

Fryeburg Academy Ski Team

Nordic: Frequently Asked Questions

EQUIPMENT:

- 1.) I've never skied before, I don't have any equipment, what do I need?**
- 2.) I had school equipment last year; can I use it again this year?**
- 3.) I've never been on the team but I already have equipment, will that be OK?**
- 4.) I want to buy some new equipment, what do I do?**

At the high school level we train and race both the classical and skate techniques, which basically require two sets of equipment (at least two sets of skis and poles). This is performance based or racing type equipment. It is understood that to go out and purchase all this all at once is a big financial commitment so the school will help you out as much as possible.

1.) If you are a first year skier: The ski team will provide skis and poles for your first year. School issued equipment may be new or it may be many years old depending on the sizing available. It is your responsibility to purchase a pair of boots (brand new will cost around \$160.00). If you are going to use school skis you need to match our bindings which are the Salomon SNS system. If you cannot afford boots see the coach.

2.) If you are a returning member of the ski team and used school equipment last year you need to start thinking about purchasing some of your own. It is assumed that if you are returning to the ski team you are serious about the sport so you should begin to try and purchase some skis and poles of your own (skate equipment would be a good place to start). You can still use school equipment as necessary but try and start to buy your own. Remember the holiday season can help you with this (Christmas). Talk to the coach to work out what is best for you.

3.) If you already own equipment bring it to practice and let the coach look at it. You will need performance based equipment, meaning properly sized equipment for you as well as the proper equipment for the specific techniques (skate or classic). For classical skiing you will need waxable type skis for races (no fishscales on the bottom).

4.) Whether you are a first year skier or a veteran and you want to purchase new equipment, accessories or clothing you have many options. Most area ski shops offer discounts if you tell them that you are on the Academy ski team (ask the coach for specific shops).

Your best option is to go with the team to the equipment night at Great Glen's Ski Shop. Great Glen is in Pinkham Notch, about a 1 hour drive. The ski shop will remain open for the team and the coach will be there to help you choose equipment and clothing. It is an excellent opportunity to purchase discounted equipment, accessories and clothing.

CLOTHING:

- 1.) I am new to skiing, what clothing do I need?**
- 2.) I have clothing for Alpine skiing, will that be OK?**

1.) Dressing for Nordic skiing is all about layers. While skiing you will exert a lot of energy so you will inevitably warm up. It is important that you layer your clothing so that you can take off layers as you warm up and then put them back on as you cool down.

In general good clothing would be some breathable long underwear (i.e. Lifa or Bergelene brand), a pair of lined wind pants, a fleece pull-over top and a wind breaker, plus gloves (Alpine gloves are too bulky, try for a smaller pair) and a hat.

to have would include a pair of glasses for snowing conditions and chap-stick.
2.) Clothing for Alpine skiing will not work for Nordic skiing because it is too bulky and ultimately too warm. You are moving a lot more in Nordic so you will sweat profusely if you have on a big Alpine parka and pants. This bulky clothing will make it hard to move also. You will not be able to effectively use Nordic poles with bulky Alpine gloves on. You shouldn't have to spend a lot of money on special Nordic clothing because you probably have most everything you need at home already (see reason #1 above).

VACATIONS:

- 1.) **Do we have practices over vacations?**
- 2.) **Are vacation practices mandatory?**

The winter sports season encompasses three school vacations: Thanksgiving, Christmas and February.

1.) Are there vacation practices? Absolutely, with the exception of Thanksgiving.

2.) Vacation practices are not mandatory, meaning that attendance will not be taken but you are still expected to be there. If you have family commitments or do not have a ride to practices those would be considered circumstances beyond your control but you are still expected to make every effort to avoid those situations and make practices.

SATURDAY COMMITMENTS:

I have to work on Saturdays or I have family commitments on Saturdays. Is that a problem?

The short answer is, Yes. The Nordic team has races and practices on some Saturday's during January and February. You are expected to be at those events. If you have problems meeting your team commitments please talk with the coach.

OTHER EXTRA-CURRICULAR ACTIVITIES:

I have band practices and/or other extra-curricular activities that will occasionally conflict with ski activities. Is that a problem?

In most cases these conflicts can be worked out but it does present a problem. By being on the ski team you are making a commitment to your teammates so you are expected to be at ski activities. If you have band or other school functions that cause you to miss ski practices and/or races you need to see the coach. Again, in most cases these conflicts can be worked out.

SKIMEISTERS: Competing in both Alpine and Nordic

I am thinking of being a skimeister.

We will work with anyone wanting to compete as a skimeister. The school will provide Nordic equipment for skimeisters and in most cases will provide boots as well (See the section on equipment above for more information).

To compete for state skimeister you must:

- a.) Compete in each of the four disciplines (Slalom, GS, Skate & Classic) at least twice during the regular season.
 - b.) Be named to two (out of four) of your schools regular 6 person state meet squads.
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STUDENTS & VEHICLES:

It is not a secret that a necessity of the Nordic team is to freely travel off campus. Simply traveling the one mile to Stark's Hill to train everyday can be a transportation problem.

For many years now the solution to this has been that upperclassman with licenses and vehicles help transport other students to and from practices and other occasional Nordic activities. The team and coaches view this as a tremendous privilege and very strict rules are laid out that all drivers must follow.

If there are any parents that are not comfortable with their children traveling with other students they can ride with one of the coaches. We want to be open and upfront about this to avoid any confusion. Please do not hesitate to contact the coach with any questions concerning this issue.

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