

2017-2018 NORDIC SKI TEAM

Bow High School

Head Coach: Christopher Naimie, cnaimie@bownet.org, 603-491-5223 (cell)

Bow Nordic Website: www.bownordic.org



**NH Div III
Champions**

Boys	Girls
2007	2010
2009	2011
2010	2012
2012	2013
2013	2014

New Skier Information:

1. Welcome to the Bow Nordic Team
2. Coaching Philosophy: Facilitate all athletes on team in pursuit of their goals
3. Structure of Team
 - Gold – Learn to ski and enjoy competing
 - Blue – See improvement in technique and times
 - Falcon – Represent Bow at State Meet and beyond
4. What gear do you need to get started Nordic skiing? (more details on website)

▪ Nordic Ski Specific Equipment:

- i. Waxable Skis - Combi Skis (flex rating is driven by use as classic skis and the length is driven by use as skate skis ... they are a compromise!)
- ii. Boots – Salomon Pro Combi (if they are available and fit), otherwise ... purchase what fits best
- iii. Bindings – Combi binding that matches boots
- iv. Poles – longer poles for skate skiing (highest priority) and shorter poles for classical skiing (see sizing guide below)

▪ Outdoor exercise clothing (ideally two sets of each):

i. Upper Body

1. appropriate technical undergarment
2. technical long underwear
3. thin fleece midlayer
4. technical outer shell

ii. Lower Body

1. appropriate technical undergarment
2. technical long underwear
3. nordic ski pants

iii. Miscellaneous

1. Headband – fleece or wool
2. Hat – fleece or wool
3. Socks – wool
4. Gloves – low volume technical glove, medium volume technical glove (I like the ski-specific lobster gloves)
5. Nordic ski bag

▪ Waxing Equipment:

- i. Best to have your own kick wax scraper, cork, and kick wax remover
- ii. Other items added to inventory as skier progresses from Gold => Blue => Falcon

5. What support does the team provide?

- Differentiated ski instruction
- Differentiated waxing instruction and assistance waxing (squads)

6. What to bring to school for practice before snow flies

- i. running shoes
- ii. athletic socks and wool socks
- iii. technical fabric long pants
- iv. shorts
- v. technical t-shirt
- vi. technical base layer
- vii. technical intermediate layer
- viii. wind shell
- ix. light gloves and hat

7. I am looking forward to providing targeted support for each of you as you pursue your goals this season!

4 Options:

- Obtain on your own
- Rent from team
- Rent from S&W
- Purchase from S&W at Team Night



FALCON GROUP	Bow at State Meet and beyond
skiing - represent strength/endurance waxing - be self-sufficient	push the envelope (except klistler)
BLUE GROUP	State Meet and beyond
skiing - see improvements in technique and strength/endurance waxing - progress toward self-sufficiency	invest in possibilities
GOLD GROUP	State Meet and beyond
skiing - learn to ski and enjoy competing strength/endurance waxing - learn fundamentals	explore possibilities

SKIER'S HEIGHT	Classic	Skate
200 cm	6'7"	180 cm
195 cm	6'5"	175 cm
190 cm	6'3"	170 cm
185 cm	6'1"	165 cm
180 cm	5'11"	160 cm
175 cm	5'9"	155 cm
170 cm	5'7"	150 cm
165 cm	5'5"	145 cm
160 cm	5'3"	140 cm
155 cm	5'1"	135 cm
150 cm	4'11"	130 cm
145 cm	4'9"	125 cm
140 cm	4'7"	120 cm