

Sand Hills SkiSparks

Cross-country (x-c) skiing is very much a part of Minnesota's outdoor heritage with the Fertile Sand Hills providing skiing thrills and spills for both downhill and x-c skiers over the years.

In 2020 a youth x-c ski club, the Sand Hills SkiSparks, was formed to introduce a new generation of youth to x-c skiing and the Fertile Sand Hills. The 2021 SkiSparks Club has 21 youth from ages 4 to 16 learning or advancing their skills.



A program of the Minnesota Youth Ski League, SkiSparks Clubs are for beginner to intermediate skiers. Youth, families, and community members learn to x-c ski and enjoy winter together. During club time kids are divided into groups according to their ability level. Groups are led by a trained volunteer coach. Each group plays games, learns new skills and explores the trails together.

For more information about the Sand Hills SkiSparks, contact local Club leader Matt Forgit at sandhills@mysl.org.

Equipment and guidance for the program is made available through the Minnesota Youth Ski League. Information about their activities at <https://mysl.org/>.

“Dead Bug” - Falling down is inevitable. Getting up is a basic skill to master for enjoyable skiing. If you fall, roll over on your back like a dead bug, “untangle” your skis in the air, roll over on top of your skis, lean ahead on your knees, and stand up! EZ! One of many skills that the SkiSparks kids learn that helps make skiing a fun life skill.

