

**Fairport Nordic Skiing
2007-2008 Season**

**Coach Eric Metzler
313-9698
coachmetzler@gmail.com**

**Assistant Coach Heather McLendon
coachmclendon@gmail.com**

Welcome to the Fairport Nordic Ski team. Nordic is a very unique and fun sport and we have some special requirements for being on the team than other teams do.

Practice will be Mon-Fri 3:30-5:30 and Sat 9-12 at FHS unless scheduled otherwise. The first practice is Nov 12th. I must have a written note if you are going to miss a practice. If you cannot run for injury reasons, you can walk, rollerski, or use the fitness room. Rollerskiers must wear helmets and reflective vests at all times.

We will be outside every day, even on some miserable days. You need to have warm clothes all the time, and dry clothes to change into after every practice and race. This includes a hat, gloves, warm pants, a jacket, ear muffs, face cover, and for the boys, wind briefs. Race suits are not inherently warm, so you need to have under layers to keep you warm on cold days.

The Nordic season can be long and cold. You need to keep yourself well fed, and well hydrated all season long. Keeping yourself healthy is very important for your performance all throughout the season. You may be able to fight off a cold while racing now, but it will wear you down for later races. Think of yourself as a battery. Every time you stress yourself, you drain that battery. It takes time to recharge, especially from illness.

Despite some of the challenges of this sport, it is very rewarding and a lot of fun. You will get a great full body workout and learn to push yourself mentally and physically.

Equipment Requirements:

- waxable skis
 - one pair of combi skis or
 - one pair of classic skis and one pair of skate skis
- combi boots
- classic poles
- skate poles
- ski bag
- running shoes
- warm clothes

Please consult Coach before buying any skis.

Important Websites:

xcski.newcs-wondorama.com

Section V Nordic - www.pittsford.monroe.edu/staffweb/gorbold

NY State Ski Racing Association - www.nyssranordic.com

www.weatherunderground.com