



Lakeville Nordic Ski 2008-09 Handbook



TEAM PHILOSOPHY:

- Everyone has equal value and importance to the team.
- Everyone is equally responsible for oneself and the team.
- Everyone gives their best effort in every practice and race.
- We believe in true sportsmanship: we show praise and compassion for our competitors, and gratitude towards officials, volunteers and fans.
- We value highly that student-athletes should have fun skiing and that friendships we develop are as high a value as the lessons we learn to become disciplined nordic ski racers. We believe in laughter and enjoyment!
- We believe in the commitment to team above self. We believe a student-athlete learns important lessons about life by dedication to a team. This dedication in turn, develops us individuals with skill-sets throughout life.
- We believe that sport is more for the development of a winning athlete than an athlete winning.

REQUIREMENTS:

- Eligibility Form completed and returned to athletics department *before* Nov. 10
- Participation fee paid (online or to athletics department) *before* Nov. 10
- Health Forms completed and returned to athletics department *before* Nov. 10
- Attendance of PAC meeting and complete adherence to all MSHSL and LNHS or LSHS student-athlete policies.

PRACTICE TIMES/ATTENDANCE:

1. Practices are daily (M-F) at Kenwood. Practices begin at 3:00p.m. and ends at 5:00p.m. We meet at Kenwood by the ski room door, change and be ready to practice. Warm-up, meet for workout and announcements.
2. Being on time and ready for every practice is required.
3. Inform the coaches of when you will be absent in advance whenever possible.
4. Absences must be excused. You are a member of a team that is counting on you, please be responsible to your loyalty to the team.
5. Ski Meet times vary. See the meet schedule for times/locations and bus times.

Note: *As student-athletes, we want you to succeed in everything you do, so need you to take care of family and school commitments also. We know that many conflicts can be planned for well in advance--- please don't make them last-minute emergencies. Learning how to organize, plan ahead and communicate with your teachers, parents and coaches is a life-skill we consider to be a part of our program. We are understanding of reasonable conflicts that are unavoidable and willing to work with you to manage them.*

CLOTHING AND EQUIPMENT:

1. Good Hat! Not to bulky—breathable and covers ears.
2. Gloves and mittens or lobsters (two pairs, so one will always be dry)
3. Indoor workout clothes (shorts, t-shirt) for pre-snow season strength training, etc
4. Running shoes.
5. Wind pants and jacket (breathable outer layer wind-shells)
6. Dri-fit, thermax, therma-fleece or similar wicking underwear –top and bottom.
7. Socks—thin wool are best. Avoid cotton, terribly cold when wet.
8. Poles, 2 pair: classic and skate *or* *combi.
9. Skis, 2 pair: classic and skate *or* *combi.
10. Ski boots, combi *or* classic and skate.
11. Wax scraper, cork, wax (3 basic ranges of Kick wax—Red, Blue and Green)
12. Also suggested--3 different temperature ranges glide wax and a waxing iron. Team will furnish a wide range of classical kick waxes for meets.
13. For advanced skiers: Rollerskis, Rollerski poles, helmet (required).

Note: All skiers will have their own lock and locker at Kenwood.

**We recommend not using combi skis or poles, but rather purchasing a set of skate or classic equipment and then renting the other*

RENTAL PROGRAM:

Skis w/Bindings – Cost per season: 35.00 (not including 35.00 refundable damage deposit)

Poles – Cost per season: 15.00 (not including refundable 15.00 damage deposit)

Roller Skis – Cost per 12 week period: 35.00

****Rental program is meant for first year and Middle School skiers and they will be given priority. Money from rental program goes towards maintenance and replacement of rental equipment.**

LETTERING:

To letter you must:

1. Demonstrate adherence to the philosophies of the Lakeville Nordic Skiing program.
2. Attend all practices and races (unless absence is due to illness or excused absence cleared by coaches.)
3. You must place in the top 10 for your team in 75% of all non-qualifying races.
4. If you make the selection to the Section 1 team.

Other positive considerations for lettering:

1. If you ski in 50% of the qualifying races
2. If you attend any in-season camp or clinic.
3. If you attend the Christmas training trip.
4. If you help at Youth Ski League as an instructor.

TRANSPORTATION:

The shuttle bus leaves from Century and McGuire daily to Kenwood for practices. See the activities webpage (HS or MS) for the shuttle bus times. For meets that require busing, skiers will be picked up at their school and brought to Kenwood to get their equipment for the meet. Skiers are required to take the team bus to and

from the meets. If they are getting a ride from a parent, family member or friend, they *must* sign waiver of release for transportation before this is allowable.

***Always remember, you are an important part of your team regardless of age, ability or experience! You are always representing yourself and your team, on and off the snow, in and out of school. Be the best you can be and have a great season!*

EQUIPMENT AND CLOTHING RESOURCES:

Be sure to mention the Lakeville HS Nordic Ski Team Discount--

Run n Fun, St. Paul-- Run and ski clothing at unbelievable selection, services and prices---especially for Lakeville Skiers! For info and directions:
Run 'n' Fun, St. Paul. <http://www.run-n-fun.com>

Gear West, Long Lake,— Largest selection in the US and experienced service for nordic skis and ski equipment. <http://www.gearwest.com>

Hoigaards, St. Louis Park — Like Gear West, outstanding selection and service for nordic skis and ski equipment. <http://www.gearwest.com>

Finn Sisu, St. Paul — Excellent service and knowledgeable-- for all skiers and ski needs. <http://www.finnsisu.com>

Lakeville Nordic Ski Team Calendar!

For up-to-the-minute Calendars, information and documents, go to and subscribe at:
<http://ical.me.com/rjheilman/Skiing>

Calendars will be given out at the P.A.C. meeting.

Current Team Website for other links

<http://pantherboosters.org/nordic>

<http://cougarboosters.org/nordic>

CAPTAINS:

North Boys-- Jon Knutson, Chris Broback

North Girls—Megan Smith, Carissa Bodette, Jordan Cahill

South Boys—Derek Schlager, Stu Lombardo

South Girls—Katie Stiles, Albany Zweber-Langer

GENERAL ANNOUNCEMENTS:

Winter Ski Trip! We will be going to Telemark Ski Resort in Cable, Wisconsin (Headquarters of the Birkebeiner Ski Trails) on December 28th, returning on December 30th. Three days of skiing, ski passes, transportation (coach bus), breakfasts and dinners provided, along with 2 nights stay at Telemark Lodge for approx. 200.00. Limited enrollment-- first come, first served.

Ski Waxing Clinic for Skiers and Parents! Date/Time to be determined---will be conducted for all skiers and parents who are interested on the best possible date/time and location before the snow flies. Led by the Lakeville Nordic Team coaches—*tentatively the week of Dec. 1st*

Pasta Dinners! Captains and their families usually host team (North and South combined) Pasta Dinners, but they are always in need of more help for these pot-luck style events. They usually occur the night before a meet—they are usually run from 5:00- 6:30 PM. Look for the sign-up sheet at the P.A.C. meeting.

Fundraisers!

Applebees Pancake Breakfast

SATURDAY, November 22nd, 2008

8:00am – 10:00am

APPLEBEES'S

18404 KENRICK AVE.

LAKEVILLE

TICKETS: \$5 EACH

Cub Foods Bagging

Tentative date: November 27th 3-8 pm. Cub Foods, Lakeville.

Fundraising Project results:

1. We now have a Trail Grooming Snowmobile secured for our teams! We have enough money for a down-payment and have been given a no interest loan from the LNHS and LSHS boosters for the difference. We will be raising money to pay it off.
2. The ski trails at Kenwood have been bulldozed, widened and leveled -- the entire 5K loop! It has been widened enough for both Skate and Classic—this is tremendous!
We are the only school in Minnesota with a full 5k race course on a school campus!
3. We will have our Ski room at Kenwood —finally converted for not only superb storage space for equipment, but also into a waxing area for skis!

Sincerely,

Your Coaches

Rich Heilman, Lakeville North Head Coach rjheilman@isd194.k12.mn.us

Mark Pearson, Lakeville South Head Coach mdpearson@isd194.k12.mn.us

Todd Endersbe, Lakeville North Asst Coach tpendersbe@isd194.k12.mn.us

Lindsay Drangheid, Lakeville South Asst Coach lldrangheid@isd194.k12.mn.us

Laura Berge, Middle School Coach ljberge@isd194.k12.mn.us

Erik Nygren, Middle School Coach nygren@integra.net