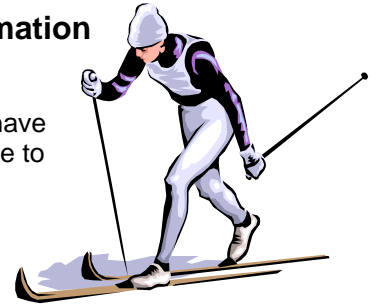


Middle School West Cross-Country (Nordic) Ski Information



Dear Parent(s):

Hopefully the following information will answer any questions you may have on your child's involvement in cross-country skiing. The team is welcome to all skiers, from recreational to serious racers.

Coach: Mr. Paul Lidstone

Season:

- **Organizational Meeting Tuesday November 29th at 4:05 pm at MMW**
- The ski season runs from December 5th – February 29th (mother nature may have another say in this one). First skiing day is Thursday December 8th.
- Practice will be held Monday through Friday, from 4:05 – 5:30.
- Rented Skis will be fitted December 5, 6, and 7th.
- Cross-country skiers may have up to 3 unexcused absences. If your child has other commitments, a note of explanation is considered an "excused" absence.

Forms and Fees: Many Forms/Fees are Online at:

<http://www.minnetonka.k12.mn.us/Schools/MiddleSchoolWest/ActivitiesAthletics/Pages/FormsandFees.aspx>

- ✓ \$50 district participation fee for students who have not paid this fee for other activities this year. **Please pay this fee online.**
- ✓ \$60 fee for ski team. **Please pay this fee online.**
- ✓ \$25 rental fee. This fee is only for students who wish to rent skis from the school. **Please pay this fee online.**
- ✓ Ski emergency card.
- ✓ MSHSL Form-Both Parent and Student need to sign BOTH pages
- ✓ Transportation Form-Blanket permission for bus
- ✓ Transportation Form-Parent driving own/other students
- ✓ A physician physical confirmation (if not already on file in the health office).
- ✓ Volunteer/Contact form

**All fees and forms must be turned in by December 5th
Students will not be issued equipment or be able to
practice without them.**

Equipment:

We will be learning both classical and freestyle (skating) techniques. Almost all skiers prefer skating. We have a limited supply of school equipment on hand for student rental. Interested students are encouraged to purchase their own equipment. Gear West located on Highway 12 in Long Lake offers many attractive packages, and also provides a discount to any Minnetonka ski team member. Gear West also has a great trade-in policy, as well as leasing programs.

Practices:

Practices will be held at Minnewashta Park. We rely on PARENT volunteers to help bring team members to and from Minnewashta Park daily. New skiers will learn on the flat groomed tracked trails until they feel comfortable for more challenging terrain. Later in January we will be busing to a few regional parks to ski. There will be a small fee for the ski pass at regional parks. Practices may be cancelled or moved indoors due to sub-zero temperatures, snow storms, or high wind chills. **Changes in practices will be announced at school and also an e-mail will be sent out.**

Away Practices and Races:

Additional information/dates on Regional Park trips and Ski Meets will be sent home before winter break. We have races with MME. Students that do not have a current passing grade in coursework will not be allowed to race.

Suggested Clothing:

Polyester pile, wool, polar fleece, thinsulate, and polypropylene clothing are best for outdoor conditions. Dress in layers and have a wind-breaking layer. Skiers should have the ability to cover all exposed skin in the case of wind or extreme cold. Snow pants are a good idea for colder temperatures. **Students must have warm socks, gloves, and hat for each practice. Students without proper warm clothing will not practice with the team.**

Volunteers Needed: To help transport students to Minnewashta Park and back to school. And to help being a trail guide or assist in races.

Additional Questions:

Please visit our Minnetonka Middle School West Website

(<http://www.minnetonka.k12.mn.us/> and click on Middle School West and then on Student Activities) this will have all the information about the season:

- **Calendar**
- **Meet Information**
- **Regional Park Trips**
- **Coaches Contact Information**

Please feel free to contact Coach Paul Lidstone if you have additional questions or concerns.

Email: PJLidstone@aol.com or cell phone: 612-718-8611

