

2009-2010 Service Cross Country Ski Team

Head Coach

Asst. Coach
Asst. Coach
Asst. Coach
Asst. Coach

Jan Buron

Erin Hamilton
Louise Lane
David Nees
Tom Coolidge

The goal is for skiers to become fit and skilled in an individual sport with team spirit. Every team member is important and will gain a great deal from this experience.

TEAM ORGANIZATION

- Skiers will be divided into sub teams. (A, B, C, D, E...)
- Each sub-team will have a specific coach.
- Time trial results, race times, and the skier's attitude and attendance will determine movement between sub-teams.
- ALL ski team members are expected to attend practices and participate in races.

PRACTICES AND RACES

- Practice begins **November 2nd**.
- Monday – Friday 2:20-4:45PM
- Attendance is taken daily
- Student can receive $\frac{1}{4}$ PE waiver for team participation (75% minimum)
- Race season December 5th through February 28th.

EQUIPMENT & CLOTHING REQUIRED

- One pair classic skis
- One pair classic poles
- One pair skate skis
- One pair skate poles
- Ski boots (classic & skate)
- Ski bag
- Hat, jacket, gloves/mittens and warm/up pant i.e. Toko, Swix, Vomax

NO COMBI OR WAXLESS SKIS

Skiers will be given a grace period of one week to purchase equipment after they sign up with the team.

Before you buy: AMH, Barney's have experts to help you buy the best fitting skis and offer team discounts if you tell them you are on a high school team. Used equipment can be purchased at ski swaps and through bulletin board postings.

TEAM WEB PAGE

For detailed information check out the Service High School Cross Country Running / Skiing Web Page www.servicecrosscountry.com. Check it after 9 pm nightly.