

19-20 IRONDALE NORDIC

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Athletic Department Mission Statement:

-Pursue excellence through co-curricular activities that develop skills, build character and foster a sense of belonging in a respectful learning environment

-Student connectedness: students belief that adults and peers that have contact with them each school day welcome, care and know about them and encourage them to succeed.

Coaches Purpose Statement:

-We coach to develop a commitment to teammates and develop a strong work ethic.

-We coach to develop enthusiasm for training and competing.

-We coach to develop leadership qualities in all athletes.

Concussion Training/Athletic Trainer:

In the fall of 2011, the state legislature mandated concussion training.

Coaches receive training through the MSHSL - that is reviewed on a regular basis

Parents and students receive concussion management information when registering for sports through the MSHSL and registration website

-On site athletic trainer: Amy Reimer - office# 651-621-6950

Training hours: Monday-Friday 3:15-5:45pm

Email: amy.reimer@moundsvIEWSschools.org

Code of Conduct:

-I will respect the rights and beliefs of others

-I will be responsible for my actions

-I will respect the property of others

-I will respect and follow the rules of my school and laws of my community

-I will respect those who are responsible for enforcing the rules

MSHSL BYLAWS:

Mood Altering Chemicals (including E Cigarettes)

Sexual/Racial/Religious Harassment/Violence / Code of Conduct / Social Media

Mounds View Public Schools district policy:

Student must complete the entire season to have served the high school penalty

1st violation – 3 weeks or 3 contests, whichever is greater. Student will lose the right to be captain in any activity for the school year. If the student was a captain at the time of the violation, they will not continue in this capacity.

2nd violation – 9 weeks or 9 contests, whichever is greater. Student will lose the right to be captain for their high school career and will not be considered for conference honors. If the student was a captain at the time of the violation, they will not continue in this capacity

19-20 IRONDALE NORDIC

3rd violation – Student will lose eligibility for the next 12 months along with losing eligibility for conference honors while serving this penalty.

Policy on missing class: The Irondale policy states: “In order to be eligible to participate in co-curricular activities (meets or practice) Irondale students must be in school all hours of the school day. Any exceptions must be cleared by the principal or the activities director.” This includes any time spent in the Learning Center.

Practice: 3:30-5:30pm Practice is a vital part of training – **if you miss or do not complete practice, you could be ineligible to race.** It is the athlete’s responsibility to give a written excuse (email or text) to Coach Torvi PRIOR to an expected absence.

Policy on Bus Riding and Leaving meets: It is expected that all skiers ride the bus (practice or meets). **At meets:** All skiers will complete a team cool down after their race at every meet and **will stay until the end of the meet** unless there are extenuating circumstances. If you are leaving with your parents, please have your parents check out with a coach before you leave. Coaches need a written note (can be email or text) from your parents if you are riding home with another skier’s parents.

Policy on grades: You must be making satisfactory progress towards graduation to be eligible to participate in any sport. Skiers must be passing classes to be eligible to race during the season. Coaches receive a weekly email of any athlete not passing classes. Student will have 1 week to get a passing grade - if a student is not passing a class after the 1 week grace period - skier is not eligible to race.

Lettering criteria: Skiers who compete at the varsity level (top 7-10) for 2/3 of the meets, varsity level for the conference and section meets, a senior in good standing that has skied for 3 years. Attendance at practice and meets also is a factor in lettering.

Non-School Competition and Training: Any type of individual training or team participation on a non-school team in the same sport during the same high school season needs to be discussed with the coach and activities director prior to the student participating in any training or team participation

Fundraisers: All the money that we raise goes to rental equipment, wax / equipment for the ski room and to help pay for bus to ski camp!

Sunday, November 4 / 11am-5pm / Ramsey County Yard Waste Fundraiser:

Arden Hills Site - located on New Brighton Blvd

Sunday, December 29/ 10am-6pm /Cub Foods Fundraiser:

St. Anthony Cub – Located on Silver Lake Road, South of Highview

Ski Camp: Each year the team attends a training trip. Irondale has taken a training trip for over 25 years! Highlight of all kids on the team! All skiers are strongly encouraged to attend camp! We will be going to camp from Dec 20-22. Wolverine is a destination nordic ski facility. The cost for the trip this year is \$TBD. **Please RSVP!!!**

Racing: We have multiple techniques for racing - Skate and Classic.

Relay formats: two team members will classic ski and two team members will skate (Charlie Banks Relay and additional relay races).

Sprint Relay: Two person teams - head to head elimination race format.

19-20 IRONDALE NORDIC

One-day pursuit format: skiers race one discipline in the morning and the other in the afternoon. The exciting thing about pursuit format racing is that you start the second race based on the time of your first race. Whoever crosses the line first is the winner. Conference championships, sections and State are one-day pursuit format.

SEC Championship Meet is held at Battle Creek Park on Thursday, January 30. The top 12 skiers attend - top 10 compete in this race (2 alternates).

The Section 4 Meet is held at Battle Creek ski trails on Thursday, February 6th. The top 9 skiers attend – Top 7 compete in this race (2 alternates).

*Charlie Banks / Coaches Association Relay Race is the day before the State Meet and is open to the top 4 boys and girls that do not qualify for the State Meet. We need at least one team member to qualify for the state meet to attend the relay race. We leave on Wednesday, February 12 and return on Thursday, February 13. We **hope** we will need some parents to help drive and chaperone for this race.*

Equipment: *Skiers compete in two different techniques, skate and classical. More experienced skiers will have two complete sets of equipment (boots, poles, skis).*

-First year skiers *need a pair of combi boots, 2 pair of poles (classic and skate), 2 pair of skis and a ski bag. The team has often been able to help with much of the equipment first year skiers need.*

The team purchases grip / kick wax. We do encourage skiers/families to purchase kick wax /cork if you can afford. The Rode line is what the team recommends.

*Glide wax: We advise **Rex brand glide wax-Rex Blue glider** is the wax kids will use most. Fast Wax is also a good lower priced alternative (1-2-3 go pack is recommended). This wax can be purchased at Finn Sisu and Joe's. We have a team room in the new building behind the school where kids will learn to wax and maintain their skis. Team will continue to provide wax irons, scrapers and brushes.*

The team also has many pairs of rollerskis for all team members to use until the snow falls to work on skiing technique. You will not believe how easy it is to ski on snow after learning on the rollerskis! All skiers need a helmet to rollerski! We strongly encourage skiers to have rollerski pole tips. About \$15-\$20 per set.

Clothing! ***PAY ATTENTION TO THE WEATHER!*** *The school provides warm ups and racing suits. Athletes need to have non-cotton long underwear and it is nice if you find windproof long underwear, as the racing suits do not provide a lot of protection from the wind. It is also mandatory to have multiple non-cotton socks! Advisable to have nordic ski specific gloves or mittens, 2 hats, a buff and water bottle/hip pack.*

Season Passes: *Many of the trails we ski, charge a fee. We are asking all skiers to purchase a Wirth season pass (\$50 for students - \$20 daily). Wirth is the location for our conference race and we will practice @ Wirth during the season. Another season pass option is Three Rivers (\$37.50 season - \$9 daily). Both trails offer snowmaking and even in bleak winters, we will be able to ski and race! The Wirth and Three Rivers trail passes are 1/2 priced for students.*

Our Trail: *We have a 3km loop in the woods behind the high school that we maintain and groom for training. Each fall, we have a trail work-day (parents and skiers) to clear the trail of debris (leaves and sticks) and repair erosion of hills. This year we will be working on Saturday, November 16 from 9am-11am. Items to bring: a pair of gloves, safety glasses, spade shovels, steel rakes, and pruning shears.*

19-20 IRONDALE NORDIC

Team Website:

<https://www.moundsviewschools.org/irondalenordicskiing>

Text remind - sign up to get the most up to date information

Rschools notification/parents sign up at

<http://s3.amazonaws.com/vnn-aws-sites/1112/files/2012/03/Activity-Scheduler-Parent-Guide.pdf>

Important websites:

The conference website is www.nwsconference.org

The State High School League website is www.mshsl.org

The best nordic website is www.skinnyski.com

Junior Olympic site is www.cxcskiing.org

A good weather site is www.nws.noaa.gov another is www.weather.com

Local ski shops:

Finn Sisu

2436 Larpenteur Ave West

Lauderdale, MN

651-645-2443

www.finnsisu.com

Joe's Ski Shop

Co. Rd B

Maplewood, MN

651-209-7800

<http://www.joessportinggoods.com/>

Gear West

1786 W Wayzata Blvd

Long Lake, MN 55356

952-473-0377

www.gearwest.com

Hoigaard's

3550 South Hwy 100

St. Louis Park, MN 55416

952-929-1351

www.hoigaards.com

Pioneer Midwest

Hwy 81 in Osseo

www.skinnyski.com

*Skinnyski has a comprehensive
classified section for gear as well.*

19-20 IRONDALE NORDIC

Skier: _____

Parent(s) Name(s): _____

Skiers: *I understand and will follow the policies that were discussed at the chemical awareness meeting and that are outlined on the informational sheet. If I have any questions or concerns about these policies, I will speak to Coach Torvi.*

Signature: _____

Date: _____

Parents: *I understand the policies that were discussed at the chemical awareness meeting and that are outlined on the informational sheet. If I have any questions or concerns about these policies, I will contact Coach Torvi.*

Signature: _____

Date: _____