



**2021-2022 NORDIC SKI TEAM**

Bow High School

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

Coaching Contacts: On Snow-Chris Naimie (cnaimie@bownet.org); Other-Kathy Veilleux (kveilleux@bownet.org)

Bow Nordic Website: www.bownordic.org (contains a wealth of information)

**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: Goal-Oriented Growth Mindset!  
=> Guide and support all team members in the development and 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)

**3 Options:**

- Obtain all your own (I will forward info about regional retailer team discounts)
- Rent all from our team
- Obtain skate equipment on your own and borrow classic equipment from team

- Nordic Ski Specific Equipment:
  - i. Skate Skis (rated for skier weight) & Poles (see chart below for length)
  - ii. Boots – Either a Combi Boot or separate Skate & Classic Boots
  - iii. Bindings – Must be compatible with boots
  - iv. Classic Skis (rated for skier weight) & Poles (see chart below for length)
- Outdoor exercise clothing (ideally two sets of each):

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

- 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 merino wool
  2. Hat – fleece or merino wool
  3. Buff/neck gaiter/neckwrap – cotton blend, thin fleece, or technical fabric
  4. Socks – low volume merino wool
  5. Gloves – low volume technical glove, medium volume technical glove (I like the ski-specific lobster gloves)
  6. Nordic ski bag

SKIERS HEIGHT	Classic	Skate
200 cm	170 cm	180 cm
195 cm	165 cm	175 cm
190 cm	160 cm	170 cm
185 cm	155 cm	165 cm
180 cm	150 cm	160 cm
175 cm	145 cm	155 cm
170 cm	140 cm	150 cm
165 cm	135 cm	145 cm
160 cm	130 cm	140 cm
155 cm	125 cm	135 cm
150 cm	120 cm	130 cm
145 cm	115 cm	125 cm
140 cm	110 cm	120 cm

- Personal Waxing Equipment: To be added as skier progresses from Gold => Blue => Falcon
5. What support does the team provide?
    - Differentiated coaching and skiing instruction
    - Differentiated waxing instruction and assistance waxing (squads)
    - “Special” classic skis (known as skin skis) for all skiers at practice and all but the most experienced skiers at races
    - Opportunity for all team members to rent skate skis, skate poles, classic poles & combi boots for the season

6. What to bring to school for practice during pre-season (that is, 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. We look forward to providing targeted support for each of you as you pursue your goals this season!