

Sisters High School Nordic Ski Team

Coach: Kelly Crowther

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Sisters, OR 97759

Practice: Tuesday - Friday 3:30 - 5:00/6:30 PM

- See attached training schedule
- Dryland Practice ends at 5:00 PM
- Snow Practice
 - Begins after Winter Break
 - Tuesday/Thursday ski; ending at 6:30 PM

Communication:

- Primarily email. Feel free to call/text.

Costs:

- \$100 - Pay-to-Play fee
 - These cover race fees, wax
- \$50 - OISRA Race Fee
 - All students planning on racing must register and pay with OISRA. Register at oisra.org/Nordic
- Transportation:
 - Provided for practices only. Starting in January. Parents responsible for transportation to races
 1. Sisters School District (SDS) Transportation - \$50
- Ski Passes
 - Responsible for ski pass purchase
 1. Recommended to buy day pass since we'll be skiing at a number of resorts. Usually \$5-10/day pass
- Uniforms - Optional
 - Uniforms are not required
 1. \$25 for a top - SHS Ski team logo with skater
 2. \$25 for tight bottoms -red/pink/black
 3. If you're interested, please let me know your size by December 7
- Trips/Camps - Optional
 - Parent organized
 1. Elk Lake over winter break?

- Rainbow Camp - December 26-27; ski with other teams

Work/Scholarships

- If the cost of Nordic skiing is prohibitive, please talk with me. There are a number of options available in the SHS and ski community
 - Work 3 SHS Nordic fundraisers and don't pay transportation
 - Oregon Nordic Club Scholarship
 - OISRA Race Fee Scholarship
 - Tim Roth - work opportunities/scholarships
 - SPRD Work Credits

Equipment:

All racers need a set of skate and classic gear (skis, boots, and poles).

- There is a limited amount of team gear that can be loaned out
 - Highly recommended to provide your own boots
- If you break the equipment, you are responsible for replacing it
- We are rarely able to loan out a full set of gear to each student
- Nordic Ski Shops
 - Gear Fix - used gear in Bend
 - Sunnyside - west side of Bend (student discounts)
 - Webskis - near the Old Mill (student discounts)
 - Eurosports - Sisters
 - Pacos XC - has good deals online

Paperwork Required:

- Before each racer is eligible to compete, complete the following:
 - Completed Yellow Slip turned in
 - OISRA online registration (oisra.org/Nordic)
 - Teacup Release Form
 - Mt. Hood Meadows Release Form

Volunteer Help:

The team cannot survive without all families providing help. We need help at each race with timing, monitoring courses, serving snacks, taking photos, etc. We will be hosting the Hoodoo Night Race on February 18 this year which requires help from all of our families.

- Ideas for helping out the team:
 - Come to the fundraisers
 - Carpool for races
 - Food at wax nights
 - Organize team dinner/practice; assistant coach
 - Assist with timing at races/help generally

- Take photos and organize end of year slideshow

Fundraisers

- Required to help at 2 fundraisers
 - These are required because pay-to-play fees do not cover all of the team expenses(equipment, transportation, wax)
- Turkey Trot
 - Saturday, November 28. Arrive at 9:45 AM at BBR Activity Center
- Bingo Night
 - Monday, January 11. Tim Roth provides details
- If unable to attend these two, Tim Roth has more ideas