

Good Morning Nordic Skiers & Families!

Week FIVE and we are getting on SNOW AGAIN THIS WEEK!

With buses, changes always happen, so PLEASE stay informed on all things MA Nordic on Groupme [HERE](#). Always bring running shoes to practice in case buses cancel.

Parents: if you plan on picking up your skier at Theodore Wirth (Monday) or Battlecreek (Tues/Thurs), please communicate this to a coach in advance.

1. Payment Site: We have purchased annual passes but there are still some outstanding pass fees. If you haven't already, please visit our payment site to pay for your skier's Activity Fee and Passes Fee. If you need to pay for rentals at a different time, no problem! I will not allow cost to be a barrier for anyone, so please reach out to me if financial assistance is needed. Payment site is <https://payit.nelnet.net/form/ozgPfGZj>

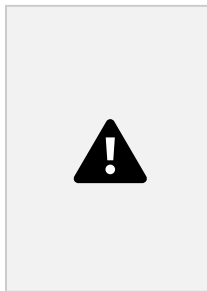
2. Payment Site for Sweatshirts/Sweatpant/Gear:

If you would like to purchase a sweatshirt/pants/gear, go to the same payment site as above which has all the items listed. Please order sweatshirts/pants **TODAY!** Payment site is <https://payit.nelnet.net/form/ozgPfGZj>

Headband:



Sweatshirt Logo on BLACK Sweatshirt/pants:



Wool Hat (for parents)-skier hat in the works!



3. 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](#).

4. Adventurous Christians Training Camp: There are still spots available for our **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 **TODAY. Those signed up now are:** Issac A, Navarre, Clara, Allie, John O, Greta L, Jack C, Charlie S, Charlie P, Lucy A, Emmett, Henry O, Robert W, Abe, Ellis, Phelan, Wyatt, Jonette, Theodora, Katie Jane, Clara, Makai.

5. Photos of our Season: Feel free to add photos throughout the season. Photos [HERE](#).

Practices this Week:

MONDAY (Skate or Classic Skiing at Theodore Wirth)

Location: Theodore Wirth Trailhead

1221 Theodore Wirth Pkwy, Minneapolis, MN 55422

Bus picks up at NORTH Campus: LEAVES @ 3:20pm

Bus comes to SOUTH: LEAVES @ 3:30pm

We will transport skiers back to **BOTH** Campuses after practice. Skiers do not need to bring their school supplies on the bus unless they are getting picked up at practice.

Finish Time: 5:30pm at Theodore Wirth

Return Skiers to North then South by approx. 6pm-6:15pm

(If picking up your skier @ Theodore Wirth-please let me know via email or groupme)

TUESDAY (SKATE or CLASSIC Skiing @ Battlecreek)

(always have both sets of skis)

Bus picks up at NORTH Campus: LEAVES @ 3:20pm

Bus comes to SOUTH: LEAVES @ 3:30pm

We will transport skiers back to **BOTH** Campuses after practice. Skiers do not need to bring their school supplies on the bus unless they are getting picked up at practice.

Finish Time: 5:30pm at Battlecreek

Return Skiers to North then South by approx. 6pm-6:15pm

(If picking up your skier @ Battlecreek-please let me know via email or groupme)

WEDNESDAY (Running & Strength/Erg)

Location: Arena at South Campus

Jog outside and strength stations inside arena/weight room

Start Time: 3:40pm

Finish Time: 5:15pm

THURSDAY (SKATE or CLASSIC Skiing @ Battlecreek)

(always have both sets of skis)

Bus picks up at NORTH Campus: LEAVES @ 3:20pm

Bus comes to SOUTH: LEAVES @ 3:30pm

We will transport skiers back to **BOTH** Campuses after practice. Skiers do not need to bring their school supplies on the bus unless they are getting picked up at practice.

Finish Time: 5:30pm at Battlecreek

Return Skiers to North then South by approx. 6pm-6:15pm

(If picking up your skier @ Battlecreek-please let me know via email or groupme)

FRIDAY (Running & Strength/Erg)

Location: Arena at South Campus

Jog and strength stations inside arena/weight room

Start Time: 3:40pm

Finish Time: 5:30pm

SATURDAY (Skiing at Theodore Wirth)

Location: Theodore Wirth Trailhead

1221 Theodore Wirth Pkwy, Minneapolis, MN 55422

Start Time: 9:00am

Finish Time: 11:00am

Bring a snack and water bottle.

THINK SNOW AND COLD!