

Our first day of practice is Thursday, January 14.

[Team Webpage](#) - your primary source for information

[Weekly Schedule](#) - detailed daily workout plans by pods

[Basic Ski Team Info](#)

We will continue with [Virtual Practice](#) (until Jan 14)

Schedule for the first two days of practice (meet at the Highland Track) on January 14 and 15. **We will use the first two days of practice to place kids in pods** (Covid rules require us to practice the kids in groups of 25).. The pods will be ability based and based on “friend requests” to the best of our ability. We will use the [pods](#) we have set up for our virtual practices and will use those as a starting point. We have different start times to spread the kids out. Sunset is at roughly 5:00 pm in mid-January.

- 3:00 to 4:40 Braddies Baddies
- 3:10 to 4:50 Janbo
- 3:20 to 4:20 McKinney Double Poler Bears
- 3:30 to 4:30 Burkie’s Bunch

After the first two days of practice, skiers will practice in a slot between 3:00 and 5:00 pm depending on their pod. **We will post pods after the first two days of practices.**

Registration: if you have registered, your name is listed in a [pod](#). If your name isn’t in a pod, [register with the high school athletics director](#) by January 8. Send registration questions to duggan.parks@spps.org (AD assistant).

Fees:

- The fee for nordic skiing is \$120 (or \$20 for free/reduced lunch)
- Make checks out to “Highland Park Senior High”. Make sure the skier name is on the check.
- Fees are due by January 9 (we may have to limit the size of our rosters - get it in on time)
- Checks can be dropped off at the High School Athletic Office - Door #6 8 am to 3 pm
- Checks can also be placed in Coach Moening’s mailbox (2249 Highland Parkway).
- The sooner the better with fee payment so we can figure out our coaching requirements. The pod limits don’t give us the flexibility we have had in the past.

Covid: We will follow the [MSHSL Winter Sport Guidance](#) and [MDOH Guidance](#)

- [Highland Nordic Ski 2021 Covid Preparedness Plan](#) (this is an evolving document)
- [MSHSL Nordic Ski Guidance](#)
- Skiers will wear a mask while at practice
- Report any Covid symptom or exposures to the [SPPS Covid Reporting System](#)
- Students must come dressed and prepared to train as locker rooms will not be available.
- There is no warming room.
- We expect skiers to bring a winter coat to wear before and after practice.
- The Ski Shack will not be used for changing clothes or boots (arrive with ski boots on feet).
- We expect athletes to bring a water bottle and snack to practice.
- Do not share water bottles, clothing, or food.
- Students must stay with their pod for the workout.
- Students must exit the grounds immediately upon finishing their training session.
- Parents and skiers need to communicate pickup times - there is no waiting inside.

Skiers may store their ski equipment in the ski shack. It is locked when we are not practicing. All skiers should have their skis marked with their name and school "Jane Doe Highland Park".

Rentals - we have a limited number of rental skis and boots remaining. Sizes are limited. We will issue skis on Wednesday January 13 at 3:00 pm at the ski shack. bring your [ski rental form and fee](#).

Racing - lots of scheduling issues to work through. We will likely host some dual meets. Details TBD.

Skiers - Fill out your [emergency contact information here](#). This is required before you practice.

Waxing Skis - the team won't do it like a normal year. Coaches may do some spray waxing once we get things set up.

Questions - email one of us

Braddies Baddies: brad.moening@spps.org

JanBo: jaclyne.jandro@stpaul.k12.mn.us and abby.boruff@spps.org

Double Poler Bears: matthew.mckinney@spps.org

Burkie's Bunch: mackenzie.burkstrand@spps.org