

## Information for 2024 -25 Season

Parent night information meeting: In the cafeteria Monday November 4th, 6:00pm.

- [Team website](#) for all in-season information, announcements, workouts etc (bookmark on every computer, phone, device you have!)
  - Parent info slideshow: [tinyurl.com/nordicinfo](https://tinyurl.com/nordicinfo)
  - [Join Nordic Skiing](#) flier (more condensed information)
  - New athletes: Team contact list: [Complete information here](#)
  - Team Remind notifications Text '@blainenord' to 81010 to receive team updates
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- Team procedures: Waxing before practice, off-site practice, gear storage, meet days
    - Minimum physical requirement assessment at the end of the second week: One continuous lap of the field without walking, 20 situps, 5 pushups
    - Winter rules - hats a must, headband at least to cover ears, any signs of frostbite you're done for the day... (think this has only happened once), ski buff to cover face / cheeks, wear layers of clothing, long underwear, wind briefs for boys. Should have an outer layer that blocks the wind, not skiing in hooded sweatshirts, etc.
    - Parents and what to expect for the meet - hoof in it through the snow to the start (they need boots), LOTS of standing around in the cold (they need warm jackets) (hand and foot warmers), lots of fun talking with the other parents bring cameras.
    - Snacks and water for after school and/or practice (we burn calories)
    - Water pack...practically mandatory, watch
    - May need dry change of clothing after practice (we sweat then get cold)
  - [Lettering](#)
  - Gear—ski swaps in the fall at Pioneer Midwest, Mora and the MYSL ski swap Fort Snelling base camp
    - [Click here for our team equipment buying guide document.](#)
    - Limited school skis for rent, priority for first year skiers
  - Introduce Captains
  - Introduce Booster club and call for student volunteers.
    - Volunteers needed
  - Pioneer Midwest presentation
  - Online team photos: upload photos to [our current year album](#)

For younger siblings interested in skiing (ages 4 and up): Bunker Hills SkiSparks program

Registration for Bunker Hills SkiSparks is open

at [www.mysl.org](http://www.mysl.org)

Click "Register Today" to complete your club registration.



# Blaine Nordic 2025-26

**\*\*First meet will be 'skate' and then we will alternate between classic and skate technique in weekly races\*\***

**Dates in gray below are from the previous season to give an idea of an approximate schedule**

**Possible travel meet: January 1st 2026 in Duluth at Stella Maris Academy**

Date	Event	Info	Time	Location
Mon Nov 4th	Team Meeting	Important beginning of season information for all athletes and parents	6-8pm	BHS Cafeteria
Tuesday, November 26th	5k	No school for students. Bus departs BHS at 1:45.	3:30pm	Elm Creek
Tuesday, December 3rd	5k	Dismiss at 1:30pm. Bus departs BHS at 1:45. Pickup at RMS, NMS	3:30pm	Elm Creek
Dec 5th – 7th	Team Trip/Scrimmage	Depart from BHS at 3:30pm Thurs, Return Saturday late afternoon		Drumming Woods, Cable, Wisconsin
Wednesday, December 11th	5k	Dismiss at 1:30pm. Bus departs BHS at 1:45. Pickup at RMS, NMS	3:30pm	Elm Creek
Wednesday, December 18th	Sprint Relays	Dismiss at 1:15pm. Bus departs BHS at 1:30. Pickup at RMS, NMS	3:30pm	Elm Creek
Thursday, January 2nd	5k	Dismiss at 1:30pm. Bus departs BHS at 1:45. Pickup at RMS, NMS	3:30pm	Woodland Hills (Elm Creek as varsity only backup if no snow)
Thursday, January 9th	Sprint Relays	Dismiss at 1:30pm. Bus departs BHS at 1:45. Pickup at RMS, NMS	3:30pm	Elm Creek
Tuesday, January 14th	5k Pursuit Day 1	Dismiss at 1:30pm. Bus departs BHS at 1:45. Pickup at RMS, NMS	3:30pm	Elm Creek
Saturday, January 18th	ABC Relays	Bus departs 7 a.m. from BHS 10am boys 11:30 girls Estimated back to BHS by 3:00pm	9:00am	Mora Vasaloppet Center
Tuesday, January 21st	5k Pursuit Day 2	Dismiss at 1:30pm. Bus departs BHS at 1:45. Pickup at RMS, NMS	3:30pm	Elm Creek
Monday, January 27th	Conference Championship	<i>Bus departs BHS at 6 a.m.</i> <i>All Day Meet for Varsity skiers</i> 6 pursuit skiers, 4 relay skiers Classic 5k, Relay, Skate 5k Pursuit All Conference: Top 30 pursuit skiers and top 3 relays	9am–5:30pm	Hyland Park
Wednesday, January 29th	JV Conference Meet	Dismiss at 1:30pm. Bus departs BHS at 1:45. Pickup at RMS, NMS	3:30pm	Elm Creek
Wednesday, February 5th	Section Championship	<i>Bus departs BHS at 6 a.m.</i>	9:00am to 4:00pm	Theodore Wirth
Monday, February 10th	JV Fun Meet **costumes recommended 😊	<i>Bus departs BHS at 1:45.</i> <i>Pickup at RMS, NMS</i>	4:00pm	Elm Creek

Wednesday/Thursday, February 12th and 13th	State Meet	<u>Schedule</u>		Giants Ridge, Biwabik, MN
TBD	End of Season Banquet			TBD

**Text '@blainenord' to 81010 to receive team updates**

To subscribe or for more current updates visit <http://goo.gl/8xVblY>

## Ski Equipment Checklist

**REQUIRED: Label all Ski gear with your name**

### Ski Gear

- ☐ Boots - Everyone should use NNN Binding (Athletes Can Swap Skis)
  - ☐ Beginners may use one-pair: "Combi-boots"
  - ☐ Others should have one pair for Skate skiing and one pair for Classic skiing
- ☐ Poles - Everyone needs two pairs - Skate Pair and Classic Pair
  - ☐ Varsity Skiers - Classic poles **MUST** be 83% of your height
- ☐ Skis - Everyone needs two pairs - Skate Pair and Classic Pair
  - ☐ Beginners: Recommend "Skin-Skis" for the classic skis
- ☐ Ski Bag - With your name in LARGE letters on the outside.
- ☐ Kick wax for classic skis that need to have kick wax applied (skin skis do not need kick wax)

### Ski Clothing: Avoid cotton materials

- ☐ Headware
  - ☐ Winter Hat (not baseball cap)
  - ☐ Headband must at least cover ears
  - ☐ Ski buff to cover face / cheeks
  - ☐ Helmet for rollerblading / rollerskiing is **REQUIRED**, no exceptions
- ☐ Upper Body
  - ☐ Workout shirts and jackets - NOT school clothes, not skiing in hooded sweatshirts, etc.
  - ☐ Wear Layers: Long underwear, t-shirts, etc. - outer layer that blocks the wind
  - ☐ Warm Gloves
- ☐ Lower Body
  - ☐ Wear Layers: Long underwear, workout pants (wind blocking but breathable)
  - ☐ Boys: Wind Briefs
- ☐ Footware
  - ☐ Warm Socks - Not cotton (Cotton is Rotten)
  - ☐ Running shoes
- ☐ Miscellaneous
  - ☐ Goggles / glasses for snowy practices and races
  - ☐ Watch (preferable a GPS but not required)
  - ☐ Make sure you're back to the bus in time
  - ☐ Track time/distance during workouts
  - ☐ Water pack...practically mandatory
  - ☐ Apparel – Borah outerwear (Go to Borah for team hat, buffs and ski jacket. )
  - ☐ Additional apparel order coordinated by captains

**Basic ski equipment needed:** a pair of Combi boots, a pair of classic skis (no waxless / fishscale skis) , a pair of skate skis, and poles (pole length should come up to chin or upper lip). For varsity skiers your classic ski pole length needs to be 83% of your height (about the top of your shoulder when the tip rests on snow and you are in ski boots not on skis). Need to make sure boots and ski bindings are compatible (NNN preferred binding type). Visit Pioneer Midwest, Finn Sisu, Hoigaards, Joe's and tell them you are on the Blaine Nordic Ski Team for a high school discount.

[Click here for our team equipment buying guide document.](#)

[Team gear exchange site](#) (district login required for viewing/commenting)

## School Skis

School skis are available on a limited basis to help with the financial burden of starting our sport. Priority will be given to first year skiers. Skiers need to get their own boots and ski poles. Check with coaches on what style of boot to buy to be sure we have a set of skis that will be compatible.

If you will be on the team for your second season and there are skis left for rent can use a pair of school skis as your second pair of skis—expectation is that you have a pair of your own as well (classic or skate).

If you have been on the team for 3 or more seasons you are expected to have your own ski gear.

*\*If school rental skis are lost or damaged the replacement cost is \$250.*

## Team Apparel Order

TBD

## Team Carbo loads and Snacks

Signup to host a team carbo load

Signup to provide a meet day snack

## Practice Information:

Have running shoes and indoor workout clothes available for all practices in addition to outer wear for outside portions of a workout. Rollerski tips on poles are highly recommended.

Practices are required and take priority over other activities. Missing practice will count against your chance at lettering this season.

## Ski Swap

[Skinnyski.com](http://www.skinnyski.com) list of all swaps and sales: <http://www.skinnyski.com/gear/sales.asp>

[MYSL Annual Ski Swap and Expo](#) Click on the link and checkout the “how to buy” section.

## YouTube Nordic Skiing Technique Videos

All of these are under the search “xczone tv”

\*Ski Skating, One Skate Double Pole - V2 <http://www.youtube.com/watch?v=HksXxzH55pw>

\*Ski Skating, Offset V1: <http://www.youtube.com/watch?v=dyuYflyZta4>

\*Double Poling: <http://www.youtube.com/watch?v=bUIRz0oebvI>

\*Ski Skating, V2 alternate: [http://www.youtube.com/watch?v=PmR5WXd\\_F8I](http://www.youtube.com/watch?v=PmR5WXd_F8I)

\*Classical Style, Diagonal Stride: <http://www.youtube.com/watch?v=qXk0vo2HsbA>

# BHS NORDIC/CROSS-COUNTRY SKI TEAM

Our **season** runs from early November until late January/early February. We are a co-ed team of 7th through 12th grade students who practice together. Girls and boys will compete separately on the same meet days.

**Practices** start with “dry land training” which means stretching, running or rollerblading/rollerskiing for endurance, weight training exercises, bounding with poles, and learning ski postures and techniques. All of these things help the athlete prepare for the snow, whenever it comes. This sport requires **flexibility** because we are so dependent on the weather. The Minnesota State High School League sets minimum guidelines for temperature and wind chills for meets. We ski unless it is **very** cold! Various parks and golf courses may monitor when snow conditions are appropriate for skiing. Many canceled meets are not rescheduled. Each season is different, but practice will be held outside as often as possible. As the skiers adjust to the cold and learn to tuck and glide, **nordic skiing becomes a thrilling sport!**

Once snow starts to accumulate, practice on skis starts. Practice starts at 3:15 and runs until near dark (approximately 5:00). Some practices may be held at off-site locations and we may not get back to BHS until closer to 6:00 p.m. Waxing time for skis at home is also necessary about once a week. In order to take full advantage of the snow once we get it, there will be some practices during school breaks and possibly on Saturdays.

**Meets** are held mostly in the metro area at approximately 3:30/3:45 until dark on weekdays. The conference and section meet is held at Theodore Wirth Park, and is raced by the top seven boys and seven girls (although others can come along to cheer and support), with qualifiers going on to State. The state meet is held at **Giant's Ridge** Ski Resort near Hibbing in February. We travel by school bus. The **varsity team roster** is based on the previous race's times and the number of varsity skiers allowed at that particular race (usually 7-12). Most meets allow all other skiers to enter the JV race. There's no bench during OUR season!

Both classic and skate (freestyle) skiing are used during the season, which means two pairs of **skies and poles** for each skier. Athletes are responsible for getting their own equipment--check the local ski swaps for the most affordable option for getting set with your gear. We will hold a **waxing** clinic early in the season to teach the correct process. Patience and care are required due to the size, maintenance and frequent transportation of equipment. **Approximate season expenses** include: school athletic fees, combi ski boots (up to \$160 new, or watch for used - good with both sets of skis), skis and poles (app. \$300 to purchase, less to rent), waxes (\$60 bought mostly in bulk, some of these last several seasons), and possible trail fees (\$5-\$8/day) along with a season pass option for Elm Creek. Optionals: team clothing (ordered in November) and team photos (taken near the end of the season).

Racing **uniforms** will be issued to all skiers. **Warm layers** recommended for the season: warm socks, winter boots and liners, several thermal tops and bottoms, lined wind pants/ waterproof snow pants, sweatshirts or vests, a windbreaker or light jacket, a warm jacket, warm but flexible gloves or mittens, hat/headband/earmuffs and face mask. These don't need to be fancy - just functional! (Start by looking in your closet!) While active, the athlete stays much warmer than before and after running or skiing. Each one will find their own comfort levels in various temperatures. Layers allow for flexibility with our ever-changing weather. Clothing next to the skin should be polypropylene or other fabrics that wick away moisture - **NOT COTTON.**

**Parents** are invited to be involved in a number of ways – providing food for carbo loads, sending snacks on a race days, helping with timing, taking photos/videos (upload photos to [our google photo album](#)), dressing warmly and cheering loudly, etc. A calendar will be handed out with as many dates as we can predict. Please

be flexible and aware of updates which will be announced at practice and publicized through email. Those who attend meets enjoy the fun group of skiers, get to be involved with their young adult, and learn to appreciate the excitement of the event, other parents, and even the snow!

**Please feel free to contact Coach Andy Schwen with any questions.**

Email (preferred): [andrew.schwen@ahschools.us](mailto:andrew.schwen@ahschools.us)

*BHS Athletic Secretary: 763-506-6706*

***THINK SNOW!!!***

# Blaine High School Nordic Skiing Lettering Policy

YOU are in charge of documenting this, totaling your points and turning it in to Coach Schwen by the end of January. *All section team members will be automatic letter winners and do not need to complete this process.*

To earn a letter this season you must earn a **total of 30 points** from the following categories:

## **Perfect Attendance**

Since the only way to become a better skier is with practice, this category holds a lot of weight in the total. Whether excused or not, the only way to earn a point for a week is to have *perfect* attendance.

*1 point per week*

*Total possible points: 15*

## **Top 7 finisher**

You can earn points for each *varsity* race in which you are a top 25% finisher.

*2 points per meet*

*Total possible points: 18*

## **Section varsity meet team member**

*15 points*

## **Met individual fundraiser goal**

*10 points*

## **Quality and extra effort**

You help the team become strong by becoming a stronger, more experienced skier. *This section should be tracked in a training log and turned in at the end of the season, signed by a parent.*

- ☐ **2+ hour long easy ski on weekend:** *Need either GPS data or detailed workout journal (location, date, description of what you focused on)*
- ☐ **Setup a wax station at home:** *To invest in the lifelong aspect of this sport, learning to wax your own skis is critical. Search online for ideas on how to setup your own wax station at home. Need a picture you waxing your skis on your final product.*
- ☐ **Host a team wax party:** *If you have a wax setup at home, consider hosting a small group of skiers over for waxing skis prior to a meet. Need a picture of those in attendance.*

*1 point per entry*

*Maximum allowed: 15*

## **Coach considerations**

Should you fall short of the minimum points for whatever reason, the coaches reserve the right to award additional points based on perceived team participation related to positive attitude, effort, hard work and team leadership.