Name: _____ Coach/Leader: _____

Log Book for Distance Badges

We want you to ski between coaching sessions. In order to become a better skier you have to spend time skiing to practice the skills you have learned with your coach.

Each time you ski, ask your parents to help you estimate the distance covered and record it in this log book. Ask your parents to initial each entry.

You start with the badges in **the Mackenzie Trail** series There are 4 badges to earn: **Fort St. John**, **Fort George**, **Quesnel**, and **Bella Coola**. You must ski 25 km to earn each badge. To get all four badges you will need to ski 100 km. The badges progress from year to year. For example, if you earned the Fort St. John badge last year, then you can earn the Fort George Badge this year.

The next set of badges is the **Gold Rush Trail** Series. There are 8 badges: **Victoria**, **New Westminster**, **Yale**, **Lytton**, **Lillooet**, **Soda Creek**, **Quesnel**, and **Barkerville**. You need to ski 25 km to get each badge and ski 200 km to complete all the badges.

Date	Distance	Total

Date	Distance	Total