

# Hibbing Nordic Ski Club Handbook 2018-2019



Welcome to the Hibbing Nordic Ski Club! Every student who wants to learn to cross-country ski and race is welcome in this club. It is our goal as volunteer coaches to give everyone who desires to participate the opportunity to do so. Whether you have been skiing since you could walk or have never skied before, we are happy you are here and look forward to a fun season.

**Our goals for all of our skiers are:**

1. That you will develop the strength and conditioning to improve as a skier.
2. That you will learn to become a technically proficient skier both classic and skate
3. That you will develop a love for skiing so it will become a life-long sport.
4. That you will understand the basics of training and training plans.

**Your volunteer coaches (and contact information)**

1. Bethany Jones – Head Coach (And Club) (218) 403-0656 or email at ybgiven@gmail.com
2. Cory Koldji – Assistant Coach 969-7884
3. Pete Kero – Assistant Coach 969-8745
4. Lisa Dolinich – Assistant Coach 969-7553
5. Jill Burkes – Assistant Coach 969-9589
6. George Rajkovich – Assistant Coach (also Wax guy) 969-0085

Please use the **Remind App** for all communication. Our class is: **Hibbing Nordic Ski 2018-19**

**Club skiing will not begin until December 3<sup>rd</sup> MWF**

**Competitive will begin November 12<sup>th</sup> M-F**

**Parent Responsibilities**

It is vital to the success of the program to have parent involvement. We need on-snow help at both practices and race events, as well as help behind the scenes (i.e.: transportation, fundraising, recruitment, equipment donations and more). If you can spare some time or resources, please join our volunteer coaches to help this club grow.

Nordic skiing is extremely demanding. It requires both aerobic endurance and physical strength. It is also technically complex requiring the skier to be continually refining and improving their technique. In addition, a skier must be familiar with the equipment, know how to dress for conditions and know how to wax for the various snow conditions. This is a lot to learn for the first year skier and their parents. Parents who are highly involved can help make a great season in every way.

**Transportation**

Skiers will need transportation to and from practice each day and weekend scheduled events. Skiers and parents are encouraged to carpool. We will bus to weekday race events.

**Communication**

Communication between parents, skiers, and coaches is very important. This year we are using the Remind App. If you would like to drive your child home from an event, rather than the skier taking a

bus, the skier or parent must give the coach a hand-written note signed by the parent. If the skier is sick, we must be notified ESPECIALLY if it is a day before the meet, or day of.

### **Waxing and Equipment**

Waxing and equipment can be complicated, but we try to keep it simple. We will help skiers and parents get started. Please let us know if you need help with buying wax and waxing equipment.

### **Fees**

1. Hibbing high school registration fee
  - All Nordic skiers must register with the AD Office
  - \$25 fee paid directly to HHS in AD Office
  - **A skier may not participate unless the fees and medical forms are complete**
  
2. Activity fee for season
  - \$100 for Club
  - \$150 for Competitive

Please write checks out to Range Nordic Gliders

### **Race/Events**

We are part of Section 7. See event schedule for race dates, times and locations. Results can typically be found at [www.skinnyski.com](http://www.skinnyski.com) unless notified otherwise.

### **Criteria for earning a Hibbing Nordic Blue Jacket Letter**

1. Consistent dedication to team including a positive attitude, work ethic and reliability - **and**
2. Regular attendance at practice and events - **and**
3. Participation in at least 3 varsity level races - **and**
4. Participation in Nordic Racing with demonstrated improvement in technique and results as demonstrated by one of the following:
  - a. Consistent improvement in race results compared at the Varsity level as demonstrated by the 50% back formula - **or**
  - b. 50% back at Section Meet - **or**
  - c. Qualification for participation in state meet - **or**
  - d. A ski team member for 3 years with consistent dedicated participation with demonstrated improvement each year in skate/classic technique and race results.

**\*\*Any MSHSL violation will eliminate your letter**

### **Ski Practice**

**Team practice will begin at 3:45pm.** It is **expected** that skiers will be **ready to ski** at that time. It is out of respect for your team and coach that you keep this time. Being ready to ski is not the same as just arriving to practice!

Dry land (before snow) practice: Skiers need to bring running shoes, classic poles, water bottle, and blaze orange during hunting season. Make sure you consider weather conditions. Locations will likely begin at the High School, Maple Hill, and Carey Lake.

On-snow practices: Practice will be at Carey Lake unless otherwise notified. Other practices may be at the Hibbing Municipal Golf Course or the practice football field behind the Lincoln tennis courts.

Dryland Schedule

Day of the Week	Location	Who?
Monday	HHS Weight Room – Weights, stairs, abs w/Bethany	Club/Competitive
Tuesday	HHS Mezzanine -Yoga w/Jill&Bethany	Competitive
Wednesday	Carey Lake – Ski Walk w/Pete&Cory	Club/Competitive
Thursday	Maple Hill – Hills, Balance w/Lisa	Competitive
Friday	Carey Lake – Endurance w/Lisa	Club/Competitive

Snow Time

Day of the Week	Location	Who?
Monday	Carey Lake w/Bethany	Club/Competitive
Tuesday	Carey Lake w/Jill & Bethany	Competitive
Wednesday	Carey Lake w/Pete & Cory	Club/Competitive
Thursday	Carey Lake w/Cory & Lisa	Competitive
Friday	Carey Lake w/Cory & Lisa	Club/Competitive

Clothing:

- Dress in layers
- Allow for addition or removal of layers
- Should provide protection from wind and simulation from cold, wick moisture away from skin

Layers:

Long underwear: sits next to skin and wicks sweat away. Should NOT be cotton or cotton blend.

Middle: Insulating layer. Polar fleece or wool, again, not cotton, and can be multiple pieces of clothing (i.e. light fleece top with fleece vest)

Outer: protects from wind. Breathable windbreaker yet roomy enough to go over the other layers and still allow full range of motion.

Head and Hands: You MUST wear a hat! EVERY DAY!! Lightweight ski hats work best. A neck gaiter is essential as well or a thin balaclava for cold days. Each skier needs one pair of Nordic ski gloves or gloves/mittens that will not interfere with poling technique.

Before and after practices/races, skiers will need a warm parka/jacket, warm up pants, and dry hat and mittens.

### **Equipment for the High School Racer**

The club does have an inventory of loaner equipment for new skiers. Please talk to your coaches before purchasing new equipment.

Skis – Do not buy wax less skis for racing! Wax less skis are great for touring and introduction into the sport but very limited in race performance. If you would like to learn to skate, you will need two pairs of skis. HS Racers do not need expensive equipment. Remember... It is NOT the equipment that wins the race- it is the skier! It is most important that the skis be affordable and fit well. They should be personalized to the skier's weight and ability. Height and length is not that important

Boots – the skier will need comfortable well fitted boots. Combi boots work well if the skier is still growing and will work for both classic and skating. Once the feet stop growing, skiers will usually purchase two pair of boots, one for classic, the other for skate.

Poles – a skier needs two pairs of poles. One for classic. One for skate. The classic poles are shorter than skating poles due to the different technique. Buy an entry level pole, not touring. The top of a classic pole should come between the top of the shoulder and armpit when wearing skis and boots. It should not extend above the shoulder, as that will violate MSHSL racing rules. Skate pole should come between the skiers chin and upper lip. Test them for height with your skis and boots ON!

## Hibbing Nordic Ski Team Race Schedule

Club will not be racing except for Marshall Sprints and JH/JV Champs

Date	Day	Race	Location	Start Time	Technique
11/12/2018	Monday	Ski practice begins		3:45	
12/13/2018	Thursday	<b>Early season race</b> (tentative)	TBD	11:00 AM	TBD
12/19/2018	Wednesday	<b>Early season race</b>	TBD	11:00 AM	TBD
1/2/2019	Wednesday	<b>Proctor Invite</b>	Spirit Mtn.	11:00 AM	Skate
<b>**1/5/19</b>	Saturday	Mesabi East Invite	Giant's Ridge	10:00 AM	Classic/skate
1/8/2019	Tuesday	<b>Cloquet Invite</b>	Pine Valley	2:00 PM	Classic
1/19/2019	Saturday	<b>Marshall Sprints</b>	Marshall	11:00 AM	Skate
1/25/2019	Friday	<b>Duluth East Invite</b>	Snowflake	11:00 AM	Pursuit
1/31/2019	Thursday	<b>Ely Pursuit Invite</b>	Hidden Valley	11:00 AM	Pursuit
<b>**2/7/2019</b>	Thursday	Section 7 Meet (Varsity Only)	Giant's Ridge	10:00 AM	Pursuit
2/9/2019	Saturday	J.H. & J.V. Champs	Spirit Mtn.	11:00 AM	Classic
<b>**2/13/19</b>	Wednesday	Charlie Bank's Relay	Giant's Ridge	1:00 pm	Classic/skate
<b>**2/14/19</b>	Thursday	MSHSL State Meet	Giant's Ridge	10:00 AM	Pursuit
<b>**limited entry meets</b>					
<b>Varsity and Junior High meets are in BOLD</b>					
<b>6<sup>th</sup> graders race home meets and Junior High championship only</b>					