

2018-19 North Star Nordic Ski Team



Welcome to the North Star Nordic Ski Team! Below is some information about the team.

Goal: The North Star Nordic Ski Team's goal is to produce well-rounded students who excel in cross country skiing using both classic technique and skating technique.

Practices:

Practices will occur *Mondays, Tuesdays, and Thursday afternoons from 4:00-5:15 p.m.* We will plan to meet to find the plan for the day in Mrs. Thorson's room and then go over to Snowflake. Students can be picked up after practice in the North Star Junior Academy entrance. The first practice is *Monday, November, 19th*. The end of the season is Saturday, February 9th.

Races:

Students must come to 80% of the practices, maintain a 2.0 grade point average, and meet school behavior expectations to be eligible for races.

Tentative Race Schedule (times are tentative, as well):

Date	Day	Event	Location	Start Time
11/19/18	Monday	Start of Practice	North Star	4:00
12/19/18	Wednesday	Race	TBD (snow dependent)	11:00
1/2/19	Wednesday	Proctor Invite (S)	Spirit Mountain	11:00
1/8/18	Tuesday	Cloquet Invite (C)	Pine Valley	2:00
1/15/19	Tuesday	Two Harbors Invite (C)	Korkki Nordic	11:00
1/19/19	Saturday	Marshall Sprints (S)	Marshall	11:00
1/25/19	Friday	Duluth East Invite (S)	Snowflake	11:00
2/5/19	Tuesday	Birkie Ski Trip (S/C)	Seeley (Birkie Trail)	8:00
2/9/19	Saturday	JR High Championships (C)	Spirit Mountain	11:00

These races and dates are subject to change due to weather, location, etc.

*Start times are for varsity. Junior high racers typically start a couple hours later. As race day approaches, start times are solidified.

(S) = skate technique - can also classic if you only have classic equipment

(C) = classic technique only

Equipment:

Students will need cross country skis, ski boots, and poles. Students would prefer to have classical and skate skis. However, if a student only has 1 pair of skis, this is also acceptable. There are 3 skate/freestyle races on the schedule (students can participate with skate or classic skis), and 3 classic races on the schedule (students can **only** participate with classic skis)

Good places to get equipment: Continental Ski Shop and Ski Hut.

Although it is not necessary, it would be helpful to have a small headlamp.

Clothing: Cotton is rotten. Wearing light, breathable layers is best.

Good clothes: long underwear, wool socks, hats, gloves, mittens, ski pants, snow pants, breathable jackets, vests, etc. Skiers are required to wear a hat and gloves at all races and practices.

Not ideal clothes: cotton socks, heavy jackets, t-shirts, jeans, sweatshirts

Skiers will have the use of a team jacket for the season that will need to be returned at the end of the season.

Cost:

The activity fee cost is \$140.00 for cross-country skiing. All coaches and student team members will be given a free season pass for snowflake.

North Star Fee	Snowflake Student Pass
\$140.00 to DECS	\$0.00 to DNSC Snowflake
\$25.00 if on reduced lunch	
Free if on free lunch	

*Students who receive free lunch are not required to pay this fee. Students who receive reduced lunch will have a \$25.00 fee.

Please turn in forms to the Junior Academy office.

For more information, please contact:

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