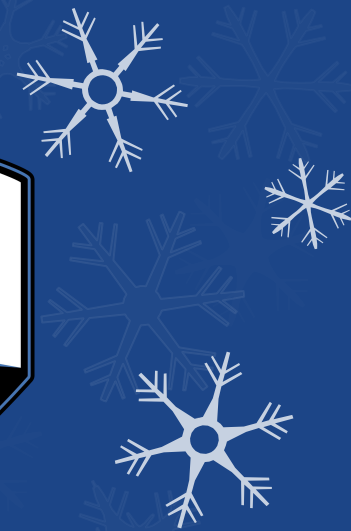


ISD 196 Nordic Ski Parent Information Meeting 2025/2026



ISD 196 NORDIC SKI TEAM



2024-2025

BACK ROW: PAIGE POPPINGA, TEAGAN NOACK, ROWAN NOACK, HANNAH DUEDE, JACK WIEDENFELD, OWEN BROWN, HANNAH KROCHESKI, TEDDY TILSTRA, AIDEN WALM, LUCY VANSCHOY, ISAAK TAYLOR, LANA LEE, SUMMER GRACE, LEAH RUTH, CHRIS STEPHENS, SARAH KERR

THIRD ROW: TIM ZWITFEL, MOLLY WAGNER, MILES HOUTER, AUDIE SWIFT, RHONE URBAN, KATHI DEGRIO, CONNOR WHITNEY, ISLA JANSMA, CAMDEN LORINZEN, TESSA CARLSON, LEO HEINEN, RYAN KRECH, NOAH SIEKERT, ELLIS DWYER, SYLA GOLTZ

SECOND ROW: CHRISTIAN CASE, NATALIE EVERHART, HANNA BARON, CALIE LYON, HALEY BARON, ANNA SPITZACK, HARRISON ADAM, ALEXYA MOTS, KIRSTEN KENNEDY, BROCK TAYLOR, MAYA ROTH, GIANNA MONDRELL, GRADY CARLSON, LILYANA O'KEEFE, HEIDI EKBLAD, HENRY KUBAWSKI

FRONT ROW: GUIN SHIBATA, COLE HUNTER, KARIYNA PODSADA SACACOS, GRAHAM ROBERTS, SAMMI SHIBATA, TYLER MULLIN (CAPTAIN), NOELLE WANKEN (CAPTAIN), LIZZIE KERR (CAPTAIN), EVIE SWINSON (CAPTAIN), LEIF WOLKE (CAPTAIN), KATE POPPINGA, FRANK COSSETTA, EMERSON STATTMAN, FINN GRIDLEY, ASHLYN HALL

APPLE VALLEY - EAGAN - EASTVIEW - ROSEMOUNT

SHOOTING RANGE
POPPINGA & KERR



Your source for info...



<https://isd196nordicski.org/>



Booster Club Board

- Andrea Poppinga
- Frank Cossetta
- Kristin Wanken
- Nicole Brown
- Emilie Berglund

President
Vice President
Treasurer
Fundraising
Communications

What does the Booster Club do???



Meeting topics

- Booster Club
- Volunteering
- Website
- TeamSnap
- Fees
- Fundraising
- Equipment
- Clothing
- Used gear + clothing
- Ski waxing
- Transportation
- Schedule
- Trips



Volunteers

Who ARE they anyway?



Volunteering

Volunteer requirements: 2 times

- Options include
 - Race-day help for home meets
 - Race-day course monitors
 - Valleywood trail maintenance
 - Course setup and teardown
 - Periodic maintenance



Information + Technology

- Website
 - Single location for all information
 - Electronic forms/waivers
 - Electronic payments
 - Sign-ups via SignUpGenius
- TeamSnap app
 - Chatting, alerts via TeamSnap
 - Automatic notifications
 - Schedule integration
 - Email versus chat: Difference?



Our homepage

[Home](#) [Join Us! ▾](#) [About Us ▾](#) [Schedule + Events ▾](#) [Results](#) [Team Swag ▾](#) [Resources ▾](#)



Who we are

The ISD 196 Nordic Ski Team is composed of students from all ISD 196 high schools - Apple Valley,



How to access TeamSnap

1. Complete Team Enrollment process.
2. You'll receive an invitation to install TeamSnap.
3. Install the app!
4. Adjust your account settings to receive alerts as desired.

Separate teams/channels to be created for carpooling, waxing pods, etc.



Team Registration + Enrollment

There are multiple steps to joining the ISD 196 Nordic Ski Team.

Step 1: Sports physical

Be sure your skier has had a sports physical within the last three years, which will be needed for Step 2.

Step 2: School district registration

Complete this step BEFORE the first day of practice.

For skiers in

- Grades 7 through 12 , register your skier via [EduTrak >>](#).
- Grade 6, you will *not register your skier through EduTrak* and will work through the coach. Contact Emilie Berglund at emilie.berglund@gmail.com. Proceed to Step 3.

Step 3: TeamSnap enrollment

This step adds your skier (applicable to all skiers grades 6 - 12) to the team roster in TeamSnap, where all communications will take place throughout the season. More information about Team Enrollment process is provided below.

The Team Enrollment button is at the bottom of this page.

More about the Team Enrollment process



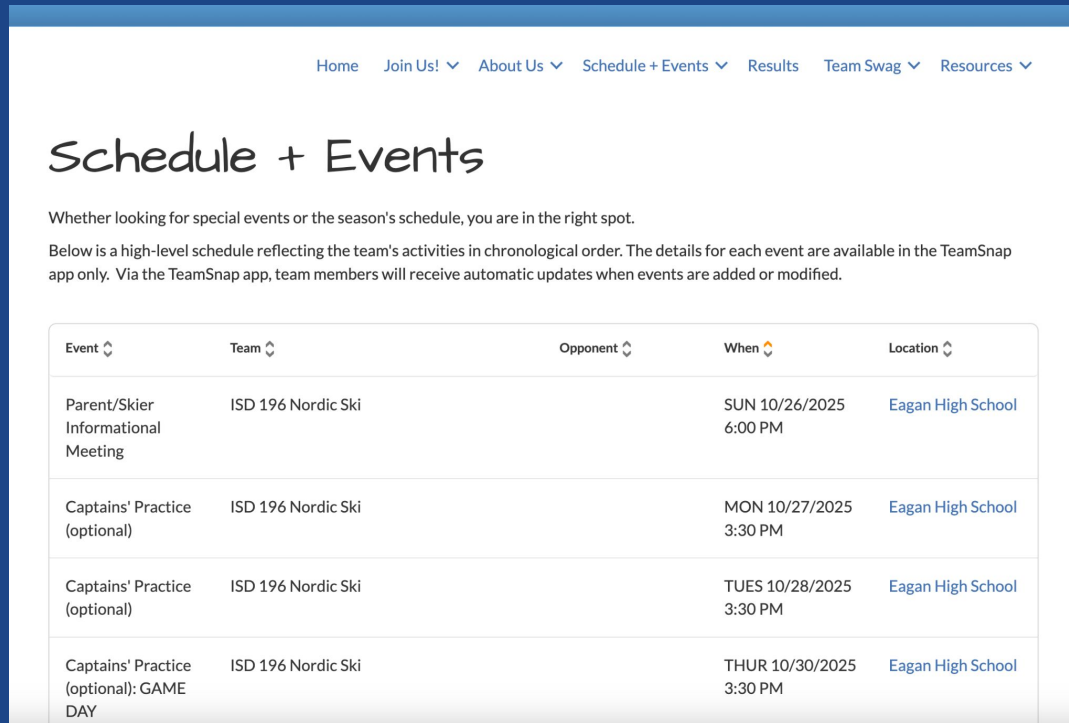
Team enrollment via TeamSnap

- Questions
 - Rental skis
- Waivers
 - 6th graders and all rental skis
- Fees
 - Booster Club
 - Rental skis
 - Kick wax kit and wax remover (EVERY skier needs these items!)



Schedule views

Website



Event	Team	Opponent	When	Location
Parent/Skier Informational Meeting	ISD 196 Nordic Ski		SUN 10/26/2025 6:00 PM	Eagan High School
Captains' Practice (optional)	ISD 196 Nordic Ski		MON 10/27/2025 3:30 PM	Eagan High School
Captains' Practice (optional)	ISD 196 Nordic Ski		TUES 10/28/2025 3:30 PM	Eagan High School
Captains' Practice (optional): GAME DAY	ISD 196 Nordic Ski		THUR 10/30/2025 3:30 PM	Eagan High School

Heads up:

- Attendance communication
- Weekly schedule



TeamSnap app



Fees

Two sets of fees fund the ski team:

1. School district
 - Paid via EduTrak (your skier's high school)
2. Booster Club
 - Paid via TeamSnap enrollment (available via our website)



School district fees (EduTrak)

Fees cover

- Coaches (head coach + 2 coaches)
- Insurance
- Busses to and from meets (we hope)

Amounts are

- Grade 6: \$0
- Grades 7 - 9: \$149
- Grades 10 - 12: \$165



Booster Club fees (TeamSnap)

Fees cover

- Coaches (assistant coaching)
- Uniforms (3 HS teams)
- Waxing equipment + supplies
- Course supplies + grooming equipment
- Three Rivers ski pass
- Awards, posters, bonfire, treats, etc.
- Team Snap
- Rental ski + roller ski inventory

Amounts are

- Grade 6: \$100
- Grades 7 - 8: \$200
- Grades 9 - 12: \$250



Fundraising opportunities

Booster Club:

- Give to the Max Day, November 20
- Restaurant night: Chipotle November 12, in Eagan from 4 to 8 p.m.

Individual + Booster Club:

- Grocery bagging at Cub (4 dates)
- Selling bird seed



Equipment:

Classic + Skate/Freestyle
methods

Classic

Skate/Freestyle



Equipment for NEW skiers

POLES

BOOTS ★

SKIS

Classic

Skate

Combi

Classic

Skate

PURCHASE

Fittings at Finn Sisu

RENT

Fittings at Coach Abery's

Sign-ups coming soon!

SKI BAG



Ski + Boot RENTAL

Skis available

- Classic skis + Skate skis

Who may rent skis?

- MS and 1st-year HS skiers: Rent 2 pair
- 2nd-year HS skiers: Rent 1 pair

Boots available for rent to 1st-year MS skiers!

Rental fitting schedule coming soon.



Gear PURCHASE

Poles

- 1 pair Classic, 1 pair Skate
- ALL skiers

Boots (for non 1st-year MS skiers)

- 1 pair Combi OR 1 pair Classic + 1 pair Skate

Finn Sisu fitting schedule coming soon.



Any other gear needed?

Dryland training

- Ski poles (used, cheap, up to shoulders, NOT bamboo or Alpine)
- Good shoes

Does your skier need/have a method to carry water, ski wax, and/or phone?

Kick wax kit, wax remover through team enrollment



Clothing needed

Dressing appropriate is critical to comfort!

- “Cotton is rotten.”
- Don’t dress for Alpine skiing.



For Sale

Interested in selling your skiers' clothing or gear?

Interesting in buying used clothing or gear for your skier?

Nordic Merch



Ski waxing's gotta happen...

Waxing clinic will occur at beginning of December.

Waxing pods occur evening before meet:

- Volunteer hosts needed
- Skiers will sign up for a pod for the season

Skiers should keep their kick wax kit in their ski bag.

Website provides information as well!



Transportation

Meets

- Busses transport to and from meets from Eagan High School (we hope)
- Time communicated via email and website
- Coach contacts schools for early release

Practices

- Parents responsible for transportation
- Middle schoolers -- be there by 3:30 p.m.
- Carpool setup



Schedule

Middle school skiers

- 3 days/week: Discuss with Coach Abery

High school skiers

- 5 days per week
- + Saturday for Varsity

Holidays

- Thanksgiving Day...no practice
- Christmas Day...no practice



Winter Training Trip

- December 29th - 31st, 2025
- Great way to have fun as a team
- Excellent training opportunity
- Ski at Giants Ridge in Biwabik and stay at Camp Esquagama in Gilbert
- ~\$300+ covers lodging, meals, transportation, ski pass



Thanksgiving Training Trip

- Varsity skiers
- November 28th - 30th, 2025
- Headed to Ironwood, MI
- Excellent training opportunity
- Non-varsity skiers will have practice here.



What's next for my skier?

1. Register with School District via EduTrak before the first practice.
2. Complete Team Enrollment via TeamSnap.
3. Install TeamSnap app and access team information.
4. Go to website homepage...
 - a. Sign-ups
 - b. Explore website



Additional Information!

- Parent check-in meeting: Nov. 23, 7 p.m.
- Parents' Social: Date TBD
- Alumni/skier event
- Parent learn-to-ski night(s)
- Nordic Merch store
- Option to pay TeamSnap fees in installments
- Pancake breakfast(s)



Questions?

Stick around...

Tonight's slide decks will
be posted on website.

