

MAPLELAG....

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

Maplelag WILL be providing lunch on Friday.

Coming back to CPHS, we will be leaving right after lunch on Sunday. A Remind will be sent out once we are closer to school 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 100 km (kilometers). For beginners, it will be spending as much time on skis as we can, teaching them technique to become better skiers, and of course getting in as many km as they can.

Ski equipment:

- Both classic and skate skis and poles
- 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
- Head lamp (Optional, for night skiing)

Bathroom:

- Towel (**Must bring your own towel**)
- Toothbrush/toothpaste
- Shampoo
- Other bathroom toiletries

Sleeping: **Maplelag does not provide linen...**

- Sleeping Bag
- Pillow
- Blanket (Optional)

Other:

- Non-skiing clothes
- Winter boots, snow pants, for non-skiing outdoor fun
- Homework
- Water bottle for after skiing
- Swimsuit
- Games (Board, card, or dice games.)
- Journal
- Spending money
- Your own snack foods
- Camera
- Book

*We ask to keep 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 the 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 Callaway, MN 56521