

Good Morning Nordic Skiers & Families!

Week Two! There are four organized practices this week for Monday, Tuesday, Wednesday and Saturday (details below). Wednesday's practice is at NOON after grandpeople day, but is completely an optional practice knowing so many are off to celebrate the holiday with family. Skiers requested practice, so I will provide! Saturday's practice is optional but open to all!

1. Photos: We have had a fantastic first week including a work weekend at AC. Here is our Nordic photo site showing all the fun and hard work! Feel free to add photos throughout the season. Photos [HERE](#).

2. Snacks: **If you FEED them, they will come:** Here is the site to sign up to bring snacks for our hungry Nordic Skiers! Sign up [HERE](#).

3. Adventurous Christians Training Camp: It's time to think about going to **AC for our winter training camp (Dec. 27th-30th)**. 9th-12th grade skiers are only able to participate. For three days, skiers ski as many kilometers as they can to prepare for the season. Chaperones are also needed. Financial aid is also available, so don't let that be a barrier to your interest! Please complete the interest form [HERE](#). Please respond by **Dec. 3rd**.

4. Payment Site: For those needing to pay for rentals/ski passes for the season the Payment site is <https://payit.nelnet.net/form/ozgPfGZj>

Practices this Week:

MONDAY (Running & Strength)

Location: Arena at South Campus

Jog and strength stations inside arena

Start Time: 3:40pm

Finish Time: 5:15pm

TUESDAY (Pole Bounding)

Location: Arena at South Campus

BRING CLASSIC POLES (shorter poles)

Middle school store poles in downstairs ski storage room. Upper school students keep poles in the waxroom and grab them before getting on shuttle.

Option 1: Learning how to pole bound & practice bounding

Option 2: Learning how to pole bound & bounding intervals

Start Time: 3:40pm

Finish Time: 5:15pm-5:30pm

WEDNESDAY (Strength & Running to Lunch)-optional

Location: Arena at South Campus

Bring money for a run to lunch and back to the South Campus

Start Time: Noon

Finish Time: 1:30pm

THURSDAY (Turkey Day!)

Have your own Turkey Trot & run 30-45min on your own

Optional: POST ON GROUP ME A PICTURE OF YOU DOING YOUR OWN TROT!

FRIDAY (Strength Workout on Own-posted on Google Calendar)

Optional: POST ON GROUP ME A PICTURE OF YOU DOING STRENGTH ON YOUR OWN!

SATURDAY (Pole Hiking-Bring Classic Poles)-optional/all welcome

Location: Battlecreek Regional Park

[City of Saint Paul's Battle Creek Recreation Center](#)

75 Winthrop St. South, St. Paul

Start Time: 9:00am

Finish Time: 11:00am

Meet outside the Recreation Center ready for pole hiking.

Bring **CLASSIC poles** and running shoes. Coaches will have extra poles if needed.

Also bring a snack and water bottle.

I hope everyone has a wonderful and peaceful Thanksgiving week with your families.

Thankful for all of you Nordic Redhawks!!