

MSHS Nordic Ski Team Registration, Training and Racing Schedule:

Program Descriptions and Registration Fees:

Junior Varsity-

The junior varsity team is designed for people who are new to cross country skiing and/ or ski racing. It is also an excellent for athletes using skiing as cross training for another sport. Although basic ski fundamentals will be taught it's emphasis is on competitive skiing.

- 3 days a week dryland training (Nov 1 – Dec 1, or first snow)
- 5 days a week on snow training (Dec 1 – Feb 20)
- Coaching support at all team races
- Economy level waxing at team races
- Elite level waxing at State championships

Cost \$150

Varsity-

The Varsity team is designed for the intermediate – advance ski racer who's goals are to be competitive at the state level.

- 5 days a week dryland and on snow training (Nov 1 - Feb 20)
- Use of club rollerskis
- Coaching support at all team races
- Elite level waxing at all team races

Cost \$225

Junior Olympic Team-

The JO team is designed for the advanced ski racer who's goals are to be competitive at the regional and national level.

- 5 days a week dryland and on snow training (Nov 1- March 16)
- Use of club rollerskis
- Coaching support at all team races
- Elite level waxing at all team races

Cost \$300

NTN trail passes required separately (family or student individual) to support trail grooming at practice venues. Nordic Skiing does not receive direct financial support from MSHS and is a “self-funded” sport at MSHS in affiliation with the Superiorland Ski Club. Multiple child discounts (\$10) apply for other family members enrolled in SSC team programs (Prep, Adventure, or Ski Cats). Please contact the MSHS Athletic office to request a Scholarship or refund. **Please return all fees and paperwork to the MSHS Athletic office before the first day of practice.**

Equipment: You will need both classic and skating gear to fully participate in training and racing, but it might be possible to participate with just one style for beginners. There are discount purchasing options through local shops (Downwind and Sports Rack) and at the SSC ski swap (members receive a preferred selection start time). SSC also has limited rental gear for the season – **please contact Debby Muskovitch at 362-4463 or debby@northjacksonco.com for SSC rental information**

SSC provides racing suits for all athletes with sponsorship from River Valley Bank.

Warm-ups are available for purchase, and SSC has some extras for use for scholarship athletes.

Travel. Out of town travel and associated expenses will be necessary. **Please contact Tom Wagner at 361-8460 or wagnert60@gmail.com for information on out of town race accommodations.**

Participation and Varsity Letter and Schedule:

To qualify for a varsity letter you will be required to participate regularly in team training from November 1 – February 20, have no more than three unexcused absences (no call no show), and you will need to participate in races at the Michigan High School Championships (at Houghton, Michigan) as well as three other qualifying races from the attached Schedule.

JO Qualifying Race Schedule: To qualify for JOs (Junior Nationals) you must meet qualifying criteria specified by the Great Lakes Division of USSA which is available for review at <http://www.nordicskiracer.com/gld/index.asp> The list of qualifying races is shown on the attached schedule. You will need to register with CXC to receive qualifying points and purchase a USSA competition license to compete at JOs.

Training Schedule:

November 1 – until snow (assuming December 6): Dryland and Roller skiing

Monday: Strength Fit Strip 4:00 – 5:30 (All teams)

Tuesday: Roller skiing (meet at NTN south trailhead on M553) 4:00 – 5:30 (Varsity and JO)

Wednesday: Intervals at south trailhead or blueberry 4:00 – 5:30 (All teams)

Thursday: Roller skiing at south trailhead* 4:00-5:30 (Varsity and JO)

Friday: Distance run at south trailhead * 4:00-5:30 (All teams)

***BIKE HELMET MANDATORY – HIGH VISIBILITY OUTER WEAR STRONGLY ENCOURAGED**

Snow schedule – to be determined by snow and weather conditions on a weekly basis.

Schedule and locations posted on Google via Gmail . The credentials are

Username: mshsskiteam@gmail.com

Password: skiteam2009

Once you access the Gmail account click on the Calendar button.

Coaches contact information:

Head Coach: Joe Graci, cell (call or text): 906 235 0294; email: joe@gracidesign.com

Assistant Coach: Caitlin Cassidy, cell (call or text): 970 903 2937; email ccassidy@nmu.edu

Volunteer Assistant: Dan Wiitala, cell (call or text): 906 362 4462 email dwiitala@northjacksonco.com