

Highland Park Nordic Ski Team Information

Weekly Schedule posted at <https://sites.google.com/view/highland-park-nordic-ski/>

Coaches:

- **Head Coach / Varsity Coach:** Will Robertson, wpcrobertson@gmail.com
- **JV Coaches:**
 - Gabe Pfeiffer, gpfeiffer99@gmail.com
 - Jaclyne Jandro, jaclyne.jandro@gmail.com
- **Development Squad:**
 - Angie Corbett, angie.corbett@spps.org
 - Abby Boruff, abby.boruff@spps.org
 - Jay Elhardt, rollingbaycyclist@gmail.com
 - Brad Moening, brad.moening@spps.org

Team: We typically have around 120 skiers from grades 7 to 12. Every year we get about 40 brand new skiers.

- Varsity Skiers - roughly 20 skiers - practice six days a week
- JV Skiers - roughly 30 skiers - practice five to six days a week
- Development Squad - roughly 60 skiers - practice at least four days a week. They may ski five days per week.
- [More details on Team Selection](#); [Varsity Tryouts](#)
- [Expectations of Varsity/JV skiers](#)

Philosophy: Our goals are to:

1. Create a competitive environment for skiers to be able to improve as much as possible.
2. Create a positive and fun team environment and enjoy our time skiing with each other.
3. Create lifelong skiers.

Practices

Normally, weekday practices will start around 3:20 PM at the "Ski Shack" (at football stadium). Most practices will be done by 5:20. Dryland training (without snow) – core training, technique, roller-skiing, running, and other activities. Once we get snow, we will ski at the golf course. Varsity/JV skiers will ski Saturdays at a local park depending on conditions and our race schedule. If manmade snow is available and there is no natural snow, varsity may have some afternoon and evening practices at snowmaking venues instead of after-school practice.

Pre Season Conditioning: Show up in shape. Beginners should be able to run 20 minutes. You should be comfortable doing pushups, crunches and bicycles. Varsity Skiers should be able to run 6 miles and rollerski for 120 minutes.

Forms/Fee: Turned into the High School Athletics Office (don't give forms to Middle School AD) before the season starts. No practice until your forms, fees, and physical are turned in. Registration is open as of October 6 for the 2025-26 season: <https://students.arbitersports.com/programs/st-paul-highland-park-senior-high-school-athletic-registration-25-26-winter>. The fee for Nordic Skiing is \$90 (\$40 for free/reduced lunch).

Equipment (Racing Skis, Boots and Poles):

This gets complicated and is a topic for the parent meeting. The skiers will skate and classic ski, but new skiers will start with skate skiing and may not move into classic skiing until year two. Equipment needed:

1. Combination Boots - will work for both skate and classic
2. Two pairs of poles - one short for classic skiing and one pair long for skate skiing
3. Skis - one pair for classic (longer) and one pair for skating (shorter). Skis need to be weight fitted to the skier.

[More Info here](#) - or go to a local ski shop like Finn Sis, BNS, Pioneer Midwest. Note that once you buy new skis, you will need to prep them with wax - there is a method to this. Either pay a store for a hotbox treatment or follow this guide: [How to Glide Wax My New Skis](#)

- **Ski Rentals:** If you can not afford ski equipment, you may rent school ski equipment for \$50. Note that most of our equipment is for beginners and is not suitable for racing at a Varsity level. Skiers who need to rent skis but

expect to compete at a Varsity level should email Coach Will. [Ski Rental Form](#)

Ski waxing: At a minimum, skis need to be waxed a handful of times throughout the season to maintain glide. More advanced skiers will wax skis every couple of uses to optimize them for the current conditions. The team teaches skiers how to wax, and will provide opportunities and equipment for beginners to wax during practice. Varsity/JV skiers should learn how to wax, own a common set of glide waxes, and be able to do so on their own. Coaches may wax skis for skiers at championship meets.

Meets: Vary between classic and skate style, as noted on the schedule. Races will generally start as close to 3:45 as possible and end around 5:00. We bus to and from meets. Varsity starts in waves with a 4213 format for seeding.

Ski Passes: There are three ski passes that cover most of the metro area. Note that students do not need a ski pass to participate in a meet at any of the below venues, but will need them to practice. Some details below:

- **St. Paul/Ramsey County Passes:** Provided by the school to all registered Nordic Skiers. St. Paul/Ramsey County Passes will allow you to ski at Battle Creek (snowmaking), Highland 9 and 18 Golf Courses (where we'll practice most days once there is natural snow), Como Golf Course, and Phalen Golf Course.
- **Theodore Wirth Passes:** Theodore Wirth Park in Minneapolis has snowmaking capabilities and offers a season pass at a discount to high school athletes (\$70). Varsity/JV and any Dev Squad hoping to make the mid-season jump to JV will want a ski pass for Theodore Wirth. We will have a code that will allow you to buy a Wirth season pass at a discount. Details will be posted to the website once they are available for purchase.
- **Three Rivers Passes:** There will be an option for students to purchase a [Three Rivers Parks](#) ski pass at a discounted rate (\$45 this year), but it will be optional. Three Rivers covers Hyland Lake Park Reserve and Elm Creek Park Reserve (both snowmaking venues) in addition to several other natural snow ski areas (see above link). We will generally not plan to host practices at Three Rivers venues unless necessitated by lack of snow.

Attendance at Practice: You are expected at practice every day there is practice scheduled. If you have to miss practice - email your coach and cc your parents.

Maplelag: We will make an annual two-night overnight trip to the Maplelag Ski Resort. This year we are going Dec 12-14. Information will be posted on the webpage page. Students will miss a day of class (Dec 12).

Skiing in Cold Weather: A popular topic. The Minnesota State High School League provides [competition guidelines](#) for racing. The competition cutoff is a temperature at or below -4F or -40F windchill. No practice if the temperature is below -20F. If you dress appropriately you can comfortably train in -10F weather all day long. We practice in cold weather - bring appropriate gear or get sent home (hats/gloves required when snow is on the ground)

Skier Priorities - Health, Family, School, Skiing, Everything Else (in that order)

Lettering Criteria:

- Average top 10 skiers throughout the season and/or finished the season on Varsity.
- 3+ years as dedicated Senior and on JV
- Top 5 at JV conference overall or consistent top 5 JV performance throughout the season

Conference: Highland skis with the Twin Cities Nordic Ski Conference: HP, Central, Como, Westonka, Lake City, Parnassus, Cooper, Visitation, Holy Family, Avalon/Great River



Team Website



Ski Rental Form