

2019-20 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 techniques and skating technique.

Coaches: Jayme Thorson, Scott Johanik, Amy Fitzpatrick

Practices:

Practices will occur *Mondays, Tuesdays, and Thursday afternoons from 4:10-5:15 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, 18th*. The end of the season is Saturday, February 8th.

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	Style
11/18/19	Monday	Start of Practice	North Star	4:10	
12/10/2019	Tuesday	Proctor Invite	Grand Avenue Nordic	11:00:00 AM	
12/19/2019	Thursday	Cloquet Invite	Grand Avenue or Pine Valley	11:00:00 AM	TBD
1/11/2020	Saturday	Marshall Sprints	Marshall	11:00:00 AM	Skate
1/14/2020	Tuesday	Two Harbors Invite	Korkki Nordic	11:00:00 AM	Classic
1/24/2020	Friday	Duluth East Invite / LSC	Snowflake	11:00:00 AM	
2/4/2020	Tuesday	Birkie Trail Ski Trip (S/C)	Seeley (Birkie Trail)	8:45 AM	
2/8/2020	Saturday	Denfeld Champs	Spirit Mt	11:00:00 AM	

*Races and dates are subject to change due to weather, snow conditions, etc.

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

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 likely 3 skate/freestyle races on the schedule (students can participate with skate or classic skis), and for sure 1 classic races on the schedule (students can **only** participate with classic skis). We have a small supply of used equipment to loan, but sizes are limited. Check with one of the coaches if you would like to see what we have. 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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