

# Come Ski With Us...

## NORTHERN KETTLE MORAINÉ NORDIC STORM YOUTH CROSS COUNTRY SKI TEAM



Sponsored by the Northern Kettle Moraine Nordic Ski Club



*2018-19 NKMN Storm High School Team*



*2018-19 NKMN Storm Middle School 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 a great activity for physical conditioning. Practices include core work, agility drills, running and skiing. Skiers should come to the first practice prepared to run continuously for 15 minutes. The first two weeks of practice will focus on fitness for beginners and veterans not out for a Fall Sport.

**PRACTICES:** **Mondays, Tuesdays, Thursdays, 4:30 pm (and some Saturday mornings) beginning Nov. 4<sup>th</sup> for beginners & veterans not out for a fall sport, and Nov. 18<sup>th</sup> for Veterans.** Dry land practices will be held in parks with lights in Sheboygan, Sheboygan Falls or at Greenbush. Weeknight on-snow practices will be held primarily at the Greenbush Trails. Former St. Mary's School Gym, Sheb. Falls is a back-up location.

**SKI MEETS:** Participation in ski meets is encouraged. However, skiers are able to determine their own 'playing time.' The number of meets in which a skier competes is at the discretion of each skier and his/her family. **Meets are held primarily on Saturdays & Sundays, December thru early March** (Refer to the 2019-20 schedule). Including the camps, seven weekends are 'Team Overnight Weekend Trips.' Information regarding each meet will be provided by the coach as the season progresses. Skiers are expected to participate in the team's home meet, The Greenbush Challenge.

**ORIENTATION: Meeting with the Coaches – Sat., Nov. 2, 9-11 am, at the Plymouth Fire Dept., 111 Main St.** (corner of Main & Caroline Streets – park in lower lot off of Caroline and enter building to the right of the service door). **Completed Athlete/Parent Information Form and signed Waiver Form are due by this meeting.**

**FEES\*:** **\$150** - includes all meet registration fees and trail fees when traveling  
(see also pg. 2) - includes instruction and coaching  
- includes ski team headwear (to be worn and kept by the participant)  
- includes use of team race suit and warm up jackets (**\$50 Refundable Deposit Required**)

**Skiers 16 and older will need a trail pass at WI State Parks (\$5/day or \$25/season)-not included in fee.**  
All participants are expected to have both classic and skate ski equipment (See details on page 2).

**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 - Sat., Nov. 16<sup>th</sup>**, W2014 County Rd. J, Sheboygan. Times to be assigned.

There is a **\$600 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 Sat., Nov. 16<sup>th</sup>**. \*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](mailto:swscharrer@gmail.com), 5337 Bluebell Ct., Sheboygan, (920) 889-3279  
Asst. Coaches: Matt Meyer, Heather Bassett, Terry Knier, Jim Hertel, Brian Henriksen. Ski team alumni may also be available for the December camps and 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).

**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 ATTENDANCE:** **The Storm is building a skiing culture.** This culture emphasizes the importance of practice. There are approx. 44 scheduled practices for the season (including the 2-day ski camps). **Practice attendance of at least 50% is expected.** Practice attendance of at least 75% is strongly encouraged and will be recognized at the Team Bust-up.

**START/END TIMES:** On-snow practice is set for 4:30-6:15 pm. Participants are expected to arrive at the practice location by 4:30 pm and be ready to ski by 4:45. This means boots, hats and gloves are on, pole straps pre-adjusted for the thickness of the gloves. The team will be on snow from 4:45-approx. 6:15. **Drivers are to be in the parking lot to pick up their skiers by 6:00 pm, in case practice ends early.** Equipment issues will be handled 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 and will also be asked to pay for lodging. For skiers without parents traveling along, rooms are generally shared by 2-4 individuals.

**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 2<sup>nd</sup>-4<sup>th</sup> 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).