

2017-2018 NORDIC SKI TEAM

Bow High School

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

Website: www.bownordic.org



Agenda for Sign-Up Meeting:

- Introductions
- Bow Nordic Team Structure: Captains-Squad Leaders-Team Members
- What's a "team": Expectations and Team Goals
- Important Dates (Events held in Room 2201 unless otherwise indicated):
 - 11/02@Noon – Final day to sign-up for team through familyid: <https://www.familyid.com/bow-high-school>
 - 11/08@3PM – New skier rental fitting sessions (bring payment: \$120)
 - 11/13@3PM – Returning skier trade-in/rental fitting sessions
 - 11/08@5-7PM – Team Night at S&W SPORTS
 - 11/21@3PM - Team Trip Decision DUE (Dec 27-28, Craftsbury, VT)
 - 11/27@3PM - Poinsettia Forms DUE! Goal = 8 plants per athlete
 - 11/27-12/01@3PM – Waxing clinics and kick zone marking (detailed schedule TBA)
 - 12/04@3:15PM – First team practice
 - 12/14 – Timed mile run
 - 12/21 – Medals Test
 - 12/27-28 – Team Trip: Craftsbury Outdoor Center, Craftsbury, VT
 - i. Transportation: school district bus
 - ii. Leave early morning on Day 1
 - iii. Ski two days in Craftsbury
 - iv. Stay at Craftsbury Outdoor Center
 - v. Return evening of Day 2
 - vi. Cost: \$120
 - vii. 32 spots available
 - 12/25 – First possible date for first regular season race
 - 2/03 – First Coaches Series Race (Classical@Whitaker Woods)
 - 2/17 – Second Coaches Series Race (Freestyle@WMRHS)
 - 2/24 – Last possible date for regular season race
 - 3/06 – State Championships (@Great Glen)
 - 3/13 – Meet of Champions (@Prococtr Academy)

NH Div III Champions

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

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

- Promote the life-long love of Nordic skiing
- Improve technical proficiency of all skiers, regardless of current ability
- Promote healthy living by teaching and practicing the behaviors that lead to a balanced lifestyle, including proper nutrition and rest and the importance of exercise and being outdoors
- Create an atmosphere where athletes positively support and encourage one another to reach his/her individual goals
- Represent Bow Nordic positively to the broader community including BHS, the town of Bow and the NH Nordic community.

Things to do in preparation for season:

- Review Goal Setting Document (see website) and set your goals for the season
- Begin/continue your pre-season training program (resources on website)
 - Review Training Calendar
 - Sample Conditioning Workouts
- Inventory your equipment and make plans for this year!
- Attend Team Night at S&W Sports
- Decide whether or not you will be attending this year's Team Trip
- Sell at least 8 Poinsettias

FIRST DAY OF PRACTICE: DECEMBER 04, 2017!