

## **MINNETONKA NORDIC RACING TEAM (TNR)**

**“WORK HARD. GO FAST. HAVE FUN.”**

**TONKA NORDIC RACING (TNR)** is a varsity team sport comprised 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 Freestyle (skate). Athletes have the ability to move up or down levels depending on performance in previous races.

### **EQUIPMENT:**

1. CLASSIC Skis
2. CLASSIC Poles
3. SKATE Skis
4. SKATE Poles
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, there is equipment available for rent. Contact Coach Kern ([sean.kern@minnetonkaschools.org](mailto:sean.kern@minnetonkaschools.org)) with any equipment needs.

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

### **Parent, Athlete, Coach (PAC) MEETING:**

There is a mandatory informational meeting on **MONDAY, NOVEMBER 4, MHS @ 6:00 PM** in the **TEAM ROOM** (downstairs from the West Entrance/Black Box by the locker rooms). The meeting will include important information from the Activities/Athletic Office and Tonka Nordic Racing (TNR).

## **SEASON KICKOFF MEETING:**

A mandatory potluck dinner meeting for parents and athletes will be held in the **MHS cafeteria on Monday, November 11th from 5:30-7:30 pm**. This is a very important meeting to attend! You will meet the coaches, captains, and other athletes and parents. Important topics to be discussed include the season schedule, fundraising expectations, and equipment. This is a great opportunity to get your questions answered! Please remember to bring your checkbook.

**Please bring your checkbook, and a dish to share according to last name: Main Dish (A-H), Salad (I-N), Dessert (O-Z).** You can also go to our team website at [www.tonkanordic.org](http://www.tonkanordic.org) for additional information.

### **Insert Registration Information Here**

## **CAPTAINS' PRACTICES:**

Fall captain's practices start the week of October 28th. Listen to morning announcements or email Coach Kern at [sean.kern@minnetonkaschools.org](mailto:sean.kern@minnetonkaschools.org) for more details.

## **REGULAR SEASON PRACTICE:**

Practices will begin on Monday, November 11th at 3:00 pm. Tentative practice schedules will be handed out at the beginning of the season and will be posted on the team website. In general, practices will run on Monday, Tuesday, Thursday, and Friday from 3:00-5:30 pm, and on Saturdays from 8:00-10:00 am. Varsity athletes will practice on Thursdays from 5:00-7:30 pm instead of the earlier time slot. 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.

**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](http://www.tonkanordic.org).

**TRANSPORTATION:** Buses are provided for all team practices and meets.

## **FEES:**

1. MHS Activities Fee: \$75
2. Nordic Skiing Fee: \$125
3. Required Booster Club Fee: \$75 (Covers Three Rivers and Wirth 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: \$275

**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 their 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 on early on December 28th and return in the evening on December 30th. 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 3rd through the 5th 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 race 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 being fit are essential components of this sport!**

**TEAM WEBSITE: [www.tonkanordic.org](http://www.tonkanordic.org)**

**HEAD COACH:**

**Sean Kern**

**[sean.kern@minnetonkaschools.org](mailto:sean.kern@minnetonkaschools.org)**

**Email me with any other questions. Thank you!**