

10 STEPS TO GETTING STARTED!

Start date November ____ at the Senior High

Website: <http://willmar.schoolwires.net/Page/1149>

_____ **1) Submit Registration Forms and Activity Fee** (Middle School \$100, High School 1st sport: \$300, 2nd \$200, 3rd \$100 to Senior High office or pay online ASAP.

Registration is located on the school website. <https://willmar-ar.rschooltoday.com/>

-Skiers cannot practice until they do this

-Coach Haugen must submit a team roster to MSHSL by the end of November.

_____ **2) Save Coach Haugen's Email:** haugenb@willmar.k12.mn.us

-Email me if you have any questions.

_____ **3) Reserve race/activity dates on your family calendars**-subject to change.

- Schedule routine appointments (doctor, dentist, etc.) **Now** to avoid race dates

_____ **4) Read Policy book on Nordic webpage. Read the Activity Handbook on the Athletic website. Website:** <http://willmar.schoolwires.net/Page/1149>

_____ **5) Get GEAR (*skis, boots, poles, bindings*).** *First year skiers see Coach Haugen for borrowing skis.*

-Rollerblades and tennis shoes for dryland training. The team has some blades.

-Check out area ski swap sales, (see Coach Haugen for questions), OR

- Buy or Rent (lease) gear from Revolution, Gear West, or Fitzharris shops; inexpensive poles at Play-It-Again-Sports or Scheels. All shops located in St. Cloud, except Gear West, are in Long Lake.

-Beginners: get skate gear. Email Coach Haugen if you are wondering.

-Varsity needs Skate and Classic skis.

-Get a ski bag

-**Label** all gear

_____ **6) Get Clothing:** Outer/Middle/Inner layers. Light layers, not thick.

-Hats, gloves, socks. 2 pairs of each.

-There will be a clothing order for Nordic ski handed out the first week of skiing.

_____ **7) Get an insulated water bottle**

_____ **8) Very Important: Sign up to the Remind! But do not get the APP**

-I use this daily for announcements

-simply text the number "**81010**" and message _____ (Ask Coach Haugen)

_____ **9) Schoology access code for Nordic ski!**

-I use this connecting to the students directly

Access Code: TN7F-DJRR-NV7NV

_____ **10) Be Healthy Now:** nutrition, hydration, sleep, etc.

THINK SNOW!

Always talk to Coach Haugen if you have any questions or concerns. The coaches want this to be a lifelong learning sport and fun.