

Come Ski With Us!

Northern Kettle Moraine Nordic Storm

Sponsored by the Northern Kettle Moraine Nordic Ski Club



SKI TEAM

MISSION:

We come together to learn good classic and skate ski technique, stay in shape, compete as a team, learn how to wax, meet other skiers, and to have FUN!

ELIGIBILITY:

For East Central Wisconsin youth currently enrolled in **Grades 5-12**. No experience required.

FITNESS:

Nordic skiing is an aerobic sport. Skiers should come to the first practice prepared to run 15-20 minutes.

PRACTICES:

Monday, Tuesday and Thursday evenings (and **some Saturday mornings** when the team is not competing at meets) **beginning Saturday, November 5, 2016**. Practices will be held primarily at the Greenbush Trails. There may be some practices held at other locations such as Nutt Hill, Plymouth, Sheboygan Evergreen Park or Maywood. We may also need to travel to find snow if necessary.

SKI MEETS:

Saturdays & Sundays, Dec. thru March. See 2016-17 schedule. Skiers are able to determine the amount of their own 'playing time' - the number of meets in which a skier competes is optional. **However, skiers are expected to participate in the team's only home meet, Greenbush Challenge, Sun., Jan. 22, 2017.**

TRAVEL:

Approx. 10 weekends of travel, 6-8 are 'Team Overnight Weekend Trips.' See the 2016-17 schedule.

PARENT MEETING:

And meet the coaches - **Saturday, November 5, 9:00-11:00 am, APEX Athletic Performance** (Former Batavia Elementary School, W7140 School Drive, Batavia, WI – off of Hwy 28). A dry land team practice will be conducted while parents attend the orientation meeting. **Completed Athlete/Parent Information Form and signed Waiver Form are due by this meeting.**

FEES*:

\$125 - includes all meet registration fees and trail fees when traveling
- includes instruction and coaching
- includes ski team headwear (to be worn and kept by the participant)
- includes up to 50% of the lodging expenses for the designated team weekend trips
- includes use of team race suit and warm up jackets (**\$50 Refundable Deposit Required**)
All participants are expected to have both classic and skate ski equipment (See details on page 2).
Skiers 16 and older will need a trail pass at WI State Parks (\$5/day or \$25/season)-not included in fee.

SKI SWAP/SALE: Saturday, November 12, 10 am – 2 pm at Bicycle Works, Sheboygan Falls (off of Hwy 32, near Hwy 23)

SKI RENTALS: Ski equipment rentals are also available through the team with the following two options:
\$100 - rental of one set of ski equipment (boots, skis, poles) (**\$50 Refundable Deposit Required**)
\$125 - total fee for renting two sets of ski equipment (both classic and skate ski equipment)
A \$50 rental discount will be given if a skier provides their own ski boots (that fit onto Pilot bindings).
Equipment Rental distribution will take place **Sat., Nov. 19th**, Greenbush Shelter. Times will be assigned.

There is a **\$550 maximum/cap** for the total fees paid by one family (registration fees + rental fees).
Scholarships are available thru NKMN Ski Club based on financial need. Contact the coach for details.

*Unless other arrangements are made, **all fees are due by Nov. 19th**. *Please make checks payable to **NKMNSC. Write separate two checks, one for the fees and one for the deposits.** Deposit checks will be held until the equipment and uniforms are returned at the end of the season.

VOLUNTEER COACHES: Head Coach: Steve Scharrer swscharrer@gmail.com , (920) 889-3279 (cell), (920) 467-8377 (home)
Asst. Coaches: Terry Knier, Tom Brown, David Nagode, Jim Hertel, Brian Henriksen, Dave Boll, Alex Kleiber, Karen Rhyan. Ski team alumni may also be available to assist during their college holiday break.

TEAM EXPECTATIONS

COMMUNICATION: E-mail will be the coaches' primary method of communication. Someone in each participant household will need to read e-mails from the coach on a daily basis (and respond if necessary). Please be sure to provide your e-mail address(es) on the Athlete/Parent Information Form.

CANCELLATIONS: **Ski families need to be flexible!** Sometimes practices/meets are cancelled due to the lack of snow, a winter storm, or due to a wind chill warning. Sometimes a change of plans is necessary (venue, time, ski technique). An effort will be made to send e-mail announcements regarding practice cancellations or a change of plans by 3:15 pm. Check your e-mail for before driving to practice!

PRACTICE TIME: We are trying to develop a **skiing culture**. This culture elevates the importance of practice. There are approx. 47 practices plus (2) Two-Day Ski Camps scheduled for the entire season. Attendance of at least 50% is expected. Practice attendance of 75% or better will be recognized at the Team Bust-up. Weeknight practice time is listed at 4:30-6:00/6:15 pm. Participants are expected to arrive at the practice location by 4:30 pm and be ready to ski by 4:45 pm. This means ski boots on, pole straps pre-adjusted for the thickness of your gloves and caps on. Our goal is to be on snow from 4:45-6:00 or 6:15 pm. The coach (or designee) will handle equipment issues before 4:30 pm or after practice.

TRANSPORTATION: Participants must arrange rides to practices and meets. Parents are needed to drive and chaperone weekend ski meets. Parents are expected to organize skier car pools within their community or area.

MEALS/LODGING: Participants are expected to provide their own food on trips, including money to eat at restaurants. Participants will also be asked to pitch in for lodging.

PROPER CLOTHING: Participants are expected to wear appropriate clothing for Nordic skiing. This includes clothing that wicks perspiration away from the skin and a cap that covers the ears and entire head (especially in cold temperatures and wind chills), light and heavy pairs of gloves/mittens. Heaters for inside the gloves or in the boots are the skier's responsibility. Team uniforms are to be worn for competition.

EQUIP. OWNERSHIP: High school skiers in their 2nd-4th yrs. on the team are encouraged to own at least one set of ski gear.

ATHLETIC LETTER: High school skiers may be eligible to earn a varsity athletic letters from their respective schools (if allowed by the school's athletic standards). General Requirements: Must be a ski team member for at least 2 seasons: Attend 75% practices; Compete in four races; Place in top three of the team in two races; Show team leadership (to be assessed by coaches).