

EPHS / CMS Combined Nordic Info

7th & 8th graders are on the EPHS Nordic Ski Team and have the same expectations and privileges as the 9-12th grade athletes. We don't have different expectations for the CMS skiers. Therefore, the EPHS Nordic Ski Website is the go-to for all info. 6th graders cannot compete in the races so we are not offering Nordic at this time for 6th graders. Reach out to Coach Malone with questions about this amalone@edenpr.org

[EPHS Nordic Website](#)

If you have no knowledge of what Nordic Skiing is all about, this link will provide some good insight into starting this great sport.

[EPHS Nordic's Prospective Skier Info](#)

Cost of Nordic

As with all high school activities, the registration cost and commitment is greater than CMS programs. Most high school programs "true cost" is more than the registration fee and include social fee's, fundraising commitments, equipment purchase or rental, etc.

Registration is \$150 through [MyPaymentsPlus website](#).
Team Fundraiser - \$100 worth of fundraised funds. Info at PAC Meeting
Social Fee - \$35 for Seniors, \$25 for 7-11
Three Rivers Pass - TBD - Info at PAC Meeting

For comparison, Mtka Nordic fees are... The Nordic Ski Activity Fee (online) \$125.00
Required Booster Club Fee: \$85 (Covers Three Rivers Ski Trail pass, ski wax, etc.)

Boots ~ about \$150-70 for the Solomon Combi (can be used for both skate and classic). You need a boot that will fit the NNN binding. Ski shops know what this means.
Poles ~ \$60 (we do have some very outdated poles we can loan to kids to use though they are not ideal)

Equipment

Through fundraising, the EP Nordic team has amassed a limited amount of ski's for new athletes to use for the season. This includes a pair of Classic and a pair of Skate skis. Athletes are expected to provide their own boots, and in most instances, poles as well. Please read about the **equipment lottery** on the EP Nordic website. There is also a good amount of used equipment available through the EP Team Equipment Swap and other ski swaps if you do not get skis through the lottery. Boots and poles are also available in these swaps. Craigslist, E-Bay, Facebook Marketplace are also useful resources for used equipment. More detailed info can be found on the EP Nordic Equipment page.

[EPHS Nordic Equipment Website](#)

Any new equipment you may buy, hit up these stores. Team discounts of 20% available at ...

Gear West Ski & Run 1786 W Wayzata Blvd, Suite B Long Lake, MN 55356 952-473-0377	Tonka Cycle & Ski 16 Shady Oak Rd Hopkins, MN 55343 (952) 938-8336	Hoigaard's 5425 Excelsior Blvd, St Louis Park, MN 55426 952-929-135
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