

MLMS Ski Team Guidelines and Expectations

January 5, 2009

The Middle School Ski Season starts January 5th. On that day, we will go over the general team information, fit loaner equipment and establish the daily routines.

Paperwork must be turned in to Mrs. Defrees in the office by lunchtime in order to be able to join the practice for that day.

We meet everyday after school from 3 to 4:30 until February 20th, the final day of the season.

To participate you need to have a current physical, a signed participation form, and the \$80 activity fee.

Necessary equipment includes layered clothing (insulated underwear, synthetic tops and bottoms, light outerwear, gloves, hats, and neck protection) skis, boots, bindings and poles.

We have team jackets available for use on MEET DAYS ONLY and assorted ski equipment available for use by team members during the season.

If you have your own equipment, that is great! If you are looking for advise on getting new equipment or what to get, then talk to a coach. You can e-mail me <fay_brian@asdk12.org> if you have specific questions

The Team is scheduled to participate in 6 meets over the season. All skiers participate in all meets. Transportation to the meets is by bus, and generally requires that we leave school by 12:15. Staying caught up with schoolwork is one of the expectations for team members.

Team members may ride the activity bus home after practice, but be aware that ski equipment is not allowed on busses to and from school. Ski storage space is provided at school. Students who are getting rides home after practice will need to make sure that their rides can **always** pick them up before 5 PM.

We have a special Ski Hotline at school, 689-7845. On race days, parents can call this number to get updated information about arrival times at school.

Come join us... Skiing is for everyone.

fay_brian@asdk12.org

Hotline: Meet times / bus arrival times (recorded) 689-7845

Coaches

Our coaching staff this year consists of the talented Katie Notis, Mike Hansen, Alex Hagler and Brian Fay. The coaches bring a wide variety of experiences to the team, and they are looking forward to a fun, full season!

Skiing

Skiing is fun. It is a sport that anyone can do their whole life long. People enjoy skiing for a variety of reasons ranging from competition to relaxation. Whatever your personal goal is, we will help you get there. Our goal is to help you improve your technique and provide you with lots of time on the snow. We will teach you how to judge ski conditions and how to wax and care for your skis and equipment.

Skiing is hard work. We will expect you to work on the drills and activities that we set up for you and to stay focused on those activities during practice.

Skiing is personal. You may set a goal to go faster than someone else, but the big thing is to improve your own skiing. We will help you do that.

Skiing is social. You are part of a team and will be expected to work as a team, be attentive to your team and support each other.

Skiing is outdoors. Follow the recommended clothing guidelines so that you don't get too cold or overheat. Keep moving.

Skiing is ALWAYS a long way from the bathroom. Go before you go. 'Nuff said.

Skiing is available in our community. You can ski on your own at our trails here at school or ski trails at Chugiak High and join the local Nordic Skiing Club.

The Routine

Locker rooms will be available @ 2:50 every day, and locked by 3:00.

You will be issued a large locker in the locker room in which you can keep your ski clothing, ski boots and street clothes. You will need to have ski clothing on and be in the Dance Studio, ready to go, by 3:00 everyday. You will have access to the **ski room** immediately after attendance and announcements to get your Skis and poles.

Your backpacks, musical instruments and other personal items must remain in other lockers until practice is over.

Practice is from 3:00 until 4:30 on non-meet days. At 4:30 locker rooms, ski equipment room and the band hall will be open for a limited time.

When you come to practice you are expected to remain with us for the full time. Because we are frequently away from the building, we are not able to escort you back to the building or open the many rooms you may need access to when you need to leave early.

One of the commitments of being on the team is having a way to get home. All team members must be picked up by 5 o'clock every night or be on the activity bus. In order to ride the Activity Bus, you must have a signed permission form in the office by noon of the day you intend to ride. You can link to the form from our main ski web page.

Ski Meets

January 22, 2009	Thursday	2 pm	Kincaid	Classic
January 27, 2009	Tuesday	2 pm	Mirror Lake	Classic
February 3, 2009	Tuesday	2 pm	Bartlett	Skate
February 10, 2009	Tuesday	2 pm	Kincaid	Skate
February 17, 2009	Tuesday	2 pm	Kincaid	Championships
February 19, 2009	Thursday	2 pm	Bartlett	Relays

- In order to get to the ski meets on time we need to leave school early. You are required to stay on top of the class work that is missed. We leave school as early as 12:00. For some of you that will mean missing lunch time... Pack a lunch that you can eat on the bus. Even if you get lunch, you might be hungry before we return (between 5 and 6 PM). Bring food. You will get thirsty. Water or a sport drink would be a good idea too.
- The coaches will always give last minute instructions on the bus. Please listen. Once we get to the meet site we will set up a place for our gear. Skis always stay outside on racks; gear may or may not go inside. You are responsible for getting your skis from the bus to the rack BEFORE you go inside. Once at the meet site you need to make sure that you know where you are, and that your coach knows where you are. Do not leave the group.
- Be aware of where your race starts and when you need to be there. Be ready and ski hard. Part of your job at the meet is to ski. The other part is to encourage your teammates. Cheer! Scream! Shout! Don't slink away after you race... Be there for your buds!
- Getting home can get complicated. We are not always sure when we will be back at school, so we've set up a hotline to let parents call and find out what our schedule is once we are on the bus. Please make sure that they know the meet schedules and the hotline number so they can pick you up when we get back.
- Parents are welcome at the meets, and in fact, we need help with the race at Mirror Lake and will be glad to put them to work. If your parents are at the meet they are welcome to take you home when you are done racing. Only

parents can pick you up away from school and parents must sign the race roster when they are picking you up. No exceptions.

Problems

There are a few things that seem to get in the way from time to time. Cross-Country Skiing is done on fairly lightweight equipment. The equipment is not designed to withstand the high impact of jumping or “air moves”. Jumping is not allowed. Personal electronics are not allowed during skiing practices, meets or on the bus with the exception of cell phones used to keep in touch with parents on meet days.

Skiers are busy people. If you are going to be gone or if you have a schedule conflict, give Mr. Fay a written note to let him know what’s going on. If there are complications, talk with him.

Web Page:

http://www.asdk12.org/staff/fay_brian/pages/Site/Skiing2008.html

Ski Hotline:

689-7845

Contact:

Fay_brian@asdk12.org

742-7983