

Wednesday November 6, 2019 7:00 p.m.
St. Francis H.S. Cafeteria

TCC/TCW/SF Nordic Ski Team Parent Meeting

Introduction to Nordic Skiing

- This is a combined program of 3 Traverse City area high schools
- Not an MHSAA sport. Rather, Nordic skiing is sanctioned by the U.S. Ski Association
- The competitions that we enter are open to the general public and organized by age groups. Our racers will compete in the MI HS Championships which will be in Traverse City this year. Skiers will have the opportunity to compete in Junior National Qualifying events, which provides a path to qualifying for the USSA Junior National Championships. Those races will be held this year in Squaw Valley/Truckee California in March.

Who is this program for:

- All students are welcome
- Entry level - A student doesn't have to know how to ski to join the team.
 - Coaching will be provided in both freestyle and classic skiing,
- Recreational – Skiing is fun. It also gets you in great shape
- Competitive – This is a competitive team and high school skiers are expected to compete when they have developed sufficient skills. There is a minimum expectation for all team members to compete in at least one race.

Coaches:

Ruth Oppliger (Head Coach) 906-231-7084 oppligerru@tcaps.net

Mark Esper	Ethan Goss
John Kosztrewa	Scott Howard
Fred Arnold	Sam Holmes
Ross Williams	Amy Powell
Abigail Jean	

Parent Involvement:

We welcome parent involvement. We have many volunteer positions filled but are still looking for parents to help in the following ways:

- 1) Communication
- 2) Noque Travel Weekend to Marquette
- 3) Race Registration

Registration

All registration will be through the TCAPS program, Final Forms.

GTACS Students will register as a TC Central student.

<https://traversecity-mi.finalforms.com>

Forms must be completed and submitted via Final Forms prior to the first day of practice.

Program Costs:

1. Registration fee for all students is \$200, paid through Final Forms. Fee covers:
 - a. All Race Entry Fees
 - b. Waxing for select races
 - c. Trail pass for Hickory Hills on scheduled practice days
 - d. Individual membership to Vasa Ski Club
 - e. Use of Uniform for the season
 - f. If cost is an issue, please confidentially see Coach Ruth
2. Students are responsible for the cost of food and lodging on overnight trips.
3. Reduced cost season trail passes are available for Hickory Hills (not required for practice but recommended for skiing on non-practice days)
4. Incidental team clothing (i.e. hats, vests) that skiers may choose to purchase.
 - a. **To encourage a “team” look, Vasa Ski Club Gear is encouraged. It can be ordered online at <http://shop.jakroo.com/Vasa-Ski-Club>**

Academic Eligibility:

- Determined by each school

Requirements to Earn a Varsity Letter:

1. Top 30% per gender (round-up to a whole number) based on race results, not including Wednesday Sprints.
Must volunteer at least once at Nordic Rocks or Nordic Rocks 2.0
Must volunteer for at least one Team Fundraising Event.
or
2. Top half at States
Must volunteer at least once at Nordic Rocks or Nordic Rocks 2.0
Must volunteer for at least one Team Fundraising Event.
or
3. 4 - year senior in good standing
Must volunteer at least once at Nordic Rocks or Nordic Rocks 2.0
Must volunteer for at least one Team Fundraising Event

Practices

- Official start date: Tuesday November 19, 2019

Usual Schedule:

4 PM to 6 PM Tuesday through Friday

9 AM to 11 AM on Saturday (if there is no race)

Location:

- a. Monday: Off
- b. Tuesday: Vasa
- c. Wednesday: Hickory Hills
- d. Thursday: Vasa
- e. Friday: Hickory Hills
- f. Saturday: TBD
- g. Sunday: Off

- There is a minimum expectation for all team members to attend 3 practices/week
- Practice Locations are subject to change due to weather
- Wednesday night races at Hickory Hills begin in January
 - a. Parent helpers are appreciated

Transportation

Transportation is not provided by the schools or the team.

Transportation to Daily Practice:

Each high school has a storage area for ski equipment during the school day.

Carpooling from one's home school is encouraged.

BATA may be another option if there is sufficient interest.

Transportation to Races:

TCAPS requires the completion of transportation forms for every adult who transports a team member to a race outside of the Traverse City area.

These Forms are available on Final Forms under "Situational Forms."

1. The Driver must submit a Driver Information Form to verify that you have a valid drivers license and current insurance.
2. The parent of the Student must submit a Transportation Variance Form.

Equipment

Equipment can be purchased at Brick Wheels, Cross Country Headquarters in Roscommon and the Cross Country Ski Shop in Grayling. Our skiers will learn and compete in both freestyle and classic events. Identify yourself as a team member.

Cross Country Ski Headquarters near Roscommon has a very good rental program. Package includes Classic and Freestyle skis and poles, and Combi boots for \$200 for the season. The deadline to place an order for this season is November 30.

Brick Wheels has offered team members a 10% discount.

Check these sites for equipment information. Some used gear is available for use by new skiers.

- <http://www.brickwheels.com/> (TC)
- <http://www.xcskishop.com/> (Grayling)
- <http://www.cross-country-ski.com> (Near Roscommon)

Christmas Camp

- Keweenaw Christmas training camp (Houghton MI)
 - o Hosted by Copper Country Ski Tigers
- DATE: December 27-29, 2019
COST: \$10 + transportation and lodging
- High school and middle school skiers from Michigan and Wisconsin
 - 2-1/2 days of training followed by a fun relay
 - A great opportunity to ski with and learn from coaches and athletes
 - <http://www.skitigers.com/christmas-camp.html>

Safety

It is of paramount importance that we observe a consistent set of safety practices on the roads and in the woods. That includes clearly understanding transportation constraints and making roles clear. In the woods, it means understanding boundaries and expectations for each day, and asking questions if you do not. Students who are not prepared for conditions will not be allowed to ski. No hat - no gloves - no ski! A watch and personal cell phone are recommended.

Communication

- The schedule, race information and last minute changes will be communicated via:
 - Email addresses that are input into Final Forms
 - GroupMe: go to: <https://groupme.com/contact/49775166/47NcVMjJ>

Uniforms

- Each high school has a uniform with their school color and logo, although the uniforms have a matching design.
- Uniforms will be distributed the week before the first race (mid-December)
- Skiers are also encouraged to purchase logo gear from the Vasa Ski Club (jacket, hat, warmups) that will help unify our team. Order at: <http://shop.jakroo.com/Vasa-Ski-Club>

Race Schedule

All Racers:

Racers must commit to racing by 9:00 p.m. the Tuesday before the race by emailing Coach Ruth. No skier will be registered for a race by the team if this deadline is missed.

Saturday Dec 14: Lakes of the North Winterstart (Mancelona, MI)

Saturday Jan 18: Cote Dame Marie Loppet (Grayling, MI)

Thursday Jan 2 - Fri Jan 3: US Cross Country Ski Championships (Houghton, MI)

Friday Jan 24: Junior Noquemanon (Ishpeming, MI)

Saturday Jan 25: Noquemanon 12 km (Ishpeming, MI)

Saturday Feb 1: White Pine Stampede (Mancelona, MI)

Saturday February 8: North American Vasa - skate race (Traverse City, MI)

Sunday Feb 9: Vasa Classic Race(Traverse City, MI)

Sunday Feb 24: Junior Muffin Team Sprint Relay (Roscommon, MI)

Friday Feb 28 & Saturday Feb 29: Michigan High School State Championships (Traverse City, MI)

Mar 9: Michigan Cup Relays (Roscommon, MI)

Junior National Qualifier Races (optional, but open to all):

Dec 14-15: Midwest Super JNQ (Duluth, MN)

Dec 21-22 Midwest Super JNQ (Houghton, MI)

Jan 25-26: Great Lakes Division JNQ (Cable, WI)

Feb 15-16: GLD JNQ Final (Houghton, MI)

Mar 7-14: Junior Nationals (Squaw Valley / Truckee, CA)

Fundraising

The TC Nordic Ski Boosters are responsible for funding the Nordic program. Parent and student participation is an expectation of this program.

Fundraising Events:

1. Ice Man Food Tent and Bag Drop
2. Banff Film Festival Concessions
3. Mud Sweat and Beers Aid Station
4. Bayshore Marathon Aid Station
5. Cherry Festival of Races Aid Station

We are hosting the MI High School State Championships this year.

Location: Hickory Hills

Date: Friday February 28 & Saturday February 29

All parents are asked to volunteer and help make this a great race!

Important volunteer roles still needed to be filled:

- 1) State Championships Banquet**
- 2) State Championships Awards**

New Parent Mentoring

There are many challenges to entering the world of Nordic Skiing such as equipment, racing, travel..... Let someone who has experienced these challenges help you out. Don't reinvent the wheel. Please reach out to Eric Jean ejoutside@gmail.com if we can help you make a connection.