

Maple Grove Nordic Team: 2009-2010

General Information:

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Overview: Nordic Ski Racing in high school is a sport that everyone who wants to participate in can. Whether you have had experience on skis in the past or you have never been on a pair, you will still find a great atmosphere and have a chance to excel. Many first time skiers join in junior high or high school and by the time they finish their high school career, they have skied in sections, state or are even looking forward to college teams. Please join and find out what you can do!

Registration: We welcome any and all to the team but in order to participate you need to register through the school. Registration materials are available tonight and at the office. If you participated in a fall activity, you only need to turn in the Emergency card and the \$180 activity fee, checks made out to MGSB. All paperwork is to be turned into the office. Athletes cannot practice with the team until the paperwork is complete and the coaches receive the athlete's emergency card from the office.

Practice: Practice will be held Mondays through Fridays throughout the season except for holidays and some vacation days. We will also have Saturday practice for varsity but everyone is encouraged and welcome to attend. It is expected that you will be on time as we practice in different locations and are on the go, not usually stationary in a gym. If you need to miss or be late to practice, you must notify one of the coaches at least one day in advance.

Varsity/High School: Practice begins at 2:30 and will finish by 5:00. During dry-land training we will meet at the high school and do various ski specific strength training along with drills on wheels and endurance work. There will be an option to be in the weight room at times early on in the season. When the snow comes or when they are able to make snow, practice will be at Elm Creek Park. You will be notified whenever there is a change in location or time and this information will be updated on the website.

Junior High: Practice will start at 3:30 and end by 5:00. There are shuttle buses that run between the junior highs and the high school. Once we are able to practice on snow at Elm Creek, a bus will take the junior high skiers from the high school to Elm Creek. Generally the shuttle bus drivers allow athletes to bring their equipment on the bus. Parents will have to transport the equipment to the junior highs where it can be kept in the Phy Ed offices until the end of the school day.

Transportation: High school athletes are expected to arrange their own transportation to practice; transportation is provided for junior high skiers. Practice will end by 5:00 or earlier depending on the snow conditions and parents may pick up their athletes at the practice site. On meet days, transportation will be provided for all skiers to and from the meet back to the high school. You may take your child home from a meet if you sign a release form with a coach. Athletes are not allowed to leave with someone other than their parents unless it has been cleared with the Athletic Director prior to the meet.

Meets: At most races, everyone will have a chance to participate. There are usually Varsity, JV, and Junior High level races. There are a few meets where only specified skiers can race. This can be dependent on whether the meet is Varsity only, Junior High only, or if we are limited in the number of entries. It is our expectation that every skier will attend all the meets whether you are skiing or not, unless otherwise informed. Those who aren't racing should support the team as well as ski at the race site that day for practice.

Trips: Trips are a great opportunity for skiers to see different trails, interact and bond with the team and have a great time. Much of the progress athletes make during the season takes place during the Winter Trip. The opportunity to be on skis every day in varying terrain and optimal snow conditions has a tremendous impact on their ability. We encourage all skiers to join in this trip from seventh-graders and first-year skiers through seniors.

Parental Involvement: We encourage and appreciate any involvement and help parents give. There is a sign-up list if you are interested in hosting a pre-meet pasta party or if you are able to adopt a meet and bring treats for the skiers.

Behavior:

- As a member of this team, your behavior at meets, practices, and on the winter trip reflects on the entire ski team, coaches, your parents, and our entire community. We want other teams and the public to know and respect us as first class athletes and people.
- Your behavior at school is equally important; stay out of trouble so you can be at practice each day. Plan ahead to get your work done on time. If you are missing school because of a meet, be sure to talk to your teachers in advance to get work and make-up assignments if needed. If this becomes an issue, please approach the coaches and we will do our best to adjust things to make it more manageable for you.
- You are expected to attend all practices. If you cannot, let a coach know ahead of time. You are expected to attend all meets for which you are entered and cheer and support your team at those races you are not skiing in. Whether it is a Varsity, Junior Varsity, or Junior High meet, we are a team and we support each other.

Lettering Standards:

- Be one of the seven skiers on the section team
- Be within 20% back from the winning time in a 5K varsity race (Or JV race on the same varsity course)
- Be a senior completing three or more years on the Nordic Team
- Coaches discretion

Skiers may earn a letter through any of the four methods listed, it is also assumed that an athlete that letters will also meet the following criteria:

- Be fully committed to the team by participating for the full season, to the best of their ability
- Attend all practices and meets, except for emergencies and situations pre-approved by the coach. This includes not leaving practice early for work or personal matters.
- Contributing to the team by encouraging other athletes, cleaning up wax area, recruiting other skiers, supporting the junior high program and assisting coaches
- Maintaining a positive attitude throughout the season and demonstrating your dedication through hard work at practices and meets.

Web Site: Most of the information for the season is posted on the website. Please use it as a resource during the season and throughout the year. It is updated several times a week as needed and any changes to meets or practices are shown on the website as soon as they have been decided. The address is:

www.mgnt.org (as in Maple Grove Nordic Team)

You will find all the information we give to your skiers including:

- Schedule
- Handouts
- Results
- Directions to meets
- Weekly practice updates and locations
- Trip information
- Pictures
- Pasta party info
- Meet treats list

In addition, throughout the season, we will be sending out information via email. If you wish to receive this information, **please go to www.mgnt.org and send an email to the coaches titled ADD ME TO THE LIST."**