

Maplelag General Information....

We will be leaving Champlin Park Friday morning before school. **Students are responsible for taking care of any homework, test, or class work for their classes they will miss on Friday.**

Lunch and dinner will be provided on Friday at Maplelag.

All meals will be provided on Saturday, along with breakfast and lunch on Sunday. After lunch on Sunday we will pack up the bus and head home. The window of return will be between 5 and 7. A Tweet will be sent out once we are closer to home with a better ETA, and we will also tell the athletes to call parents.

THIS IS A TRAINING WEEKEND not a vacation. Our goal for this weekend is to get in as much skiing as we can. For some of our top skiers, it could be getting in over 100km (kilometers). For beginners, it will be spending as much time on skis as we can, and teaching them technique to becoming better skiers, and of course getting in as many km as they can.

Ski equipment:

- Both classic and skate skis and poles
- Race Uniform (We are planning a race with other schools at Maplelag)
- Water bottle and water bottle holder (HIGHLY RECOMMENDED)
- Ski boots
- Ski Clothes: At LEAST two changes of ski clothes (They will get wet from skiing)
- Long underwear tops and bottoms
- Ski jacket
- Ski pants
- Two ski hats
- Gloves (extra pair if you can)
- Sunglasses
- Bandana or buff if you have one to cover face
- Dermatone, or some other face sunscreen, wind protector (Optional)
- Extra pairs of wool type socks for skiing

Bathroom:

- Towel
- Toothbrush/toothpaste
- Shampoo
- Other bathroom toiletries you may need

Sleeping: (Maplelag does NOT provide linen for their bunks)

- Sleeping bag
- Pillow
- Alarm clock

Other:

- Non-skiing clothes
- Winter boots, snow pants (possible broomball game Friday or Saturday night)
- Homework
- Water bottle for after skiing
- Swimsuit (Maplelag has a sauna, steam room, and has the state's largest hot tub)
- Games (Board, card, or dice games.)
- Journal
- Spending money (Maplelag has a gift shop and we may also stop for a bathroom break on the way up and back home)
- Your own snack foods....but remember Maplelag has bottomless cookie jars.
- Camera
- Book
- Head lamp (Night skiing is allowed)

We ask that you keep all major electronics at home.

NOTE: Cell phones are fine but coaches reserve the right to collect them while at Maplelag if we feel they are disruptive during weekend training trip.

In case of an emergency and you need to get a hold of a coach or a skier and they cannot be reached by cell phone, you can always call Maplelag directly at: **(218) 375-4466**

ADDRESS:

Maplelag Resort
30501 Maplelag Road
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