**MV Nordic 2020-2021 Checklist and Packet**

**Welcome to and thank you for being here!**

This Packet is intended to help you navigate the evening and be informed on the rest of the season. This packet and the presentation slides will be posted on the website, link below:

<https://mvnordic.weebly.com/team-information-and-docs.html>

**2020-2021 COVID Season:**

This season will begin “virtual only” until we hear more direction from the Governor near Dec 18th, 2020. All workouts will be posted to the weebly site, and some virtual activities also take place. The weebly site is the main source of team information.

[Mvnordic.weebly.com](http://mvnordic.weebly.com)

This document does not contain information regarding details on races, transportation, or other items which will be pertinent when the team can train together, as that information may be subject to change. We will hold another team meeting to discuss how the changes impact MV Nordic.

**7pm-8pm – Presentation and packet walk-through**

**At close of meeting - Complete Post-Meeting checklist**

€ Log your attendance and provide contact information via Google form (link on Weebly)

**At Home/Later**

€ Uniform Deposit due at pickup on Friday, Dec 11th

Make check out to MV Nordic Boosters ($75)

€ Send Booster Donation

€ Submit Employer Match for Booster Donation 501 (3)(c)

MVHS Nordic Ski Boosters

1900 Lake Valentine Road

Arden Hills, MN 55112

*EIN #46-4361002*

€ By TBD (will be posted on website) - Order Optional Team Clothing

**MV Nordic 2020-2021**

**Info Packet**

**Coaches Name/Contact Info:**

Lisa Garretson (Co-Head Coach) – [garretson.lisa@gmail.com](mailto:garretson.lisa@gmail.com), 651-253-4033

Julie Garretson (Co-Head Coach) – [garre095@umn.edu](mailto:garre095@umn.edu), 651-253-4032

Ian O’Neill (Technique and Racing Coach)

Emily Muellner (Technique and Racing Coach)

Jack Christianson (Lead Varsity Racing Coach)

Parents and Skiers: Please utilize email to contact coaches, unless it is an emergency. Please do not text coaches except for emergencies.

**Captains:**

Eva Barsness – 2022barse26@moundsviewschools.org

Katia Bartels – 2021Bartk64@moundsviewschools.org

Jon Petrangelo – 2021petrj69@moundsviewschools.org

**Booster Club Members:**

Alicia Griffin Mills (Pres, Photos, Shutterfly) – [griffin.alicia77@gmail.com](mailto:griffin.alicia77@gmail.com), 651-983-0626

Sara Barsness (Rollerski Assignment and Maintenance) - Sara Barsness <ashe0007@gmail.co

Ye Tan (Mounds View Communications) – [tanye19@hotmail.com](mailto:tanye19@hotmail.com)

Marcel Derosier (Treasurer, Mora Vasaloppet) – [frogskov@gmail.com](mailto:frogskov@gmail.com)

Melissa Hairston (Banquet Lead) – [m\_phairston@verizon.net](mailto:m_phairston@verizon.net)

Kirsten Poecher (Banquet)

Mae Petrangelo (Banquet and Fundraising)

Don Dornfeld (Secretary)

Carla Smith (Logistics)

**Registration Details:**

You do not need to register to participate with the team virtually until Dec 18th. The following distinctions apply between registered and unregistered skiers:

Registered Skiers can:

* Participate in virtual meetings and practices
* Obtain a Three Rivers Pass (Elm and Hyland sites, covered by Nordic Team)
* Option to purchase discounted MPRB ski passes (Wirth site, paid for by the individual skier)
* Be issued a warm-up and race-suit
* Rent equipment from the Ski Library
* **Please register by Monday, 12/7 to allow uniforms, skis, & passes to be prepared**

Unregistered Skiers can:

* Participate in virtual meetings and practices
* Option to purchase discounted MPRB ski passes (Wirth site, covered by the individual skier)

**Communication**

* **All communication: Weebly Team Website and Team Snap**

Website: The primary resource for team information is **mvnordic.weebly.com**. It is updated weekly with all information for practices and meets for the week as well as any other important information. The team and parents will be notified via email when important announcements are added to the website.

TeamSnap: E mails will be sent through TeamSnap. Submitted skier and parent emails will be added and you’ll receive an invite to accept.

It is recommended that both the student and a parent be added to TeamSnap.

* **Optional: Facebook and Shutterfly**

Facebook – The team has a Facebook page – MV Nordic Ski 2020-2021

-This is not utilized for official information and is optional. Facebook is mainly used for casual chat and photo uploads from parents for sharing.

Shutterfly – The team has a Shutterfly page where pictures from races can be viewed and downloaded. You can request to join the page by going to the home page: <https://moundsviewnordic.shutterfly.com/>

**Practices**

Check the weebly website each Sunday for the week’s details.

Virtual practices:

* Until Dec 18th, all practice will be virtual or “on your own” (OYO).
* Practices will comprise a mix of non-skiing workouts (such as running, strength, and drills) and skiing workouts. The practice schedule will be posted Sundays on [mvnordic.weebly.com](https://mvnordic.weebly.com/) to give details on practice plans and any changes to the original schedule.
* All cardio workouts will have the option to be running, rollerskiing, or snow-skiing.
* Strength workouts will be virtually lead by coaches
* Students are discouraged from meeting in large groups to perform the workouts. Carpools of skiers are also discouraged.

Artificial Snow Practice Locations (for when snow is not plentiful):

All lit: Theodore Wirth Park, Elm Creek Park Reserve, Hyland Recreation Area

Natural Snow Practice Locations (if snow is plentiful):

Lit: Como Park, Phalen Golf Course

Unlit: Battle Creek Recreation Center

\*\*highly recommended to check trail conditions at <https://www.skinnyski.com/trails/reports.asp>. Feel free to perform ski workouts at any location desired, the above locations are good options close to the metro area.

**Transportation for COVID-impacted Season:**

* Skiers should not carpool to ski areas to perform workouts. The team as a whole is not permitted to meet for workouts.
* Parent-driven carpools are permitted to escort multiple skiers under their discretion.

**Busing Policy:**

* There will be no bussing to perform any workouts. If regulations change on Dec 18th, bussing will be provided to all practices and races under strict COVID guidelines.

**Parent Involvement**

* Parent involvement this year will be limited, especially until Dec 18th when we might be allowed to practice and race together. If you are interested in helping with the Booster club, please contact Alicia Mills ([griffin.alicia77@gmail.com](mailto:griffin.alicia77@gmail.com))

**A Note on Rollerskiing & Safety:**

* Do not rollerski in the evenings/dark.
* Always wear a helmet
* Be responsible and respectful on roads

**Gear/Equipment**

* Always be prepared with outdoor gear. We are mostly an outdoor team, sometimes indoors. Your health is dependent on being well dressed for the conditions. Change out of wet/sweaty gear as soon as possible after workouts.

**Fundraising:**

* We will not be fundraising this season as our traditional camps and trips are not taking place. Additionally, we are not holding carboloads and similar events.

**Booster Donation**:

We request for a voluntary donation of $65 to help support the team and to cover team costs.

\*\*This year's donation is less than usual, as we are not holding a Holiday Camp Trip, Mesabi Trip, or hosting carboloads. The $65 donation helps to cover roller ski maintenance, ski

wax, operating fund for team activities, race suit & warmup maintenance, and scholarships.

This donation is a vital contribution to our yearly operating costs. The MV Nordic booster club is a 501(c)(3) non-profit organization.

* Your contribution is 100% tax deductible
* Your contribution is eligible for any corporate matching

MVHS Nordic Ski Boosters

EIN #46-4361002

1900 Lake Valentine Road

Arden Hills, MN 55112

Or

3300 Katie Lane, Arden Hills, MN 55112

We will provide receipts for your tax records which can be mailed or e-mail back to donors who send in a check.

Mail donations to:

1900 Lake Valentine Rd

Arden Hills, MN 55112

Please send questions to Marcel Derosier (Booster Treasurer)

[frogskov@gmail.com](mailto:frogskov@gmail.com)

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*MV Nordic Banquet*

*Please RSVP*

**Note: Banquet plans are heavily dependent on the development of the COVID situation. A banquet team is reviewing options and more information will become available later in the season.**