

2015/16 West Pre-Season Ski Team Information

Welcome returning and new skiers. Here is some information that will help you get your season off to a great start:

IMPORTANT DATES

- October 24th – Ski Swap at UAA
- **November 2nd – First day of Practice!!!**
- November 7th – NSAA Ski Swap at Kincaid 4 - 6pm
- November 10th – Pre-season Potluck in the Cafeteria 6-7:30 pm more info to come. Lots of important things will be discussed. This is absolutely mandatory.
- November 11th – Team night at Barney's – get some great gear at a discount.
- November 12th – Team night at AMH – buy gear at a discount, and free pizza!
- December 5th – First race!!!!

ELIGIBILITY

- To practice you must complete all paperwork through the Activities Office (Activities Form, Physical, Activities Fee, Concussion Training).
- To race you must complete 10 practices and have turned in your Skier/Coach Contract
- The last day to sign up for skiing is November 16th.

ATTENDANCE

- Your coaches are expecting your full effort at least four days/week. Discuss long-term commitments with the coaches. Attendance will be taken.
- Practice starts at 2:30 pm, be ready to work out, not walking into the ski room.

FIRST PRACTICE MONDAY NOV 2nd

For the first practice bring running shoes, hat and gloves and clothes to stay comfortable outside. If the snow cooperates we will be skiing toward the end of the first week of practice.

COMMUNICATION

- General information is found on the team website: <http://westskiteam.com/>. On it you will find loads of information about team rules, practice and gear suggestions, and to get in touch with coaches and more.
- To contact the Head Coach email Anson Moxness at anson.moxness@gmail.com
- Daily information is found on the **TEAM HOTLINE - 277-WEST**. This is the number you can call for current information about upcoming practices and events.
- There is also an e-mail list, it is very important you are on it. Send a note to WestNordicSkiing@gmail.com to get on the list.

SKIER INFORMATION AND UNIFORM/EQUIPMENT HANDOUT

- THIS IS REALLY IMPORTANT!!!
 - Go to westskiteam.com and click on the link for the **Skier Information and Uniform/Gear Form**. Use this to enter contact info, reserve your uniform sizing and get on the list for loaner gear.

West Ski Team Equipment List

All skiers on the team can get discounts at AMH and Barneys, just mention that you are on the West Ski Team when you check out. These are your best source for all things skiing. The team has a limited amount of equipment that may or may not fit your needs and will be issued during the first couple weeks of the season.

Required Gear

- **Skis, boots, and poles for both Classic and Skate skiing**
(For beginning skiers combi boots and skis, which will work for both techniques, are okay and will help stretch your equipment budget)
- **Ski Bag:** Bus rules state that skis must be in a bag, also a good way to organize your skis.
- **Synthetic long underwear**, both top and bottom- this is especially important because it is the layer closest to the skin and wicks moisture away.
- **Hats/Headbands.** When the temperature is under 25 degrees skiers will need a hat. A headband under a hat will also protect ears, and equally important, your inner ear which is where you get your sense of balance.
- **Gloves.** You may want to have two pairs - a lighter one for warmer days and a heavier one for colder days. Mittens are warmest on cold days.
- **Warm-up pants and jacket.** Something with a wind resistant layer is best. The outside layer is what keeps your insides warm! We will have some team coats for sale and/or to loan.
- **Wool or synthetic socks.** Feet get frostbite too! Keep them happy.
- **Water bottle and Carrier.** Use only your own water bottle; nix on sharing please.
- **Watch** To make sure you make it back to the bus on time, monitor your heart rate, time your workouts
- **Wind briefs (boys)** Just trust me on this one
- **NO COTTON!!!!!!!!!!!!!!**

Remember- Label EVERYTHING with your name

Optional Items

- Glasses with clear/yellow/orange lenses, they help keep the snow out of your eyes and give protection from ski poles.
- Practice wax. While the team provides kick wax for practices, having your own will speed up the process and provide maximum time on snow.

Team Gear

We realize that skiing can be an expensive sport and there is a lot of gear to buy. The team has a collection of boots, skis, poles, and jackets that will be assigned according to need, attendance and ability. Please don't be overwhelmed by this list. We can help you! See a coach.

Labeling Skis

This year we will have consistent labeling of skis to ease the mess that is waxing and racing day. If you want your skis waxed, they will have to be labeled within 8" of the tips with electrical tape and sharpie with your FULL name.