

Good morning Nordic Redhawks!

Our season is almost here! More important info for you to read before our first day of practice on **Monday, November 13th @ South Campus at 3:45pm.** Skiers are to get dressed in the locker rooms at South Campus or change before arriving. Dress for running **OUTSIDE**, and then go to the **ARENA** by 3:45pm.

## Important things to Know

### 1. Beginning of the Season & Practice Schedule

#### a. First practices dates and location

Our dry land training in November will be held at the **South campus** starting on **November 13th. MEET IN THE ARENA at 3:45pm. Practice is over anywhere between**

**5:00pm-5:30pm.** The practice schedule I send out each week will indicate the end of practice time. What is dryland training? We run, run stairs, run/walk up hills and do various strength exercises in different groups. **RUNNING SHOES NEEDED for practice until snow arrives!**

**PRACTICE DAYS:** Practice is **Monday, Tuesday, and Thursday** for Middle School skiers and **Monday-Friday** and **Saturday for Varsity/JV skiers!** Saturday mornings are great for a nice long hike or ski in the woods, but will also be used for more intense workouts. Middle school and new skiers can practice as little as two days a week or come everyday! Try it out and see how you like it.

**There will be changes due to weather throughout the season, so stay informed:**

#### **Communication:**

a. website: <https://sites.google.com/minnehahaacademy.net/nordicskiing>

b. groupme app which I will use for schedule changes, day of information, and estimated return times from practice. If you have general questions, feel free to post them on groupme. Parents are the experts too! Sign up [HERE](#).

## **2. Dry Land Practice & How to get to Practice (first few weeks until there is SNOW):**

**a. Upper school students:** Upper school students will take the shuttle bus to South after school or drive themselves to South campus. Those who are driving themselves, please get ready at North Campus. Those taking the shuttle can get dressed in the downstairs locker rooms. **Upper school skiers cannot drive into the parking lot until 3:30pm.** .

**b. Middle school students:** Middle school students will change in the locker rooms after school. Meeting location will be posted in weekly Sunday email. Practice starts at **3:45pm**.

**Skiers may keep backpacks/gear in Ms. Guild's classroom (Room 117) if needed.**

## **3. Nordic season kick-off/social gathering for everyone (BRING CLOTHES/GEAR YOU HAVE GROWN OUT OF)**

After practice on Monday, please come to the **South Campus** for a one hour (5:30-6:30pm) Social/Info Session for all skiers and their families. The social provides an opportunity for new families to ask questions of returning families, meet coaches, and hear about other important Nordic information. Cider and cookies provided. Skiers will have practice until 5pm and then meet their family in the Chapel after practice. Please bring any old ski clothes that don't fit you anymore (hats, gloves, buffs, ski clothes) for our **FREE Table** at the Social.

## **4. Races & Key Dates:**

**First Day of Nordic Season:** Monday, November 13th @ 3:45pm (South Campus for dry land training)

**Nordic Kick Off at South Campus Chapel:** Monday, November 13th (**5:30pm-6:30pm right after our first practice**).

**Work Weekend at Adventurous Christians north of Grand Marais:** Friday Nov. 17th-19th (leave after school). **If interested, include name [HERE](#).**

-Meals and lodging provided as we help AC prepare for the winter groups-work weekend available for 9th-12th grade skiers only. Adult chaperones will be needed)

**AC Trip:** Dec. 27th-30th (for 9th-12th grade skiers). Drivers and chaperones will be needed.

**Mesabi Trip:** Jan 5th-7th (top 10 skiers with some available spots for those interested in seeing the biggest high school race in the country!)

**Conference Championships (top 12):** Wednesday, Jan. 31st @ Wirth

**Sections (top 7):** Tuesday, February 6th @ Battlecreek

**JV Conference Championships (everyone participates except top 12):** Friday, Feb. 9th  
All other season races on Google calendar on the website.

## **5. Practice on Snow & How We Get There**

Skiers will either take a bus to a ski location (Theodore Wirth, Battle Creek Park in St. Paul, Hiawatha Golf Course) or ski on the football/soccer fields at either North or South Campus. Typical Schedule for Busing to a location:

- Upper school skiers get dressed and picked up at North 3:30pm by bus/trailer (skis/gear kept in wax room during the day).
- Then bus drives to middle school
- Middle school skiers get dressed in locker room and load onto the bus (with upper school skiers) by 3:40pm
- Bus drives to the ski location & practice begins with coaches (Middle school skis/gear kept in the downstairs ski room during the day).
- Skiers load bus after practice (skiers may be picked up at ski location and not ride the bus back to school-parents must communicate this to coaches prior to practice)
- Coaches send a message on groupme to tell families the estimated time to arrive at North and South campuses.

## 6. Nordic Equipment Renting:

- a. If you need equipment from an entire package of skis to a few items, you can rent from MA!

**To rent MA equipment, please sign up on this form [HERE](#).**

We will add more dates and times as we fill up. Fitting happens at the **NORTH Campus Wax Room A2**. Park in the back school parking lot next to the far north corner by the soccer field. If you have equipment you would like to check to see if it still fits, feel free to bring that in during your fitting! After you are fitted with equipment, you will receive a receipt which you will use to pay online.

For those of you new to Nordic skiing, there are 2 styles of skiing and 2 different types of equipment: classic and skate. Sixth graders only classic ski. Cost to rent equipment for the season:

- A La Carte Rental: Skis-\$40, Boots-\$60, Poles-\$20
- Classic ski package-\$80
- Skate ski package-\$80

## 7. Ski Swaps

**Pioneer Midwest [HERE](#).**

**Gear West [HERE](#).**

**MYSL (Minnesota Youth Ski League) [HERE](#)**

## **8. Costs**

It is important that any MA student be able to participate in Nordic and not be limited due to cost. Please let me know if cost is a barrier as scholarship opportunities are available. Costs for the season include:

- Athletic Fee/Ski Passes Fee for 7th graders and older-\$130 (correct amount)
- Athletic Fee/Ski Passes Fee for 6th grader-\$110
- Renting-see above

**It's going to be a great season together, Nordic Redhawks!!**