

Service Cross Country Ski Team

Head Coach: Jan Buron

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. **Everyone skis, everyone races.**

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 **Wednesday, October 31, 2016.**
- Monday through Friday 2:20-4:45 PM, team meeting before each practice (be dressed out before)
- Attendance is taken daily and you **MUST** ski with your designated coach daily
- Student can receive $\frac{1}{4}$ PE waiver for team participation (75% minimum)
- Season runs from through the end of February.

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 (mandatory)
- Hat, jacket, gloves/mittens and warm/up pant i.e. Toko, Swix, VoMax
- **NO COTTON ANYWHERE**
- Read Team Handbook on web site to learn more about the above.

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: Read our equipment page completely (in handbook on website). Skis and Poles must fit your weight and height properly or you will be wasting your money. AMH and 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 **but it is essential you get the proper fit. DO NOT purchase used equipment unless you are properly fitted by someone experienced.** We have sizing charts on our team website for your reference.

Service XC Ski Team Booster Club (see servicecrosscountry.com) - Please volunteer! Everyone welcome.

Like us on Facebook.

TEAM WEB PAGE

For all the team information, coaches notices, schedule, races, equipment, refer to the website daily!
www.servicecrosscountry.com. Check it after 9 pm nightly.