

# 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 Lakes 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 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 may move from one level to another during the course of the season if their performance demonstrates they are capable to move up.

## **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, all ancillary supplies are provided by MHS. Equipment will be discussed at length at the TNR Kickoff Meeting.

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

There is a mandatory informational meeting on **MONDAY, NOVEMBER 5, MHS @ 6:00 PM in the TEAM ROOM** (downstairs from the West Entrance 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 12th 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 payments. This is a great opportunity to get your questions answered!

**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.

Online Registration: MHS winter sports registration is online only. To register go to: [www.tonkaactivitiesregistration.com](http://www.tonkaactivitiesregistration.com) . Note the following \*required procedures with this new online registration:

1. If you have not registered for fall sports or activities yet this school year, you will need to create a **NEW family login and password**. Once you have created this, the online registration will connect you to your middle and high school students for you to choose which student you wish to register.
2. **SPORTS PHYSICALS.** All MSHSL sanctioned sports athletes are required to have a sports physical on file dated within 3 years that **must remain current throughout the sports season** they are participating in. **\*NEW THIS YEAR:** If your student does not have a current sports physical on file with the MHS Activities Office, or it will expire during the season, **you will not be able to register them for winter sports until a current one is on file.** To see what date is currently on file, go to your student's SSO|Student Skyward and under their Health Information choose "Physical" to see what date is on file.
3. You will be asked to provide your student's 6-digit school ID# (noted as "Other ID" in Student Skyward).

**\*IMPORTANT:** If you are a **transfer student, foreign exchange student** or **requesting a scholarship:** **Prior to registering, you must first complete the respective form located under High School Files and Links located on the right hand side of the online registration homepage.**

The MHS Activities Office is open Monday through Friday from 7:30 a.m. - 4:00 p.m. We are accepting online registrations only. If you are not able to register online at home, we have laptops available for your use in the MHS Activities Office.

**Questions regarding registration?** If you have difficulty creating your family log-in or registering, please click on the "Need Help?" option at the top of the registration homepage. There is also a "Contact Us" option if you have any registration questions for the Activities Office Staff.

**FEES:**

1. MHS Activities Fee: \$75
2. Nordic Skiing Fee: \$125
3. Required Booster Club Fee: \$50 (Covers Three Rivers Ski Trail pass, ski wax, etc.)
4. Uniform Deposit: \$200 (This check will not be cashed unless the assigned uniform is not returned by the athlete.)

Total Required Participation Fees: \$250

**CAPTAINS' PRACTICES:**

Fall captain's practices start the week of October 29th. 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 12th 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. 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.

**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 body with adequate nutrition. All of these components will be a part of team conversations throughout the season.

**WINTER SKI CAMP:**

Camp will 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 info will be available at the Season Kickoff.

**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 with any other questions.**