

2011-12 Service Cross Country Ski Team

Head Coach	Jan Buron
Asst. Coach	Erin Hamilton
Asst. Coach	Tom Coolidge
Asst. Coach	Jan Hazen
Asst. Coach	Louise Lane
Asst. Coach	Mike Besh

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 **Monday, October 31st, 2011**
- Monday – Friday 2:20-4:45PM, team meeting before each practice.
- Attendance is taken daily and you **MUST** ski with your designated coach daily
- Student can receive ¼ PE waiver for team participation (75% minimum)
- Race season December 3rd through February 29th, 2012

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
- 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: 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 fits. Sizing charts on our team website.

TEAM WEB PAGE

For details on team info, schedule, races, equipment check out the team web page www.servicecrosscountry.com. Check it after 9 pm nightly.