

MINNETONKA NORDIC RACING TEAM (TNR)

“WORK HARD. GO FAST. HAVE FUN.”

TONKA NORDIC RACING (TNR) is a varsity team sport composed of competitive ski racers. We compete in the Lake Conference against many of the top programs in the state. The top 14 skiers for both genders compete at the Varsity level, with the next 14 fastest skiers competing at the Junior Varsity 1 level. All other skiers compete at the JV2 level. All athletes are expected to take part in competing in both disciplines: Classic (diagonal stride) and Skate (freestyle). Athletes have the ability to move up or down levels depending on performance in previous races.

EQUIPMENT:

1. Skate Skis
2. Skate Poles
3. Classic Skis (optional for new skiers)
4. Classic Poles (optional for new skiers)
5. Boots for both sets of skis (combi boots can serve this purpose)
6. Appropriate Cold-Weather Athletic Clothing

Skiers are expected to purchase their own equipment. If purchasing this equipment would pose a financial hardship, the team has equipment available for no cost. Contact Coach Kern (sean.kern@minnetonkaschools.org) with any equipment needs.

Wax, wax benches, and all ancillary supplies are provided by MHS. Equipment will be discussed at length at the Mandatory TNR Kickoff Meeting.

FEES:

1. MHS Activities Fee: \$75 (Paid Once Per Year for First Activity)
2. Nordic Skiing Fee: \$125
3. Required Booster Club Fee: \$100 (Covers Cost of Ski Trail Passes)
4. Uniform Deposit: \$200 (This check will not be cashed unless the assigned uniform is not returned by the athlete.)

Total Required Participation Fees: \$300 (\$225 if your athlete participated in a Fall sport)

SEASON KICKOFF AND PAC MEETING:

A mandatory virtual meeting for parents and athletes will be held **on Monday, November 15th from 5:30-6:30 pm**. The meeting link will be sent via email on Friday, November 12th. The meeting will be recorded and posted to www.tonaknordic.org in case you are not able to tune in synchronously. You will meet the coaches, captains, and other athletes and parents. Important topics to be discussed include: season schedule, fundraising expectations, and equipment.

REGULAR SEASON PRACTICE:

Practices will begin on Monday, November 15th at 3:15 pm. Tentative practice schedules will be distributed at the beginning of the season. In general, practices will run on Monday, Tuesday, Thursday, and Friday from 3:15-5:30 pm, and on Saturdays from 8:00-10:00 am. Wednesday afternoons will be left open for students to take care of other obligations, and the wax shed will be open on Wednesdays for students to prepare their skis for practice and competition. Practice time slots may vary once we begin practicing on snow due to venue availability. A weekly schedule will be sent via email every Sunday with any schedule changes and updates.

SKI MEETS: Races are generally held on Tuesdays or Thursdays from December through January. Athletes are expected to participate in these meets. Race dates will be distributed at the beginning of the season and posted on our team website, www.tonkanordic.org.

TRANSPORTATION: Buses are provided, to the extent possible, for all team practices and meets.

TIME COMMITMENT:

All athletes should expect to attend all scheduled practices. The season goes quickly and in order to get the full benefits of participation, consistent attendance is critical. Beyond practice times, skiers should commit to maintaining a lifestyle that will allow them to reach their training goals and reach a high level of performance. This includes keeping a training log, getting adequate sleep, and fueling bodies with adequate nutrition. All of these components will be a part of team conversations throughout the season.

WINTER SKI CAMP:

Camp be held at Maplelag Resort (<http://www.maplelag.com/>). The team will depart early on December 27th and return in the evening on December 29th. Ski Camp provides an opportunity for highly focused training and team bonding. There is an additional cost of approximately \$225. Busing, lodging, meals, and trail passes are included. More information will be available at the Season Kickoff.

MESABI EAST INVITATIONAL:

There will be a Varsity Only meet on January 7th-9th at Giants Ridge in Biwabik, MN. Athletes will be selected by coaches based on performance in practice, racing, and attendance. Athletes will be notified by mid-December whether they have been selected to race in this event. This race provides us with an opportunity to ski the courses used for the State Meet and gives us exposure to other competitive teams outside of the metro area.

Nordic skiing, unlike most high school varsity sports, welcomes student-athletes that are brand new to the sport. It is a difficult sport to master. It is also incredibly rewarding, regardless of your level of ability. Patience, hard work, a positive attitude, and fitness are essential components of this sport!

TEAM WEBSITE: www.tonkanordic.org

HEAD COACH:

Sean Kern

sean.kern@minnetonkaschools.org

Email me with any other questions. Thank you!