

Code of Conduct and Season Expectations 2025-26

Girls/Boys Nordic Ski Lakeland Union High School

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Club President: Dan Eggen

Nordic Ski is a varsity sport at Lakeland Union High School (LUHS) and has won 10 Girls and 5 Boys Team State Championships in addition to 16 individual State Champion titles since the first Championship in 1980. LUHS Nordic Ski has both a girls and boys team who learn, train, and compete in both skate & classic ski races through the [Wisconsin Nordic Ski League](#) (WNSL). WNSL provides regulations and state competition for Nordic Ski, because Nordic Ski is not a state-wide sport through WIAA (Wisconsin Interscholastic Athletic Association). While many high schools do not recognize non-WIAA sports, LUHS considers Nordic Ski a sport (not a club), awarding varsity letters and recognizing top team/individual accomplishments, which is awesome! Nordic Ski is also complicated compared to other sports, because Nordic Ski requires a list of equipment and waxes, has two ski techniques, has changing practice locations, and involves multiple race formats. For these reasons, Nordic Ski is supported financially in part by LUHS, skier registration fees, and booster club fundraising. The booster club for Nordic Ski is the [Lakeland Nordic Ski Team](#) (LNST), which also serves as a community sports club serving the greater Lakeland area for youth in elementary and middle school.

REGISTRATION

High School Registration Fee: \$250

- Fee includes a season trail pass to Minocqua Winter Park (access to trails on practice and non-practice days over winter season).
- Fee also includes but not limited to training equipment, wax equipment, wax, race fees & coaching, lodging, and transportation.
- If there is financial hardship, please contact Board President for application information.
- Skiers must be registered **two ways** to attend practice:
 - 1) LUHS: Infinite Campus/Activity Registration/Winter sports-Nordic Ski
 - 2) LNST: High School Program <https://tshg.bluesombrero.com/lakelandnordicskiteam>

COMMUNICATION

1. Team Management App. Our primary communication and team management tool is the **SportsYou (SY) app**. Parents/Guardians and athletes will need this app and join via access code: 73AS-HRDN . We will use 'chat' for regular team communications and updates. We will use the 'feed' for broader announcements. Athletes must include a parent on chat messages to coaches; coaches will do similarly to keep families informed. See Appendix A for details.
2. Our LUHS Nordic Ski winter sports webpage is:
<https://sites.google.com/d/1sIUlnPVIM41DPQWLdGqAshYXLT61FD9r/p/1ZWcXg8ockDxDxG7W2PCDaP2tFIFQnQfJ8c/edit>
3. Our booster club LNST uses
 - a. Facebook page for club communications. Join now!
 - b. Facebook private group for buy/sell/trade and photo sharing. Join now!
www.facebook/groups/lakelandenordinskiteam/
 - c. Website for registration and more static or annual updates on the ski program.
<https://tshq.bluesombrero.com/lakelandnordicskiteam>

GENERAL PRACTICE SCHEDULE

Practices are typically **Monday through Friday weekly 3:45 to 6 p.m. up to 5 days a week on school days November through February**. Additional practices may include a weekend day, especially early season when there are no races, no school (e.g., over Christmas break), or no snow (especially in Dec.).

Nordic Ski requires a high level of personal responsibility. Skiers can check the SY calendar, click on the day, view the practice details, and pack the night before practice. Practice prep includes:

- Fuel up. Have a healthy snack and some fluids before and after practice; bring a water bottle to practice
- Pack a headlamp. We will be on trails without lights.
- Wear a watch. The watch can be simple – tells time and has a timer or stopwatch. At times, skiers will be responsible to return to trail points at certain times or will need to time themselves during a workout. Cell phones are not easy to access/read while skiing and lose battery quickly in cold; therefore, they are not reliable time keepers. Please wear a watch.
- Wear proper footwear and clothing for weather. Bring layers so, after warm up, you can take off a layer and still be comfortable.
- Have the correct equipment. Read the practice details in SY – it will note equipment needs: skate/classic, skis/poles/boots, running shoes, etc.
- Be on time. The bus departs LUHS for the practice location at 3:50pm. You must be efficient with your time after school.
- Focused. Be ready to maximize workout time at practices. Communicate with family/friends before or after practice so you can focus on coaching instructions and your teammates. Cell phones are for emergency use only. No music, headphones, orearbuds unless approved by coaches.

Skiers who are not prepared at practice take away time from the entire team as coaches try to help locate clothing, equipment, etc. for one individual while the rest of the team waits. Skiers without proper clothing can be a safety issue (e.g., frost bite), and skiers without proper equipment cannot meet practice objectives or keep up with team. Skiers who show up to practice unprepared twice will review how to they can improve their personal responsibility to prepare for practice with coaches. If a skier shows up to practice unprepared a third time, the skier will not be allowed to practice and the skier, parents/guardians, and coaches will meet to discuss next steps.

Early Season – Dryland Training: (prior to skiable snow)

- Majority of workouts are outdoors. Locations vary from LUHS to local trails.
- Weekend optional roller ski sessions may be offered. LNST has rental rollerskis – see coaches.

Regular Season – On Snow Training: (as soon as snow is available)

- Locations vary, but often at Minocqua Winter Park, Schlect Lake, Madeline Lake, ...
 - <http://www.minocquawinterpark.org/>
 - <https://www.skinnyiski.com/trails/traildetail.asp?Id=469>
 - <https://dnr.wi.gov/topic/StateForests/nhal/documents/FR711MadelineTrail2018.pdf>

NOTE: Schedule will vary according to weather and trail conditions and can change last-minute. HS skiers are responsible to watch SY for on-going communications about practice changes. Coaches will communicate any changes by 8p the night before (as possible).

GENERAL RACE SCHEDULE

The HS race schedule starts mid-December and runs through early March. Races are typically on weekends. Race events are typically one technique, either freestyle or classic, and one format, sprint or distance. Girls and boys race separately. In many cases, JV and varsity race together. Therefore, one race event will have 2-4 races for the HS skiers. Race distances range from 1 to 8 km over flat to rugged terrain. Most races are day trips, but state championship races will require overnight stays for the team. Overnight food, transportation, and lodging are covered with registration. Note weather or snow conditions can change the race schedule, so be prepared for modified, rescheduled, or added races on any weekend during the season. Information about optional races at your own expense can be found in Appendix B.

TRANSPORTATION

Most transportation is provided from LUHS to practice locations and race venues. As a school sport, LUHS provides transportation for safety and to optimize logistics. Skiers are not allowed to drive themselves or other athletes. If a parent/guardian would like their skier to drive themselves to a practice(s) or race(s), the parent/guardian must send a SY chat message to coaches when and where their child has permission to drive. If a skier is riding with parents/guardians to or from a race, the parent/guardian must send a SY chat message to coaches.

ATTENDANCE

LUHS policy requires the student to be in school the entire day in order to practice or compete that day. In addition, the student must be in school the entire day following a competition. Exceptions to

these policies include advance and accepted excuses or unavoidable absences (e.g., injury, illness...) from school. Violations of this policy can lead to suspension from sport.

In addition to LUHS policy, the Nordic Ski team has its own attendance policies. **Skiers are expected to attend all practices and races.** If a skier has an excuse, the athlete must send a SY chat message to coaches and parent/guardian at least one day ahead of a practice and at least 8 days ahead of a race. Athletes who have 1 unexcused absence will review the attendance policy with coaches. Athletes with 2 unexcused absences will meet with coaches and parents/guardians to determine next steps. Athletes with 3 unexcused absences will be dismissed from the team. For unforeseen circumstances (e.g., illness), the athlete or parent/guardian will send a SY chat to coaches as soon as possible. Deviations from this policy will be at the discretion of the coaches.

Attendance - State Competition: 1. Skiers must be at 80% or more of practices and 80% or more of races to compete at state meets. 2. Skiers who compete at a state meet must commit to both Saturday and Sunday races of that state weekend.

WNSL is unique in that there are no qualifying races to attend the state championship meets. There are two, 2-day state weekends: State Sprints and State Distance. So, WI Nordic Ski coaches strategically plan weekly practices and season race schedules so that skiers peak in performance at the state meets. Skiers are expected at all practices and races, because ski training requires 'time on skis' much like soccer or volleyball players need 'touches' to improve and develop in the sport. In addition, competing in regular season races allows the athlete to test their training status and assess season goals so they can return to practices and use them more effectively to train for the state competitions. Missing practices and missing races means the athlete is not gaining in training or experience, even if the absences are excused, an athlete is frequently sick, or an athlete is injured – they are simply not there and not spending 'time on skis' to develop in the sport. Moreover, the overnight state weekends are expensive and require a lot of volunteer support. Athletes participating in state weekends are expected to race both days, because WNSL considers each weekend a 2-day race event in registration and championship points. Therefore, state weekends will be focused on supporting athletes 1) who are at 80% or more of the scheduled practices/races and 2) who participate in both days of a race weekend. Deviations from this policy will be at the discretion of the coaches.

Attendance - Injuries: When an athlete is injured, the student should see their medical provider and/or the LUHS athletic trainer for an injury evaluation and return-to-ski plan. In situations where athletes report injury to coaches repeatedly but have not sought medical advice, then coaches will set a meeting between coaches, athlete, and parents/guardians to develop next steps.

Makeup practices can be used to makeup the missed 'time on skis' at practice; makeup practices should be discussed with coaches ahead of time. Makeup practices can be submitted by 1) skiing (or other activity approved by coach, such as rollerskiing) 1-2 hours, 2) taking selfie on trail with equipment after ski, and 3) sending a SY chat with this photo, time spent skiing, workout location, and technique used (or screen shot of Strava Activity) to coaches and parent/guardian.

VARSITY

Skiers must meet attendance policies and earn a finish of top 40% at the State Championships to earn a letter/numeral. Deviations from this policy will be at the discretion of the coaches.

EQUIPMENT

For dryland practices, skiers are required to have bounding poles. These poles can be cheap poles about waist to belly button height. LNST has poles that can be borrowed if needed – see coaches.

For on-snow practices and races, skiers are required to have a minimum of two set of skis and poles: one set classic and one set skate. They can use combi boots or two pairs of boots specific for each technique. Ideally, the athlete actually has four sets of skis: a good/race set and a 'B'/practice skis for each classic and skate skiing. Classic race skis should be waxable. Waxless (classic) skin skis as 'B'/practice skis are acceptable. Please consult with the coaches before buying as quality and cost can vary greatly. ***Then get fitted for skis at a ski shop – proper pole and ski length/flex are MORE important to speed (and fun!) than ski wax.*** All equipment should be labelled with name, phone#, and Lakeland HS.

Care of Equipment. Skiers are expected to care for their equipment – ski equipment is expensive and can be easily damaged if not careful. Skiers should take time to secure skis with ski ties and place skis/poles in zipped closed bags after practices/races. Skiers are responsible to keep track of their ski equipment at practices and races unless stated otherwise by coaches. After the season, skiers are responsible to apply storage wax on skis so skis do not dry out during off-season. (Coaches will arrange a day at the wax barn to put on storage wax post season when possible.)

See more on equipment here: <https://tshq.bluesombrero.com/Default.aspx?tabid=2741721>

WAX

Both classic and skate skis require wax. Skiers will learn how to wax and prep their own skis. For practices and races, LNST provides wax and waxing facility. Coaches will provide instruction and set wax type and application based on snow and weather conditions. For most races, coaches will collect race skis and apply race wax. Our wax facility or 'wax barn' is currently located at the property of the All Creatures Veterinary Clinic and will be transitioning to a new location at Minocqua Winter Park.

See more on wax here: <https://tshq.bluesombrero.com/Default.aspx?tabid=2741722>

CLOTHING

- Team uniforms are loaned to all HS skiers to be used during the year for races. Uniforms are to be worn for races only. Team jackets are optional and available for purchase from LNST.
- Be sure to dress in layers, including long underwear or a base layer. Owning several pairs of base layers will be convenient for the practice and race schedule. The outer layer should provide light insulation but wick moisture – the ski shops offer active wear for Nordic skiing.
- Always have dry socks to put on before practice or race.

- Avoid cotton as it does not breathe.
- Wind briefs are recommended for boys, especially when racing and on cold days.
- Wind pants and a light jacket work well for warmups.
- Many skiers wear their team jacket with a light layer underneath for practice.
- Gloves/or mittens and hat are very important. Lobster gloves are a good balance of grip and warmth.
- For dryland training, dress in layers for the weather; be sure to have trail shoes or hiking boots (with good tread!) for trail running and bounding.

If you are new to the sport, it may take a little experimenting. Remember you can always take off a layer, but, if you do not have it with you, you cannot add a layer.

See more on clothing here: <https://tshq.bluesombrero.com/Default.aspx?tabid=2747378>

LOCAL SKI SHOPS

This is just a sample to help you with equipment, wax, and clothing (see next sections) – Be sure to ask the sales associate for the *ski team discount*.

- MWP Ski Shop (Minocqua) Contact: Zeke Fashingbauer 715-614-3602
- Mel's Sporting Goods (Rhinelander) <https://www.melssportinggoods.com/>

Vendors in regional metro areas have a large selection of quality equipment and may offer high school discounts. See *Pioneer Midwest, Gear West, FinnSisu, New Moon, Out There Nordic, Ski Hut, Continental Bike & Ski*

SKIER DEVELOPMENT

There may be times when a skier has limited or no experience in skiing and is at a beginner level. These skiers will need to learn the basics from simply how to ski to equipment care, trail etiquette and safety, and terrain navigation. Beginner High School skiers along with beginner Middle School skiers will learn basics initially together. As soon as a High School skier is sufficient in skill, they will begin practicing with JV. All athletes develop and learn at different rates so transition time will vary and at the discretion of the coaches.

sportsYou



APPENDIX A. Setting Up SportsYou App.

In preparation for the season, both parents/guardians and athletes, please setup communications with coaches via **“SportsYou” App**. SportsYou (“SY”) is used for:

- Communicating race rosters.
 - Coaches will assume all athletes are attending all races and will mark each athlete at ‘yes’ attending on the roster (rosters submitted 1 week prior to race).
 - If a skier has a valid excuse from a race, then athlete must submit that excuse in SY chat message to coaches and parent/guardian at least 8 days prior to the race and mark attending ‘no’ for that race. Please submit race excuses sooner than later – so do this right away when the season starts. For unforeseen absences (e.g., sickness), athlete or parent/guardians would send an excuse to coaches in SY chat as soon as possible.
- Communicating practice attendance.
 - RSVPs for practice is important, because:
 - When a skier opens the calendar day details, they can learn how to prepare for practice, mark attending ‘yes’, and then pack the proper clothing and equipment for the next day’s practice.
 - the team leaves the LUHS 3:50p sharp and it is important to know if we are waiting for anyone planning to attend practice.
 - If a skier has a valid excuse from a practice, then athlete must submit that excuse in SY chat message to coaches and parent/guardian at least 1 day prior to the practice and mark attending ‘no’ for that practice. For unforeseen absences (e.g., sickness), athlete or parent/guardians would send an excuse to coaches in SY chat as soon as possible.
- Communicating changing conditions, logistics, etc. Winter weather inevitably affects day to day planning, logistics, practice locations, race schedules, and more. Coaches will use the SY chat to keep everyone up to date as conditions change.
- Other communications from LUHS, LNST booster club, and other ski related activities.

How to:

1. Please download SportsYou App <https://sportsyou.com/> this week.
2. Join via access code: 73AS-HRDN.
3. Put this app on your home screen so you see message alerts after you unlock your phone.
4. Turn on banners so you see alerts when your phone is locked.
5. Check SY chat, calendar details, and feed often during the season.

APPENDIX B. Optional races at your own expense.**CXC Great Lakes Division Junior Cup**

There are competitive races that are optional for Nordic Ski athletes that are not affiliated with WNSL or LUHS. **Junior Cup** race series (aka Junior National Qualifier series or JNQs) are developed and supported by U.S. Ski & Snowboard, Central Division (CXC). Through the race series, a skier can compete to earn a spot on the Great Lakes Junior National Team (similar to a regional all-star team) or just have the desire to experience a higher level of competition. A CXC membership/race license is required. Additional details can be found at <https://cxcskiing.org/pages/events/cxc-junior-cup.html>. Athletes must pay for their own race license, race fees, accommodations, and transportation. LNST can assist with wax recommendations and ski prep or can provide suggestions for private vendors for wax services. Skiers may wear their uniform at these races. See coaches for additional information.

Other

Some regional races will be shared as optional events in SY – these are not scheduled team races. In these cases, the fees and travel are paid by the family and are not covered by LUHS or LNST. Coaches can assist with wax recommendations and ski prep, or coaches can provide suggestions for private vendors for wax services. Skiers may wear their uniform at these races. See coaches for additional information.

The **Kortelopet** is a popular optional event <https://www.birkie.com/ski/events/kortelopet/> . First-year Korte High School skier scholarships are available in November. See coaches for information.

Other community/citizen races can be found on Skinnyski.com
<https://www.skinnyski.com/racing/calendar.asp> .