

NORDIC SPIRIT YOUTH SKI LEAGUE

1. On Sun. Dec 1, we will have registration and fitting of equipment, from 4:00 to 6:00PM at the Nordic Center.

*This saves time and confusion on first day of lessons, Jan 5, 2020.

2. Weekly class times:

-Grades K-3, 1:30 - 2:30PM. If you need equipment arrive 1:00- 1:15PM. Classes start at 1:30PM. Please be ready.

-Grades 4--8, 1:00 - 2:30PM. If you need equipment arrive 12:30 to 12:45PM. Classes start at 1:00PM. Please be ready.

3. Weather guidelines. Use your good judgment. Temperatures below zero classes will be cancelled. We will also send an e-mail if classes are cancelled.

4. What to wear. Always wear a hat and mittens and layers, so kids can take jackets off. X-C skiing is warmer than downhill. Heavy snow pants are usually too warm. Wind pants over pants or long underwear are good. May need a scarf or buff, if windy. Younger kids need to dress warmer than older kids.

5. Participants can use the equipment any time the building is open, please check your emails for this information.

6. On Sunday, February 9th, we will have a picnic and games, families welcome. All groups start at 1:00PM.

7. PARKING: Lots of parking and a shuttle available at bus lot C. Shuttle bus from parking lot C runs from 12:15PM to 3PM.

No parking on the main road or on the right side of Nordic Center entrance road.

8. Please thank the instructors and people who assist with equipment. We are all volunteers. The teenage teachers are from Proctor, Denfeld, Esko, Carlton and Cloquet high schools and most are on their H.S Nordic Ski teams. If older kids are interested in skiing on a team, please talk to them. You can join the HS team from 7th grade to 12th grade and you may be a beginner to join. It's lots of fun.

11. Duluth XC Ski Club website is info@duluthxc.com for area Nordic skiing information.

12. Parents may help with a group if they like. Also, any parents who would like to help teach a class, please call me.

13. For weekly updates and information, Ellen will send out an e-mail.

Any questions please call me at 218-626-2532 or email at mjwsorenson@gmail.com or

emiller@moenevin.com.

~Mary Jane Sorenson and Ellen Lindgren program directors