

## NORDIC SPIRIT YOUTH SKI LEAGUE INFORMATION

**Classes Start:** Sunday January 9, 2022

**Class Start Time:** 4<sup>th</sup> grade and older start at 1:00 and end at 2:15

K-3<sup>rd</sup> grade start at 1:30 and end at 2:30

- Please note these times are when classes start, which means your child needs to be at the start location with skis on and ready to ski. If you are late, we will help you try to locate the class but may not be able to do so.
- Classes start at the head of the Camp ground loop. This is the area directly across the road from the Nordic Center (where ski equipment was picked up). The trail will be marked with Poles that have the grade level on them. Participants will want to be at the pole with their grade level at the start of their class.

**Parking:** Parking is available in the Adventure lot (parking area for tubing) and there is a groomed trail across the street from the Adventure lot that you can ski up to where the classes begin. In the past the police have not ticketed if you park on the main road where there are no parking signs. However, there is no guarantee that you will not get ticketed. We have contacted the Duluth Police and requested that they allow the parking during class time but have not had a response yet. Please DO NOT park on both sides of the entry road to the Nordic Center.

**Parent help and participation:** We are more than happy to have you join your child's class. If you do decide to join the class you most likely will be asked to help. You can ski or walk on the trails. If you walk **PLEASE** walk on the edge of the trail and not on the track. Walking will generally only work with the younger grades as generally past 2<sup>nd</sup> grades the kids are out on the trails and will be moving to quickly for you to keep up walking.

**If you are interested and comfortable helping with or instructing a class please contact Mary Jane at 218-626-2532.** This program is run entirely on volunteers so help is very much appreciated. If you would like to help let us know we will put you into action.

**Weather guidelines:** Use your good judgement. Temperatures below zero classes will be cancelled. We will send an email the morning of classes before 11:00 to alert you of class cancellation.

**What to wear:** Always wear a hat and mittens, layers so kids can take a jacket off if they get too hot. X-C skiing is warmer than downhill. Heavy Snow pants for kids that are in the upper grade levels are usually too hot, wind pants over pants or long underwear are good. Younger kids need to dress warmer than the older kids so snow pants are a good choice for these younger kids.

**Last day of class:** February 13<sup>th</sup>. We typically have an outdoor picnic and fun race. All family members are welcome for fun and food.

**Questions:** Please email me at [emiller@mwclaim.com](mailto:emiller@mwclaim.com). Thank you,