



## **Info Every MA Nordic Skier & Family Needs to Know**

### **1. Communication:**

a. The best way to have any question answered is to look on our Nordic website (which is also included in my email signature). A Google calendar with practice and races is listed along with maps to race/practice locations and other info. All archived emails are also listed.

<https://sites.google.com/minnehahaacademy.net/nordicskiing>

b. The other way to stay connected is with the **GroupMe** app which I will use for schedule changes, day of information, and estimated return times from practice/races. If you have general questions, feel free to post them on GroupMe - parents are the experts too! The GroupMe sign up link is on our website.

c. Contact Head Coach, Britt Guild, @ [guildbritt@minnehahaacademy.net](mailto:guildbritt@minnehahaacademy.net)

d. Coaches: Michelle (Assistant/Middle School Head), Jey, Dave, Jim, Merrie

### **2. Nordic Equipment & Renting:**

a. The team has Nordic ski equipment to rent; however, with our large team, we ask families to be patient as coaches are doing their best to find equipment. Skiers can use equipment until the snow is gone.

For those of you new to Nordic skiing, there are 2 styles of skiing and 2 different types of equipment: classic and skate. Sixth graders only classic ski. Cost to rent equipment for the season:

- Skate or Classic ski package - \$80. Combined Package (Skate AND Classic) - \$150
- A la carte: Skis-\$40, Boots-\$60, Poles-\$20

b. The ski fitting process will continue through Nov. 20th. There is a sign up to get fitted for rental equipment on our website. I will add more slots after Nov. 20th, if needed. Fitting happens at the **NORTH Campus Wax Room - Door A2**. Park in the back school parking lot next to the far north corner by the soccer field.

### **3. Costs**

It is important that any MA student be able to participate in Nordic and not be limited due to cost. Please let me know if cost is a barrier as scholarship opportunities are available.

Costs for the season include:

- Athletic Fee/Ski Passes Fee \$150 (7th-12th)    \$110 (6th grade)
  - Passes given to skiers last all season and can be used at any time
  - Ski passes are for Mpls and St. Paul (Theodore Wirth & Battlecreek)
- AC Trip (9th-12th) Optional Training Camp at Adventurous Christians-\$220
- Mesabi Race at Giants Ridge (top 10 and anyone interested in seeing the largest high school race in the country)-\$100/person

#### 4. Races & Key Dates:

a. We have the following races scheduled, but the weather is the deciding factor. Unless indicated, all skiers are welcome to participate in any race! **Even if the race is considered a skate race, anyone can classic ski instead!!** Participating in all events is not a requirement, skiers decide when is best for them to race and they work with coaches to discuss if racing will be a part of their season. Check out the team website for directions to race locations. **Distances for races:** Middle school ranges between 1.5km to 2.5km, JV 2.5km, Varsity 5km. Relay distance for all ages: 1.5km per lap. **Middle school/JV:** one lap/skier, **Varsity:** two laps/skier

Dec 12th 3km Skate @ Elm Creek

Dec. 27-30 AC Trip (9th-12th grade)

Jan. 8th 5km Classic @ Battlecreek

Jan. 10th Mesabi Race at Giants Ridge

Jan. 16th 5km Skate @ Hyland (Bloomington)

Jan. 18th Skate & Classic ABC relays in Mora

Jan 22nd Classic IMAC Relays @ Wirth

Jan 24th Grade Level Cookie Race @ Hiawatha Golf

Jan 29th Conference Champs at Wirth (Varsity-12)

Feb 4th Sections for Varsity @ Battlecreek (Varsity-7)

Feb. 7th JV Champs @ Como or Elm Creek (JV, Middle)

Feb. 10th Costume Race @ Como (FUN!)

Feb. 12th & 13th State at Giants Ridge (relay on 12th, pursuit on 13th)

#### 5. Dry Land Practice & How to get to Practice (first few weeks until there is SNOW):

a. Upper school students: Upper school students will take the shuttle bus to South after school or drive themselves to South campus. Those who are driving themselves, please get ready at North Campus. Those taking the shuttle can get dressed in the downstairs locker rooms at the South Campus. Upper school skiers cannot drive into the parking lot until 3:30pm.

b. Middle school students: Middle school students will change in the locker rooms after school.

c. Meeting location will be the Arena at South. Any changes will be detailed in Sunday's email.

d. Practice starts at 3:45pm.

e. Skiers may keep backpacks/gear in the Arena.

**PRACTICE DAYS:** Practice is Monday, Tuesday, and Thursday for Middle School skiers and Monday-Friday and Saturday for Varsity/JV skiers! Saturday mornings are great for a nice long hike or ski in the woods, but will also be used for more intense workouts. Middle school and new skiers can practice as little as two days a week if you'd like – just try out the sport and see how you like it. Everyone is welcome on Saturdays!

#### 6. Practice on SNOW:

##### Transportation routine for those taking the bus:

1. Upper school skiers get dressed and picked up at 3:20pm by bus/trailer @ North Campus (skis kept in wax room during the day). Please keep backpacks in the wax room and not by basketball court.
2. Bus drives to middle school (lower school)
3. Middle school skiers get dressed in the locker room and load onto the bus @ 3:30pm (with upper school skiers). Backpacks kept in Coach Guild's classroom (117) and skis in the downstairs ski room.
4. Bus drives to the ski location & practice begins
5. Skiers load bus after practice (skiers may be picked up at ski location and not ride the bus back to school-parents must communicate this to coaches prior to practice)
6. Coaches send a message on groupme to tell families the estimated time to arrive at North and South campuses (typically South first and then North)

#### 7. How can You help?

- Sign up to bring snacks
- Transport your skier to practices
- Transport skiers to AC, Mesabi, ABC Relays
- Chaperone AC & Mesabi