

Nordic Ski Information 24-25

Team Info:

- First official team practice is on Monday, Nov. 11 at 3:15 pm - meet by the tennis courts
- Skiers must register on-line by the first practice date, or you will not be allowed to practice! Go to the Activities Tab on the PLHS Website to register.

PAC meeting :

Required Meeting for parents, athletes, and coaches.

Monday, November. 18th 7:00pm. Located in the Gold gym

Equipment Needed:

- Outdoor stuff for weather: Gloves, hat, insulating synthetic underwear, wind jacket and pants
- Running shoes! Always have these ready to go EVERYDAY
- Water bottle/drink belt, wool hiking socks, and watch.
- **All skiers** will need to purchase skate or combi boots.
 - This will ensure proper fit which will give you the greatest control while skiing.
 - Please have them purchased ASAP for roller skiing
 - NNN bindings

| Types of practice | |
|--|--|
| Dry-land: (nov) <ul style="list-style-type: none">• Running shoes, tights/pants, thin hat and gloves, wicking top, jacket/long sleeves• Roller ski poles with special tips (we can lend poles to new skiers), helmet, and ski boots• Meet at the high school by the ski shed | On snow : (dec?-feb) <ul style="list-style-type: none">• Classic or skate ski - practices will be specific to technique• Practice sites will be: Cleary, Hyland, PLHS, Murphy• Wear tights/pants, hat, gloves, warm socks, warm up jacket (provided) or a light running jacket, wicking layers under. |

Rental:

- Rental is available \$100 this includes both classic and skate skis with poles. **Does not include BOOTS**
- Rental is available for \$50 for one set of skis and poles
- Rental equipment is available to 1st year skiers for \$100 for both sets & 2nd year is \$75 per pair; these skiers will have priority when it comes to this gear. This is available for two reasons. First, to see if you like the sport and second to soften the financial output of building equipment.
 - Here is a schedule of acquiring gear:
 - **1st year** - buy skate or combi boots (talk to a coach before buying), and rent skis
 - **2nd year** - buy classic boots and either classic or skate skis and rent the other pair
 - **3rd year** - buy classic or skate ski and no rental. Now you have skis for the rest of your life