

Irondale Nordic Ski Camp 2025

Ironwood, MI

December 18-20, 2025

Welcome to the Irondale Nordic Ski Holiday Training Trip. We take this trip to 1) give our skiers the opportunity to improve their technique by being coached in small groups, 2) have lots of time on skis at a premier Nordic skiing facility, and 3) get to know their teammates better. Based on other historic trips, we know the results are very positive. Skiers improve tremendously and have a lot of fun. It is, however, a **COMPLETELY VOLUNTARY** trip. There is a maximum number of slots and it is filled first come- first served with your payment.

2025 Ski Camp will be at ABR and Wolverine Ski Trails in Ironwood, Michigan and we will stay at AmericInn hotel. Ironwood is located approximately 4 hours from the Twin Cities. We will get there by charter bus. The coaching staff and adult parent chaperones will be staying at the hotel. Breakfast, lunch and dinner are provided with the exception of lunch on the first day and dinner on the drive home. Parents please help by sending bars, cookies, chili, soup (see web site).

Itinerary:

Dec 18	6:30 am	Leave Irondale
	11:00 am	Arrival at ABR
	12:00 pm	Ski
	5:00 pm	Dinner
	evening	Free time, per coaches instructions
	10:00pm	In own rooms
	10:30pm	Lights out
Dec 19	7:30 am	Breakfast
	8:30am	Depart hotel
	9am	Morning ski @ Wolverine
	12:00 pm	Lunch
	afternoon	Ski
	5:00	Dinner
		evening fun activity
	10:00pm	In own rooms
Dec 20	10:30pm	Lights out
	7:30 a.m	Breakfast + pack your bags for drive home!
	8:30am	Depart hotel - (8:15am load bags under bus!)
	9:00 am	Morning ski @ Wolverine
	12:00 pm	Lunch
	afternoon	Ski
	3:00pm	Load Bus and depart (meal en-route home, bring money)
	8:00 pm	Arrive Irondale

CAMP INFORMATION

Cost: \$190 The cost of the trip includes coach bus transportation, 2 nights lodging, meals, and trail fees. If the fee is an issue, we can discuss a payment plan- talk to Coach Torvi. Team fundraising helps reduce the cost to attend camp.

Breakfast, Lunches, Dinners: Pack your own lunch for day one. Parent chaperones will provide lunches on day 2 and day 3 as well as both supper meals. Breakfast is @ hotel on day 2-3. If you have dietary restrictions, please let us know.

Clothing: **Bring plenty of clothes to layer - plan for all temperatures - it can get real cold.** You'll always want **dry clothes** to change into when you're done skiing. Bringing **more than one ski outfit** is strongly encouraged. Team warm-ups, polypro / long underwear, tights, wind pants, T-shirts, long sleeve T-shirts, sweatshirts, hats, earmuffs, gloves, mittens, boots, shoes, and a **water bottle to ski with!**
Make sure to pack a towel for showering!

Don't forget your ski equipment- sounds silly but it has happened!

Bedding: Bedding provided

Meals/Food: Day one – pack and bring your own lunch for the first day. Parents can volunteer to send bars/cookies/chili/soup to help with the meals. All other meals are included.

Emergency numbers:

AmericInn Ironwood, MI 906-932-7200
Coach Torvi's cell phone, 651-955-6068
Leza Besemann cell phone 612-940-0411

Coaching Staff :

Chris Torvi, Mark Ahlers, Karl Holub, Keith Gilbert, Gary Medin

Chaperones:

Kira and Craig Stolen, Heather and Kent Doncavage, Leza and Dan Besemann

Things to be turned in to Coach Torvi:

Slots are filled on a first come- first serve basis until the bus is full.

- 1 Permission Slip – Due no later than **Friday, December 5**
- 2 Fee (money) check should be payable to the **Irondale Nordic Ski Foundation** and is due with the permission slip on **Friday, December 5**
- 3 Student Athlete Behavior Contract Signed
- 4 Medical Authorization Form Signed

IRONDALE NORDIC SKI CAMP PERMISSION SLIP

(Skier's name)_____ has permission to participate in the
Irondale Ski Camp, Ironwood, MI on December 18-20, 2025

I understand the arrangements for lodging and transportation have been made by the Irondale Nordic Ski Foundation and feel that the necessary precautions and plans for care and supervision of the skiers will be taken. Beyond this we will not hold the Irondale Nordic Ski Foundation or those supervising the trip responsible. We also give the coach/chaperone permission to transport our child for emergency purposes.

Enclosed is my check for \$_____ made payable to the **Irondale Nordic Ski Foundation**.

(Optional) I am also enclosing a donation of \$_____ to the Irondale Nordic Ski Foundation to support this ski trip or other Irondale Nordic Ski Activities or to sponsor a student athlete who might need assistance.

Parent / Guardian _____ Date_____

Emergency Contact _____

Phone # _____

(Name)_____ will be going to Ski Camp

Meals with the team – please check below for any special dietary needs:

_____ Vegetarian

_____ Gluten allergies

_____ Other (please note and food allergies)

Contact Coach Torvi , 651-955-6068 or ctorvi@gmail.com if questions or concerns.

STUDENT ATHLETE BEHAVIOR CONTRACT

I will respect the chaperones, coaching staff, teammates, their property, and the property of AmericInn.

I will abide by appropriate behavior with members of the opposite sex.

I will maintain the resort room and bus in an orderly manner, leaving all in excellent condition.

I will attend and be attentive at all required events.

I will wax skis only in the designated wax area.

I will respect my roommates and their property.

I will be considerate of my roommates' space, items, and wishes.

I will be in my own room at **10pm and lights out at 10:30pm**.

I will not leave AmericInn site without permission or supervision.

I have read and understand these rules to ensure a safe and enjoyable trip for the whole team.

If any of the above expectations are not met, we reserve the right to call a parent to have them come pick you up immediately and at your own expense.

I have read, understood, and agreed to follow these expectations.

Skier's signature _____ Date: _____

I have read and understand the expectations my child will be held responsible for during this trip.

Parent's signature _____ Date: _____