

**Fairport Nordic**  
**2007-2008 Season**  
**Coach Metzler**  
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Welcome to the Nordic Ski team information meeting. Please read the following information and take it home to share with your parents.

**Rules**

- Academics are #1
- Be prepared
- Respect
  - Teammates
  - Competitors
  - Coaches
  - Facilities
- Be positive
- Have fun

**Practices**

- Mon-Fri 3:30-5:30, Sat 9am-12pm
- Have nurses medical clearance before first practice. **Have this done by Wed the 7th**
- All practices at FHS unless scheduled otherwise
- Be at practice and prepared by 3:30
- Be ready to run outside until we have enough snow to ski on

**Races**

- Most races are weekdays at 4:15pm, some Saturday mornings
- Bus will leave FHS at 3pm sharp
- Races will be both classic and skating techniques
- There are novice races for beginners who are not ready for JV
- Bring lots of warm clothes and some food for yourself

**Required Equipment**

- Expect to spend ~\$400 for a new skier unless you can find some used equipment, which is rare, but it does happen
- Everyone is expected to have their own skis, poles, and boots
  - Either one pair of combi skis, or
  - One pair of classic and one skate, more is better
  - Two pairs of poles
  - At least one pair of boots (combi boots if you only have one)
- Ski bag
- Running shoes
- Warm clothes (warm pants, jacket, hat(s) (more is better), gloves)
- Watch
- \$40 season pass for Bristol Nordic center, more info to come

**Important Dates**

- Monday Nov 12<sup>th</sup> 3:30-5:30, first practice at FHS, outside locker room 4
- Wednesday Nov 14<sup>th</sup> 5:30-7pm, FHS Cafe B - Mandatory parents meeting/booster club meeting, please have at least one parent at this meeting
- HFL Ski Sale, Sat Nov 17<sup>th</sup> 9am-2pm
- Park Ave Team Night TBD (either Thurs 15<sup>th</sup> or Fri 16<sup>th</sup>)