Nordic practice Week December 1, 2014

Announcements

- I need the jacket money by Tuesday.

1. Jackets will remain the same. I would like to order them this week if you can come up with the money.

- **Top** price would be $88…it depends on the quantity ordered.

- sizes are XS to 2XL. I have a size chart if you want it, but the best way to find your size is to try on other kids jackets.

- make checks available to Ann Gregory. I will give any extra money back.

 2. If the snow holds there may be a race on Tuesday

3. Practice will be day by day this week due to the uncertainty of the snow sticking around.

4. I e-mailed Mrs. Woody to open the shed, but any of the coaches at the HS have the key to get in the shed. Leave it open and I will be there around 8:30 to lock it.

5. If you borrowed rollerskis and they don’t fit in your locker please put them in the ice room.

**Monday:**

- Varsity will hot scrape and wax tip and tails. I will set-up wax rotations and post them by the wax room. You can make your own switches as long as both agree. First group needs to set-up-last group will clean up. You will also run-not sure what yet-depends if we race.

-If the snow holds at school JV will ski outside. If we race on Tuesday-those JV at practice Saturday will race. We will add Matteo, Franko and James to that race also. It’s usually a 2K. Kaya you will race varsity…Luke you may also. The varsity race is usually a 5K this time of year.

-If the snow isn’t good JV you will rollerski if we can, and run. If we can’t rollerski or ski then you will be weight room and run.

**Tuesday:** Once the MS arrives (2:50) we will all leave on the bus to the Dug Hill region. Everyone should bring running shoes.

 Varsity needs boots, helmets, classic poles, running shoes. 8 hill repeats with poles.

 JV does not need boots. Bring classic poles and running shoes. Run 30 minutes then hill work.

We will be back for the late bus

**Wednesday:** Weight room and run

**Thursday:** Off campus-depending on weather

**Friday:** TBA

**Saturday:** Possible roller ski event at Wallkill HS. Ask your parents if they can drive you there.