

1973-2023 Wostaweas Time Capsule Story

“The Saturday Warmup”

Story shared by Laura Davey

Saturday ski lessons are a magical time for Wostaweans – no matter your age or skill level, there’s lots to learn, friendships to be made, trails to explore, and winter to enjoy. In 2012, coach “Rowbear” (Robert Morimanno) thought it would be fun to add a warmup to music to mark the beginning of lessons and get the body limbered up and ready to go!

Each year, a new song was selected, starting with a fitness version of Curtis Mayfield’s “Move On Up.” Other songs included ELO’s “Hold on Tight,” Justin Timberlake’s “Can’t Stop the Feeling,” and Kelly Clarkson’s “Run, Run Rudolph.” But, perhaps the most iconic was a song by Ylvis used in 2014: “The Fox” – it would be safe to say that many a Wostawean would remember the words and perhaps even the moves!

As each ski season progressed, participants memorized the warmup choreography and added their own flair during the song’s “freestyle” portion. Many bunnies and jackrabbits volunteered to help instruct the warmup and were happy to take over the microphone! Looking out into the huge crowd of Wostaweans moving in synchronicity – singing, laughing, and dancing – all while becoming more comfortable and adept on skis is part of what makes this club so special and unique.

From 2012-2020, the warmup was a highlight of Saturday lessons and in 2019 coach Rowbear passed on the torch to his son Pascal, who also coached Level 4. COVID and university studies away from home for Pascal put a pause on the warmup, but we’re happy to announce its return in 2023! To carry on the legacy, I debuted “I Like to Move It” this past Saturday, and I’m always looking to mentor the next generation of warmup instructors. Get your dance moves ready, Wostaweans!