

Maple Grove Nordic Team Winter Trip 2010 Information

Updates during the trip will be posted on the website: www.mgnt.org

Lodging:

Wolf Ridge Environmental Learning Center
Finland, Minnesota
<http://www.wolf-ridge.org/>

Emergency phone numbers:

Coach Jon 763-300-2153

Coach Anne 763-746-6782

Coach Gary 763-568-2626

Coach Susan 763-242-8100

Schedule for 12/27 – 12/30

Dec. 27th, Monday

Load at 6:30, leave at 7:00 from stadium parking lot
Stop to ski along the way
Eat sack lunch, change and back on the road again
Arrive in Finland
Ski

Dec 28th-29th, Tuesday-Wednesday

Breakfast and dinner at the lodge, Lunch at trails
All day skiing
Video Analysis
Evening activities

Dec. 30th, Thursday

Breakfast , ski
Lunch; departure
Ski at Snowflake
Dinner in Duluth
We should return to the school around 9:00pm. We'll call when we are 15 minutes from home.

What to bring:

1. Bag lunch for the first day
2. Pillow and sleeping bag
3. Towel
4. Casual/Travel/Lounge clothes
5. Toiletries (Toothbrush/Soap/Shampoo/etc)
6. Flashlight and Headlamp
7. Warm clothing for skiing (Several sets as we will be skiing twice a day and dry clothes are necessary!!)
A second set of gloves and hat would be a nice thing to have if available. Plan on very cold weather!
8. Race suit
9. Phone/Camera/Mp3 player (all optional, you are responsible for keeping track of your valuables)
10. Healthy snack food (Fruit, granola bars, graham crackers...)
11. Ski boots/Skis/Poles/Ski Bag (Both classic and skate) Put your name on everything!
12. Water Bottle on belt or small backpack to carry snack, lunch, trail map
13. Winter boots, winter jacket, extra socks
14. Games to play/ Movies (No R-rated please)
15. Signed Liability Release Form

Skiing Goals: Ski quality km with focus on good technique and some speed. Each session that we ski, concentrate on one aspect of your technique that you want to improve. The main focus is volume, working on both classical and skate techniques in small groups. Have fun and **always ski with a partner.**