

Information for Champlin Park Nordic Skiers and Parents

November 4, 2019

Coaches and Team Website

Head Coach Charlie Rietschel: charles.rietschel@ahschools.us; (763) 767-4556

Assistant Coach Kevin Ivens: ivenski@comcast.net

Assistant Coach Kerry Bogenreif: kerry.bogenreif@ahschools.us

Coaching Staff Mikayla Goscha

Team Website: <https://www.ahschools.us/site/Default.aspx?PageID=8194>

Practice Schedule

First day of practice: High school Monday, November 11th
Middle school Tuesday, November 12th

Practice daily Monday through Friday and most Saturdays. Check the team website for latest updates and meet schedule. Call Coach Charlie if you have questions.

Dry land training until we have skiable snow (running, strength/endurance work).

Once snow arrives, team ski practices will be at Elm Creek Park Reserve and Theodore Wirth Park. The bus will take skiers to these sites. The team generally returns around 5:30pm-6:00pm. Bus departure will be communicated through the Remind communication service (*see Communication – Instant Updates*).

Jackson Middle School (JMS) students will be met by one of the coaches the first day of practice. On subsequent days, the skiers will meet by the JMS main front door and walk to CPHS TOGETHER. Students are not released early for practices. Students must be ready to practice at 3:30.

The team usually gathers by the south brown/grey service doors to the CPHS gym before and after practice. This is where the team's ski equipment is stored (otherwise known as the "Nordic" doors).

Communication – Instant Updates (Remind)

Text "@cphsnordic" to 81010 to receive immediate SMS text messages from the Coaching Staff...example '5:45pm Bus is leaving Wirth'.

From the Team Captains - text "@nordicxc" to 81010 to receive immediate SMS text messages from the Team Captains. Example 'A group of us are skiing at Elm Creek tomorrow at 2pm'.

Meet Schedule

Ski meets begin in December. See team website and activities calendar on CPHS home page: <https://www.nwsconference.org/public/genie/2/school/10/>

Parents, during the ski meets there are times that the team will need help. Generally, at the start and finish line to help with warming capes, record ski times, ensure skiers are in the correct lane and proper start order. Watch for volunteer openings on Sign-up Genius (or jump in).

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Official Registration (Activity Fee)

Students must register before they can attend practice. A current physical is required to complete the registration process.

High school student registration is through the high school website:

<http://www.anoka.k12.mn.us/Page/6100>

Middle school student registration is through the JMS Community Education website:

https://anokahennepin.cr3.rschoolday.com/public/costoption/class_id/29815/public/1/sp/

Ski Pass Fee

Skiers are required to have a ski pass for Three Rivers Park District (Elm Creek) and for the Wirth Winter Recreation Area (Theodore Wirth). The fee is based on the skiers age. Passes are purchased through the Booster Club.

	<u>Age on 12/31/2019</u>	
	<u>12 & Over</u>	<u>Under 12</u>
Three Rivers Park District	<i>fee paid by the school</i>	
Wirth Winter Recreation Area	\$50.00	\$30.00
Total Fee	\$50.00	\$30.00

Rental Fee for Skis and Poles

Each skier will need both skate and classic skis and poles. School has skis and poles for rent through the Booster Club. The fee is \$25 for each package.

\$25 rental fee for classic skis and classic poles

\$25 rental fee for skate skis and skate poles

Ski Boots

Skiers can use COMBI SKI BOOTS (these will fit both skate and classic skis). The school has a limited number of boots to loan out. For the best experience, we strongly suggest you purchase your own boots. You can purchase boots at ski swaps and through Pioneer Midwest's "Trade In/Trade Up Program". Please purchase boots with NNN bindings only (not SNS bindings).

Required Equipment for All Skiers

Each skier needs four straps to tie the skis and a ski bag to protect your skis. Write your name, phone number, and Champlin Park HS (not CPHS) on the straps and bag.

Proper clothing will be needed, including socks, long underwear, and tops that are made of wool or other non-cotton material. Wind pants and jacket, light hat, ski gloves and neck gaiter will also keep your skier comfortable in most temperatures. Costco 32-degree brand for base layers is a relatively inexpensive option.

When to Purchase Skis and Poles

A skier's performance is dependent on proper fitting skis and poles. A skier's weight determines the ski fit, their height determines the ski pole length.

In general, the following are recommendations of when to purchase skis and poles:

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In 10th grade purchase skate skis and skate poles. The performance range for skate skis is wide and should perform through 12th grade. Skate poles are longer than classic poles, so skate poles can become classic poles later when the skier gets taller.

In 11th grade purchase classic skis. The performance range for classic skis is narrower as compared to skate skis. Purchase skate poles and have the previous skate poles cut down by a coach to proper classic height...then the poles become your classic poles.

Hopefully in 12th grade the only need will be to purchase longer skate poles.

Pioneer Midwest Ski Swap

Saturday, November 9th Pioneer Midwest Ski Swap (Osseo): 8am-4pm. Check website for more details.
www.pioneermidwest.com (763) 420-8981, 415 County Road 81, Osseo, MN 55369

Pioneer Midwest Team Night

November 21st, 6:30pm to close. CPHS coaches will be present to help you find the right Nordic gear and equipment. Greater discounts on equipment for the ski team. Take advantage of Pioneer's "Trade In/Trade Up Program".

www.pioneermidwest.com (763) 420-8981, 415 County Road 81, Osseo, MN 55369

Local Nordic Ski Classifieds

Great website for local cross-country ski info, classifieds on good ski equipment (and race results):
www.skinnyski.com

Team Ski Trips

Maplelag trip is scheduled for December 20th – 22nd. \$165 per skier. <http://www.maplelag.com/>.
Registration is due by December 13 (along with payment and any dietary preferences).

Varsity skiers may participate in the Mesabi Invite or a ski trip January 3rd – 5th. Fee per skier depends on lodging and has not been determined. Last year's fee was approximately \$75 per skier.

Champlin Park High School Nordic Booster Club

President: Suzy Scheller, suzy.scheller@gmail.com, (763) 647-0042
Vice President: Kami Oldroyd, kamioldroyd@yahoo.com, (763) 259-8424
Treasurer: Kim Ostendorf, kimostendorf.nordic@gmail.com, (612) 708-0583
Secretary: Cindy Poston, clhalsted@yahoo.com, (612) 327-1718

As Booster Club Members we organize team fundraising, support our coaches and student skiers, and have FUN! Cross Country Skiing is a GREAT lifetime sport and we really enjoy supporting such efforts. All parents are welcome to be active members of the booster club. Please visit the Booster Club blog site for helpful information and current updates at <http://cphsnordic.blogspot.com/>. The Booster Club is recognized by the IRS as a 501(c)(3) organization and eligible to receive tax deductible contributions.

Booster Club Registration

Please complete the Booster Club Registration Worksheet even if you cannot make any payments at this time. We need your information so we can support your skier(s), facilitate your volunteer interest, and begin the process of organizing ski pass fees, equipment rentals and team apparel.

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Team Apparel for Purchase

Please see page 2 of the Booster Club Registration Worksheet for items, sizes, and prices.

Payments

Payments to the Booster Club can be via check to "CPHS Nordic" (sent to our Treasurer Kim Ostendorf) or through the app Venmo at "CPHSNordicBooster." Please be sure to include the skiers name and what the payment is for.

Volunteering

We need help from all families to make the season a success! ***The Booster Club asks that all families volunteer for at least one event/opportunity (or more) during the season.*** The Booster Club intends to use Sign-Up Genius for volunteering for different events, such as those below. Watch for emails.

Start and Finish Line Volunteers

The coaching staff needs help at the start and finish line with warming capes, recording ski times, ensure skiers are in the correct lane and proper start order.

Food for Meets

Donate snacks for the skiers at each meet after their race, such as granola bars, cheese sticks, and fruit.

Pasta Parties

Host or Co-Host a team Pasta Party in your home the night before a meet.

Fundraising – Cub Bagging

Where: Champlin Cub

When: Wednesday, November 27th, 10:00am-6pm

3 shifts, 10am-1pm, 1-4pm, 4-6pm

Middle and High School students can help bag groceries

Fundraising – Pasta Dinner and Silent Auction

Where: Grace Fellowship Church, 8601 101st Ave N, Brooklyn Park (Northeast entrance)

When: Sunday, December 15th, 5-7pm.

Dinner price per person: \$10

What: Raffle, Silent Auction, and Pasta Dinner

This is the Booster Club's main fundraiser. A goal is for each skier to sell 5-7 tickets. We need parents and skiers to volunteer to set up, serve and clean up afterwards during two shifts, 3:30-6pm, 6-8:30pm. We ask each family to donate a dessert for the meal. We also ask each family to donate, as financially able, an item for the silent auction or give a comparable cash donation. Please contact Kami Oldroyd (kamioldroyd@yahoo.com) or Tami Kyes with Silent Auction donations.

Blogsite Managing – We need a parent to manage the CPHS Nordic blogsite. Contact Suzy Scheller (suzy.scheller@gmail.com) with interest.

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Fundraising Letter

A pre-written letter is available for all skiers to fundraise without selling any product. Please send the letter to individuals who you know would like to support the Nordic ski program. Perhaps they cannot come to the Pasta Dinner, but would donate to the CPHS Nordic Boosters through a cash donation. The letter is available for download:

https://drive.google.com/file/d/0B7lGA9_xlpuUDVrcHJNalg4SFU/view?usp=sharing

Important Dates

11/4/2019 – Parent Night, 7-8:30 pm, D160
11/9/2019 - Pioneer Midwest Ski Swap
11/19/2019 – Champlin Chipotle Nordic Fundraiser, 4-8 pm
11/21/2019 – Pioneer Midwest Team Night
11/26/2019 – Nordic Booster Meeting, 6:30 -7:30 pm, D151
11/27/2019 – Champlin Cub Bagging, 10 am – 6 pm
12/15/2019 – Pasta Dinner/Silent Auction, Grace Fellowship, 5-7 pm
12/20/2019-12/22/2019 – Maplelag Ski Weekend
1/7/2020 – Nordic Booster Meeting, 6:30–7:30 pm, D151
2/6/2020 – Nordic Booster Meeting, 6:30 – 7:30 pm, D151
2/13/2020 – Varsity State Meet at Giant’s Ridge
2/24/2020 – Edinburgh – Banquet
3/12/2020 – Nordic Booster Annual Meeting, 6:30 – 8:00 pm, D151

Important Websites

- Team Website, <http://www.anoka.k12.mn.us//site/Default.aspx?PageID=8194>
- Champlin Park High School Nordic Booster Club blog site, <http://cphsnordic.blogspot.com/>
- Meet Schedule, <https://www.nwsconference.org/public/genie/2/school/10/>
- Pioneer Midwest Ski Swap, <http://www.pioneermidwest.com>
- Skinny Ski – Nordic Ski Classifieds and Race Results, <http://www.skinnyski.com/>
- Champlin Park High School Sport Registration, <http://www.anoka.k12.mn.us/Page/6100>
- Jackson Middle School Community Education Registration, https://anokahennepin.cr3.rschoolday.com/public/costoption/class_id/29815/public/1/sp/