



# ISD 196 NORDIC SKI TEAM ORIENTATION MEETING

# INTRODUCTIONS & COACHING PHILOSOPHY

- Introductions
  - Coaches
  - Captains
- Our coaching & program philosophy
  - Have fun
  - Focus on *process* over product/results
  - Have more fun
  - Skiing as a life-long sport
  - Have even more fun
  - Develop positive connections with teammates from across the district





# TEAMS

- ISD 196 Nordic Ski Teams

- Boys:

- Eagan H.S.
- Eastview/Rosemount/Apple Valley H.S. Co-Op

- Girls

- Eagan H.S.
- Eastview/Rosemount/Apple Valley H.S. Co-Op



# OTHER SOUTH SUBURBAN CONFERENCE TEAMS

- Prior Lake
- Lakeville North & South Co-Op
- Burnsville & Shakopee Co-Op
- Northfield
- Eagan
- ISD 196
- Other teams who will compete with us
  - Winona (Most meets)
  - Scott – West (Several meets)





# FORMAT OF HIGH SCHOOL NORDIC SKI RACING

- **Two Techniques (video)**

- Classic <https://youtu.be/TNBkeAQZCaI?si=S-jYZNAPvgIgb6oN>
- Freestyle <https://youtu.be/pbPRpE--Lro?si=rKgitZj-7-FDpzYv>

- **Several Race Types**

- Classic & Skate Distance – 5 km
- Individual Sprints
- Team Sprint
  - Sprint Races are 1-1.5 km
  - Sprint entail individual qualifier and multiple skier heats



# PRIOR TO START OF THE SEASON

- Complete
  - School Athletic Registration Forms (My Payment Plus)
  - MSHSL eligibility form
  - Physical - New to high school sports or have not had a physical in 3 years
  - Sign up for booster club (This is different than signing up for an athletic activity through you school)
- Sign up for Equipment Rental





# EQUIPMENT

Freestyle/Skate

- Skis (waxable only)
  - Freestyle
  - Classic
- Skis are fit by their flex which is determined by skier weight
- Racing skis are different than touring skis. The latter cannot be effectively used for racing
- Price range: \$100-\$900



Classic

# EQUIPMENT

- Boots

- Freestyle

- Classic

- **Combi/Pursuit**

(This is what new skiers should purchase)



Freestyle



Classic



Combi/Pursuit



# EQUIPMENT

- Poles

- Classic Fit to top of Shoulder
- Freestyle/Skate Fit to Mouth

All skiers need to purchase 2 sets of poles.

- Classic poles should extend to the top of the shoulder
- Skate poles to the upper lip
- All poles purchased should have racing style straps
- All poles should have some carbon content
  - Aluminum touring poles are cheaper but last a few practices and are typically bent and useless after that. Please do not purchase them

Classic



Freestyle/Skate



# OTHER EQUIPMENT

- *Hat (light wool)*
- *Cross Country Ski Gloves/Lobster Mitts/Mittens*
  - *Neither Alpine (too warm) nor regular gloves (with get shredded from friction with strap) are appropriate*
- *Thermal underwear (top and bottom).*
- *Wind briefs (especially for the boys)*
- *Polar Fleece top (for really cold days)*
- T-Neck
- Warm-ups (these can be inexpensive jogging warm ups)
- Medium Weight Wool blend socks
- Buff(s) Several
- Eye Protection (inexpensive sun glasses)
- Skin Protection (Vaseline, Dermatone, Sun Block)





# WHERE TO PURCHASE

- **Finn – Sisu Ski Shop**

- 2436 Larpenteur Avenue West
- Lauderdale, MN 55113 - Just north of St. Paul off HW 280)
- 651-645-2443
- (Request that your skis be fit by Devon, Armand, Tom, or Greg)
- <https://finnsisu.com/>

- **Gear West Ski & Run**

- *1786 W Wayzata Blvd, Suite B*
- *Long Lake, MN 55356*
- [952-473-0377](tel:952-473-0377)
- <https://gearwest.com/sports/nordic/>

## **Pioneer Midwest**

415 County Road 81, Osseo, MN 55369

763-420-8981

[info@pioneermidwest.com](mailto:info@pioneermidwest.com)



# EQUIPMENT PURCHASE

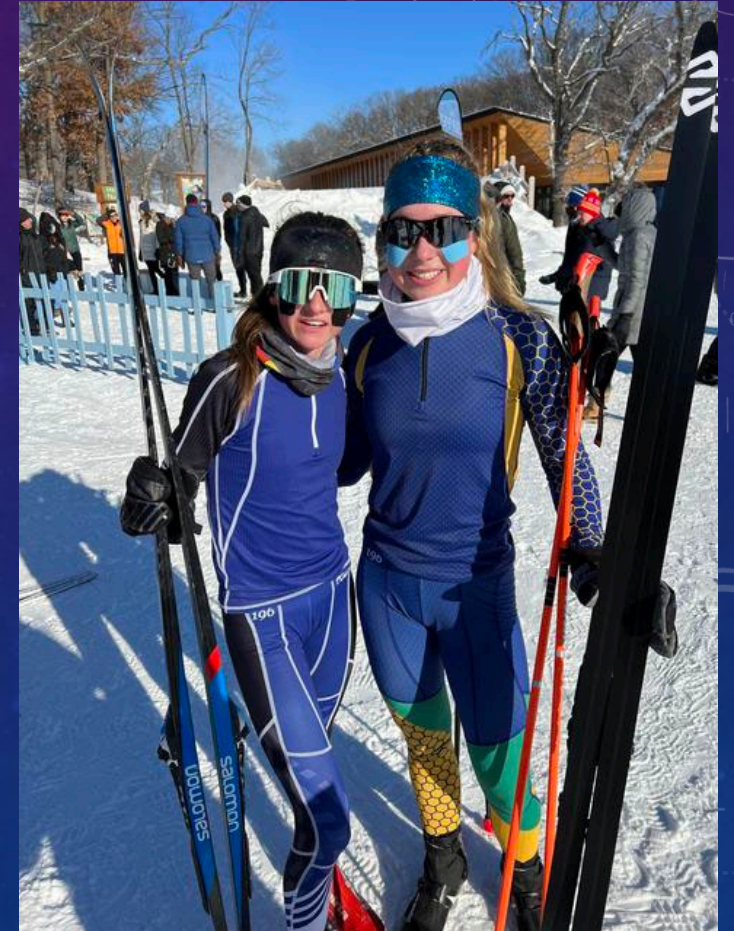
- All skiers are responsible for having their own boots (typically combi boots for new skiers) and two sets of ski poles (classic and skate)
- Skis for new skiers are typically rented the booster club for the first several years @ \$75/year.
- Coach Abery has set up several nights where he will meet skiers and parents interested in purchasing new equipment at Finn Sisu Ski Shop. At that time...
  - He will walk you through the equipment selection process
  - Make sure you have equipment that fits
  - Ensure that you (and your parents) purchase only those items you really need
- Signup on the team website





# SKI RENTAL PROGRAM

- New skiers are encouraged to ***NOT purchase skis*** their first year or two in the program
- Reasons:
  - You might not like the sport (We know that's difficult to believe but???)
  - You are probably still growing and skis are fit by weight. We don't want out athletes having to purchase new skis every year
- We recommend the team's ***Ski Rental Program for first and second year skiers***



# SKI RENTAL PROGRAM

- All skiers/parents interested in the ski rental program need to sign up either at orientation or through the website
- Ski rentals are fit by Coaches during the first weeks of the season based on an order determined by lottery.
- Preference is as follows
  - 1<sup>st</sup> year skiers: We guarantee everyone one set of classic and one set of freestyle skis
  - 2nd year skiers: We will provide one set of skis, You should plan of purchasing one set
  - 3<sup>rd</sup> Year plus: We expect you to own your own skis.
- Cost: \$75.00 for two pairs of skis. Payable through booster club
- Skiers are responsible for the replacement cost of all lost equipment as well as broken equipment if the damage was a result of misuse





# SEASON & PRACTICES

- November 13<sup>th</sup> to February 16<sup>th</sup> (with or without snow)
- **Varsity:** Mon. thru Sat. M-F 3:15 - 5:00 PM (or until dark); Sat, 9:00-11:00 AM
- **Junior Varsity:** Monday thru Friday from 3:15 - 5:00; Saturday optional
- **Middle School Students:** 3 days/week (or more if personally desired) 3:30 – 5:00 PM
- IMPT NOTE: ISD 196 does **NOT** provide transportation to practices
  - Transport is via car pooling or parents drop off and pick up
  - Extremely important that pick-up occurs **on time**



# PRACTICE & RACE LOCATIONS

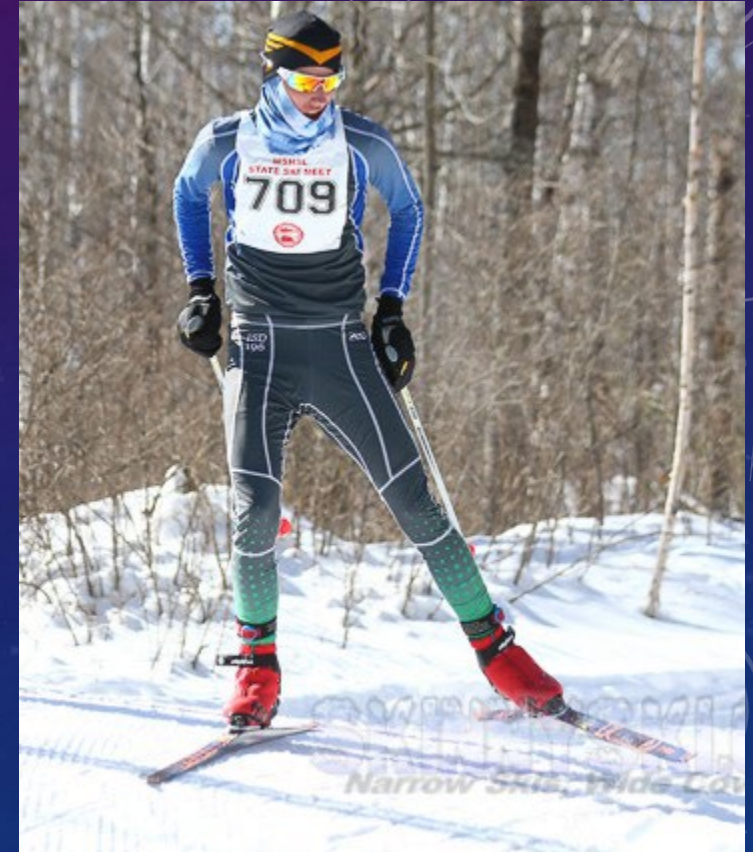
- Practice
  - **Lebanon Hills** – Holland or Schultz Trailheads for Dryland Training
  - **Valleywood Golf Course** – On Snow and Some Dryland training
  - **Hyland Recreation Area** – For early season and poor snow season practices
- Race
  - Hyland Recreation Area (Bloomington)
  - Murphy-Hannrahan Park (Savage)
  - Wirth Park (Minneapolis)
  - Battle Creek Park (St. Paul)
  - **Valleywood G.C.**





# PRACTICE REQUIREMENTS

- High School Athletes
  - Expected attendance Mon-Fri 5 days/week 3:15-5:00 PM
  - Varsity requires 6-days per week
- Middle School Athletes
  - 3 days/week 3:30-5:00 PM
  - Days arranged with head coach
- Ready to begin on time
- ***Coach Abery*** must be notified via e-mail by athlete or parent when practice is going to be missed
  - Extensive unexcused missed practices will result in skiers being asked to leave team



# ILLNESS PROTOCOLS @ PRACTICES

- Skiers are much safer if they have the most recent vaccination boosters which provide much better protection from recent COVID variants
- If a skier is feeling ill, ***PLEASE do not come to*** practice if illness is in question
- **HOWEVER...** We do practice on cold days. Keeping an athlete home because it 10-15 degrees or colder is not a good practice if the athlete is healthy. Low temperatures ***do not lead to illness*** if athletes are properly dressed





# HEALTH CONDITIONS & DISABILITIES

- Nordic skiing is open to **EVERYONE**.
  - We therefore have students with both ongoing health conditions and disabilities on the team
- If your student experiences one of these, it is **CRITICAL** that coaches be made aware of the condition.
- Information will be shared on a need to know basis and kept confidential
- Typical chronic illness we have experienced in the past include:
  - Asthma
  - Allergies (especially food related)
  - Diabetes
  - Seizure disorders
  - Orthopedic conditions (knees, hips, back etc.)
  - Learning disabilities



# VARSITY & JV TEAM SELECTION

- We don't cut skiers (Nordic Skiing is for EVERYONE)
- Separate Varsity & JV races
- All skiers get to compete
- Able to race 10 skiers per regular season meet at varsity level
  - Skiers qualify for varsity status on a race-by-race basis
- **All** other skiers race in the JV race
- First year skiers start racing when they and the coaches feel they are ready





# SKI WAXING

- Wax clinic at the beginning of the year @ BHMS
- Typically, we wax in PODS prior to each race
  - Designated families volunteer to have small groups of skiers (in the same subpod) wax at skier's homes
- Team provides all necessary equipment & waxes for races
- Skiers are taught to wax for practice and are provided with kick wax waxing kits
- Captains, experienced skiers, and coaches will attend initial waxing sessions to provide supports



# TRANSPORTATION

- Skiers required to have own transportation to and from practices
  - School policy is that families are responsible for transportation to practices and local meets
  - For meets with significant travel we have typically had district busing (e.g. to Hyland Recreation Area, Battle Creek, Wirth Park)
  - Students need to get to leave point (Eagan H.S.) on their own
- Car pools can be facilitated by the booster club. Coaching staff cannot be involved.





# THREE RIVERS PARKS SKI PASS

- In low snow years, we practice, and skiers often ski on their own, at Hyland Recreation Area and other 3-Rivers Parks
  - Requires \$90 yearly ski pass for all persons age 12 and older
  - High School skiers receive a 50% discount (\$45) that is included in Booster Club fees.
- We also practice at Lebanon Hills Park Reserve
  - Pass required for non-practice skiing if 18 or older.
  - No pass required for scheduled practices



# THANKSGIVING & CHRISTMAS PERIODS

- In a manner similar to ALL OTHER WINTER HIGH SCHOOL SPORTS, we practice during holiday periods
- Season is only 14 weeks long and we cannot afford to take Thanksgiving and Christmas/New Years period holidays off.
- No practices on holidays, HOWEVER...
  - We practice on days prior to and following holidays even when school is not in session
  - Athletes are EXPECTED to attend these practices
  - Those who do not attend are not eligible to compete at the varsity level for the next race
- It's a matter of fairness to skiers who attend practices during these periods





# THANKSGIVING & HOLIDAY TRAINING TRIPS

- Thanksgiving Trip to Ironwood MI (Upper Penninsula) Nov. 24<sup>th</sup>-26<sup>th</sup>
  - Early season snow for our experienced skiers especially those doing Junior National Qualifier competitions
- Holiday Training Trip To Giants' Ridge Dec. 27th-29th
  - Everyone welcome as long as an athlete can ski hard enough to keep warm for 2 hours at a time.
- There are additional costs associated with these trips to pay for lodging, transportation, trail passes (Information provided at Parent meeting)





# OTHER FUN ACTIVITIES

- We love multisport athletes and DO NOT require you to give up other sports during most of the season. HOWEVER...
  - Athletes need to be well rested when coming to practice and are NOT EXCUSED FROM PRACTICE to take part in other sports
  - We do expect our athletes to cut down on other sport activities during the championship season (SSC Champ., Sections, & State Meet)
- The team will get together after practices at times arranged by the Booster Club and captains to have fun and get to know one another





# BEHAVIORAL CONDUCT

- As athletes representing ISD #196, all skiers are expected to behave in an appropriate manner at practices, competitions, and within the school community.
- Any misconduct including...
  - verbal or physical harassment,
  - poor sportsmanship, and/or
  - use of chemicals/drugs

will be handled in accordance with school district policies and result in suspension from competition for the specified time period.



**DRAFT SCHEDULE (as of 10.26.23): SSC NORDIC SKIING**

**2023-2024 SEASON**

Date	Day	Start	Event	Technique	Start	Distance	Location #1	Location #2	Host
11/13/2023	Mon.		Season Start Date						
12/05/2023	Tues.	3:30	SSC Relay (Non-Pts)	Freestyle/Classic	Mass	4 x 2.5 KM	Hyland	Hyland	Prior Lake
12/12/2023	Tues.	3:30	SSC Pts Meet #1	Freestyle #1	Interval	5 km	Hyland	Hyland	ISD 196
12/19/2023	Tues.	3:30	SSC Pts Meet #2	Classic #1	Interval	5 km	Hyland	Hyland	Northfield
01/02/2024	Tues.	3:30	SSC Pts Meet #3 (Sprint)	Freestyle Individual Sprints	Interval/Heats	1.25 KM	Valleywood	Hyland	Burnsville
01/09/2024	Tues.	3:45	SSC Pts Meet #4	Classic #2	Interval	5 km	Murphy/BC	Hyland	Lakeville
01/13/2024	Sat	8:30	Loppet Invite	Team Sprints Classic 5KM or Freestyle 5KM	Wave	1.25KM & 5KM	Wirth Park	NA	NA
01/16/2024	Tues.	3:45	SSC Pts Meet #5	Freestyle #2	Interval	5 KM	Murphy/BC	Hyland	Burnsville
01/24/2024	Wed.	1:00	SSC Team Sprints (Non-Pts)	Classic Team Sprints	Heats Pre & Final	1.25 KM	Hyland	Hyland	ISD 196
01/24/2024	Wed.	3:30	SSC JV Championship #1	Freestyle (JV Only)	Interval	5 KM	Hyland	Hyland	Prior Lake
01/30/2024	Tues.	9:30	SSC Pursuit Champ. Meet Pts. Meet #6 & #7	Classic #3 & Freestyle #3	Interval	5 KM	Hyland	Hyland	Northfield
02/01/2024	Thurs.	3:45	SSC JV Championship #2	Classic (JV Only)	Pursuit	5KM	Valleywood	Elm Creek	Lakeville
02/06/2024	Tues.	10:00	Section 1 Meet	Interval Start Classic 5K Team Sprint Semis (Classic) Distance Pursuit 5K (Team Sprint Finals (Classic)	Interval & Pursuit	5 KM	Hyland	Hyland	Region 3AA
02/14-15/24	W & Th	Varies	State Meet	Team Sprints - Wed. Pursuit - Thurs.	Interval (Free.) & Pursuit (Classic)	5 KM & 1 KM	Giants Ridge	Giants Ridge	MSHSL



# COACHING STAFF

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Eagan H.S.

On Family Leave 2023-2024