Nordic practice Week December 8th, 2014

**Announcements:**

-All ski jacket money should be in. jackets have been ordered, but if someone forgot I can add on Monday before practice starts.

- I will not be able to set practice for the week due to the weather pattern-possible snow Tuesday.

-If you were not at practice Friday we handed out uniforms-you need to get yours. Skis and poles had names put on-you need to do yours.

-Captains I will assign you to the JV wax groups on Monday to help out.

- Remember the order of this can change. Usually the days off are Tuesday and Thursday.

**Monday 8th:** - JV will hot scrape and wax tip and tails **with Coach Mancuso.** I will set-up wax rotations and post them by the wax room. You can make your own switches as long as both agree. All will be taught how to set-up then all will return to learn how to clean –up. You will also run while waiting to wax. I will post the wax rotation by mid-day on the glass window at the wax room.

-Varsity you will skate roller ski with **Coach Ruoff and myself.**

**Tuesday**: If weather permits we will go off campus-hopefully for run and rollerski, but maybe just run if the weather comes in.

**Wednesday:** weight room and run

**Thursday:** off somewhere

**Friday:** Weight room/ski/run/game…who knows yet. Picture day-have your uniform.

**Saturday:** Long ski and/or run