how did you hear about the club? _____

Ski/Snowboard destinations you're interested in: _____

Activities you're interested in: Biking____ Bowling____ Dinners____ Other_____
(please list)

Other Interests: (please list) _____

NOTE: BY SIGNING THIS APPLICATION I RELIEVE THE OMAHA SKI CLUB, INC. (OSC) OF ANY RESPONSIBILITY FOR ACCIDENT OR INJURY I INCUR WHILE PARTICIPATING IN ANY OSC ACTIVITIES. I ALSO CERTIFY THAT I AM OF LEGAL DRINKING AGE IN THE STATE OF NEBRASKA.

SIGNATURE _____ **DATE** _____
(Must be signed and dated)

[OSC USE ONLY] MEMBERSHIP NO. _____ BD. _____ TR. _____ NL. _____

Mail to: Omaha Ski Club, P.O. Box 3104, Omaha, NE 68103-0104





TRIP APPLICATION

(Required for each individual on the trip) **(PLEASE PRINT LEGIBLY)**

TRIP DESTINATION _____ TRIP DATES _____

LEGAL NAME _____ (exactly as it appears on Driver's License)

DATE OF BIRTH _____ AGE _____ SEX _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE _____ E-MAIL _____

EMERGENCY CONTACT:

NAME _____ RELATIONSHIP _____ PHONE _____

I PREFER TO ROOM WITH _____

DO YOU PREFER TO FLY (if offered) _____ IKON/EPIC PASS # _____

THE OMAHA SKI CLUB MEMBER SIGNING THIS APPLICATION AGREES AS FOLLOWS: The member has read the OSC trip policies on the bottom of this application and understands and agrees to be bound by them as a condition of participation in this trip. The member further agrees that the club, its directors or committee chairmen shall bear no financial responsibility to members in the event of a delayed departure or return of a trip, or for cancellation of a trip except as provided in items 7 through 10 of the trip policies, nor shall they be liable for any bodily injury, property damage, loss of personal property, or death sustained by or caused by any member on a trip. Those individuals causing property damage at the lodges, condos, busses, ski areas, etc. shall bear the full legal and financial responsibility for the damages. It is a condition of membership in the club that any individual shall be deemed to have accepted these responsibilities and limitations of liability as a consideration of joining the club and participating in this trip.

SIGNATURE _____

DATE _____



[OSC use only] deposit: amount paid _____ date _____ ck no _____

OMAHA SKI CLUB TRIP POLICIES

- 1) Trip captain is the final authority on and during the trip.
- 2) Club members will conduct themselves in a mature manner at all times.
- 3) There will be a \$28.00 charge (subject to change according to bank fees) on any returned check.

TRIP SIGN-UP, DEPOSITS AND PAYMENTS

- 4) Only members in good standing with dues currently paid to the Omaha Ski Club may sign up for a trip. Children under the age of 19 must be accompanied by a parent or guardian on the trip. A trip application for a child under the age of 19 must be signed by a parent or guardian of the child.
- 5) By signing up for a trip a member agrees to pay the Club the full cost of the trip applied for, subject to the provisions for timely cancellation in item #7. Each trip will have its own trip deposit and payment schedule to be set by the trip committee. A deposit is required to sign up for a trip. Failure to meet the payment schedule may result in automatic cancellation from the trip subject to the cancellation fee in item #7.
- 6) When a trip is full the trip captain will start a waiting list. To be placed on the waiting list a member must fill out and sign a trip application and pay the standard deposit for that trip. Waiting list members must meet the payment schedules when moving to the confirmed lists.

CANCELLATIONS AND REFUNDS

- 7) Unless otherwise listed in individual trip information, **cancellations prior to 60 days before the trip departs will result in a cancellation fee of \$50.00; cancellations less than 60 days before the trip departs will result in a cancellation fee of \$100.00 if the trip goes full, or liability for the full cost of the trip if the trip does not go full.** Any cancellation fees or penalties may first be deducted from payments the member made for the trip. Medical cancellations will be reviewed by the Board for refund determination.
- 8) Transferring from the waiting list on one trip to a confirmed list on another trip will be done with no cancellation fee. Refusal to move from the waiting list to the confirmed list will constitute automatic cancellation subject to the cancellation fee in item #7 above.
- 9) If a trip is cancelled by the club, all money paid to the club by a member for that trip will be refunded.
- 10) All members on the waiting list when the trip departs will receive a full refund.
- 11) No refunds will be made until after the trip returns.

BUS TRIPS

- 12) Smoking on buses is prohibited.
- 13) Any time the bus stops enroute to its destination, passengers leaving the bus will do so at their own risk.
- 14) The Omaha Ski Club will not provide alcoholic beverages for any bus trip. If any members wish to consume alcoholic beverages on the trip, they can do so at their own expense, and assume all risks and liabilities associated with such consumption.