



## Unofficial Guide to Cross Country Skiing

### Preseason

Informational meeting for student athletes held City Park each fall. Date of first early November practice, practice schedule and tentative meet schedule provided if available.

Register on-line at [RailsOnTrails.org](http://RailsOnTrails.org) and register on-line for SMS after school program prior to the first day of practice. Scholarships are available, and please submit scholarship form available on-line.

Plan and prepare equipment for the season. See below for more information on gear and equipment.

Stay active in the offseason! Rollerskiing is a great way to stay in shape. Athletes may ask the coaches for individualized training plans if they are ready for that. These plans incorporate other sports and activities that the skiers participate in and enjoy.

### About Skiing

Skiing is an awesome sport!!! We have a ton of fun outside, playing and hanging together in the woods!

Classic skiing: This is the traditional form of skiing. Skiers ski in the straight parallel tracks. The skis are longer. In the middle of the ski, there is a “kick zone.” The kick zone is where we put sticky wax called klister or kick wax. When the skier puts all their weight on one ski, the ski pushes down, then the wax sticks to snow and keeps the ski from sliding backwards. Some skis use fish scales or hairs instead of kick wax. The tips and tails of the ski have glide wax. When the skier stands evenly on both skis, the sticky wax doesn’t touch the snow, and you glide down the hill.

Skate skiing: This looks more like ice-skating. It is done on a wider trail. The skis are pushed side to side. The whole ski will have glide wax. There is no “kick zone.” These skis are shorter than classic skis.

### Ski Equipment

*\*Make sure all equipment is labeled with skier's name*

Classic Skiing: Skis: Longer. “Kick zone”

Poles: Shorter. Shoulder height.

Boots: Shorter and more flexible.

Skate Skiing: Skis: Shorter and less flexible.

Poles: Longer. Nose height.

Boots: Taller and more stiff.

Ski bag and storage: All skiers need a ski bag! Use your own or buy one from the team for \$15. Label and decorate your bag! Tips of skis go to the top of the bag. Handles of ski poles go to the bottom of the bag. Classic skis should have ski ties so that the sticky wax doesn’t get all over. Keep the tips of the skis and top of the bag up for storage. HS skis stored at the ski shed. Other skis stored at City park.

*Skiers are responsible for putting their skis, boots and poles away properly after practice. Should the coaches bring the skis for races, the coaches will gather the ski bags. Skiers are always responsible for their own boots.*

Where to find: Rails on Trails has equipment available for rent. Our equipment is best suited for entry level skiers, and available for 1st and 2nd year skiers. More experienced, committed skiers are encouraged to buy their own equipment. OutThere in Rice Lake and New Moon Bike and Ski in Hayward are both great ski shops. Ski swaps are also good options—take someone knowledgeable with you.

## Practices

Time and location: Mondays, Tuesday, Thursdays and Fridays.

HS 3:30-5:20, meet ready outside ski shed. Pick up at HS.

MS and St. Francis: 3:45 meet in MS commons.

Homeschool: meet at HS or MS depending on age.

Shell Lake: Meet at City Park ready to go at 4.

What to wear/bring

- Running shoes—will be used during dryland season and at the beginning of practice
- Water bottle with belt
- Watch recommended. Helps kids get back on-time!
- Base layer: moisture wicking under layers next to the skin; wool or non-cotton socks
- Middle layer: thin fleece type top or thicker moisture wicking layer for colder weather
- Top layer: Athletic pants or ski pants and wind breaker or ski jacket
- Hat, gloves that can get wet, buff, glove liners if cold
- Glasses recommended. Ski poles are sharp—protect your eyes!
- BUFF!

Format: We will all gather at 4PM at City Park for a group activity. We will then separate into groups. Workouts vary and include training for stamina, intensity, recovery, technique, speed, agility, strength, balance, coordination, and mental preparation. Skiers are well-rounded athletes!

Come prepared: Arrive on time. Always bring a water bottle and a watch. Fuel up with healthy food choices before and right after practice. Skiers should eat a healthy snack within 30 mins of a workout.

Get adequate sleep, don't sabotage the hard work you're putting in!

Weather: We are outside everyday unless there is very severe weather. Dress Well! If weather is severe, we will practice inside at the MS or HS, and notices will be sent via remind.

## Races

Race Types:

Starts: Relays, Individual Start or Mass start,

Distance: Sprint races .5-1.5K or distance races, 2-3K for MS and 5-8K for HS

Style: Classic or skate

For instance, the Spooner Dash is an individual start distance skate race and the Hayward sprint is a classic individual sprint. Skiers race both classic and skate and all distances.

Courses: The terrain and snow conditions vary widely. The courses are well marked. Coaches and volunteers are out on the course. We try and ski the course before the race.

Scoring: Skiers are assigned points based on their order of finish. The top 4 finishers determine the team score. Lowest score wins. If varsity designated, it is the top 6 runners. Most meets are electronically timed and we try to

forward posted results as soon as possible. Awards are usually given to top teams and top individual finishers of each race.

**What to bring:**

- Boots, skis and poles.
- Uniform top & bottom. Long underwear layers for under suit, wool socks, gloves, hat, buff, glasses
- Warm up jacket
- Warm winter coat and boots, mittens, hat.
- Change of clothes (long underwear, socks, hat, gloves) to get out of sweaty uniform and long underwear when done racing. Warmer layers to wear pre/post race.
- Water bottle. Hydrate prior to the race! And after!
- Snacks. It is important to eat simple carbohydrates 60-90 minutes prior to skiing and within 30 minutes after. Think carbohydrate & protein combinations.

**Spectators:** Dress very warm! It gets cold standing and watching. You may walk out on the course, but please do not walk on the ski trail. Ask your athlete where they prefer you stand. How can you best cheer for them? What things do they want you to say when they ski by? After the race, say "I love to watch you ski." They will tell you more about the race if and when they are ready.

### **Copy of the Rails on Trails Athlete Agreement**

**Rationale**

- 1) To ensure the safety and well-being of every participant.
- 2) To respect that all participants have the right to receive the best program possible without interference as a result of the inappropriate conduct of others.
- 3) To represent Rails on Trails in a positive manner.

**Code of Conduct**

Athletes will:

- Be kind!
- HAVE FUN!
- Understand the value of a team.
- Include and encourage all skiers.
- Not use alcohol, tobacco or illegal drugs.
- Work hard and challenge themselves.
- Use acceptable language at all times, and speak positively of others.
- Uphold standards of honesty and integrity.
- Show self-control and consideration for others at all times.
- Respect equipment.
- Have the inherent right to learn.
- Set measurable goals and work with the coaches to achieve these goals.

**Daily Training Rules**

As a Rails on Trails Team athlete you agree to:

- Be on time for designated training sessions and team activities.
- Notify your coach if unable to attend practice or any scheduled team activity.
- Dress in a responsible manner for the day's weather.
- Stay safe. Report immediately to a coach any potentially unsafe situations.
- Ski on designated trails for that day.
- Take care of your ski equipment.
- Listen to and respect coaches, parents and volunteers.

These are three things that I will focus on to be great Rails On Trails teammate:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Name \_\_\_\_\_ Grade \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_