	Wayzata Middle School Nordic Ski Schedule 11/23 - 11/24
Coaches and contact information	Larry Myers (xcmyers@aol.com), Brad Erickson, Carrie Agre (slagre@live.com), Anna Ingemann, Steve Agre
Announcements	• Parents and students - check this web page on a regular basis to view important announcements and weekly schedules. We will not be sending out emails and/or reminders with practice or race information. This is your source for all things Wayzata Middle School Nordic! • Here is the link to sign up to volunteer for the Turkey Trot. There are 2 options for volunteering if it works for you, Wednesday 2:45-5:00, and Thursday 7:30-9:30. • Please send your Three Rivers trail pass fee if you haven't. Cost is $65. Checks can be made out to WHS and sent to practice with your child. Carrie will be collecting the checks. Reminder that the trail pass is good for the whole winter and can be used at any time at any of the Three Rivers parks that have ski trails. If you also have a high school Nordic skier and will be sending payment through them, have your middle school athlete let us know. • Just a reminder that until we have snow and are skiing at the middle school, practice ends at 5:30. Once we are skiing, practice will end at 5:45 • Watch the brief video for Monday! • Check the forecast for each day and prepare to practice outside regardless of the weather. • The kids have been great about letting us know if they have any upcoming absences. If they are out sick for the day or aren't able to come to practice, let us know about their absence, please email Larry and Carrie so that we are aware that they will be missing practice. • Have a great break!
Monday 11/23	• V1 skate ski technique • Check in C12 • Warm up game • Wall sit and balance exercises • Pole walk/jog warm up • Station work: classic bounding, V1, strength • Announcements and Wayzata Strong in C12
Tuesday 11/24	• Check in C12 • Warm up game • Wall sit and balance exercises • Pole walk/jog warm up • Relays/strength • Announcements and Wayzata Strong in C12
Wednesday	• No practice
Thursday	• No practice
Friday	• No Practice