

## 2016 Ironwood, MI Ski Camp

It is that time of the year again! The PWER Nordic ski team will once again be heading out to Ironwood, MI to ski on the great and expansive ABR Nordic Ski Trails. Below you will find four things about the trip; general information, what all athletes should bring on the trip, Itinerary/practice plans for the trip, and rooming assignments for the trip. If you have questions about any of these items please contact Coach Wacker before Tuesday or ask the question at practice on Monday.

### A.) General Information:

-The trip goes from Tuesday December 20, 2016 thru December 22, 2016. The PWER Nordic ski team will be staying at the Black River Lodge in Ironwood, MI. The address for Black River Lodge is N12390 Black River Rd Ironwood, MI 49938 and the phone number for the lodge is (906) 932-3857. If you need to get ahold of the PWER Nordic ski team during the trip contact Coach Wacker at (651) 324-1724 or call the Lodge number that was listed above.

-There are 35 skiers, 5 coaches, 2 parent chaperones and 1 bus driver that will be going on this trip. We will be traveling on a coach bus from the Richfield Bus Company. The bus will be DEPARTING from the East Ridge High School parking lot Tuesday morning at 6:30 A.M. Athletes should arrive there between 6:00-6:20 to

check in and load the bus. The bus ride to ABR Ski trails is a little over 5 hours long and the trail system is located roughly 15 minutes from the Black River Lodge. On Tuesday we will be skiing first at ABR and then afterwards heading over to ABR Trail system The bus will return back to East Ridge High School between 6:30 P.M. and 7:00 P.M. on Thursday evening.

-The cost of the trip is \$150.00. Payment for the trip should be made via check and all checks should be made out to the PWER Nordic Booster Club. Athletes attending the trip must also have already paid their booster club fees (\$40.00). The trip fee and the booster club fee (if not already submitted) need to be turned in to coach Wacker Monday December 19<sup>th</sup>.

-While skiing at ABR the PWER Nordic ski team will be using a shared warming house to store equipment. This warming house is located next to the ski trails and is very convenient. Inside the warming house athletes can leave dry clothes, food and other items that they do not want to bring onto the ski trails (at their own discretion). This room will also operate as a place that athletes can go to if they need to take a break from skiing or need some time to rest. There are also several places here to wax skis as well.

-It's important that athletes bring dry clothes with them to ABR. Appropriate clothing brought to the ski trails

everyday should include dry workout clothes and dry street clothes. Athletes will be skiing outside for multiple hours each day, which means that they will be working hard and sweating in the cold for long periods of time. **It is crucial that athletes bring dry under-layers (long underwear/under armour) that they can change into midway through the practices and once they are done skiing they should immediately change out of their wet clothes and into dry clothes so they can avoid illness and fatiguing their bodies.** There are private changing areas that the athletes can use in the warming space at ABR.

-The team will be eating two shared dinners Tuesday and Wednesday Night. Tuesday night the team will be eating a baked entrée (lasagna, casserole, etc.) and Wednesday they will be eating a Crockpot meal (Chili, stew). These shared meals will be created “pot luck” style and every athlete attending the camp will be responsible for supplying a specific ingredient for each meal. Trip participants will go to the **Ski Trip Dinner sign-up genius link** on the PWER Nordic homepage and sign-up for a specific ingredient that are responsible for bringing on the trip. **This Needs to be completed by Monday Morning.**

**Sign-Up Genius Link:**

[Sign-Up Genius Link](#)

Breakfast will be provided Wednesday and Thursday morning to all athletes. Materials for making peanut butter and jelly sandwiches, granola bars, and fruit will be supplied to the team. These items can be used for lunch or snacks to eat while skiing. That being said athletes will be exercising somewhere between 8-15 hours in the span of two and a half days, that is a lot of exercise for such a short period of time and it is safe to assume that these athletes will be very hungry.

Wednesday in particular is a very active day. As a result athletes should bring their own food from home to eat for lunch during the trip. There will be space to store the food at the lodge and at ABR. Athletes should talk to their roommates and discuss what food they can bring and share together in order to save space. Try to avoid bringing items that need to be refrigerated since we will be on a bus for 5 hours on the way to Ironwood. We will also be stopping at a grocery store on the way back to East Ridge High School on Thursday where people will have a chance to buy food for the trip home.

**-Any athletes that are bringing medication on this trip need to keep their medications stored in some type of a bag that has their name clearly labeled on it. If parents or athletes are interested these items can be checked in with the coaching staff who will safely store these items until they are needed. Parents must**

**also inform Coach Wacker of any type of medical/physical needs or concerns they have about their child before the trip begins. Inhalers must be brought on the ski trails with the individual athletes who need them.**

## B.) What You Should Bring

It is important that athletes pack as efficiently as possible for this ski trip. Each athlete is allowed to bring a luggage bag, backpack and a ski bag that is it. Athletes bringing ski bags are encouraged to pack their long underwear and other ski clothes in their ski bag to cut-down on space and protect your skis during travel.

Two really important items to bring are a watch and a water bottle. Skiers will be on a schedule throughout the ski trip and they will need to constantly be aware of what time it is and where they should be. It is also always a good thing to have a watch when skiing on new ski trails. All athletes NEED to bring a water bottle. When working out this much, athletes need to stay hydrated and constantly be drinking water. Athletes can bring their water bottle out on the trails with them or leave them in the warming house.

-All equipment needed for both skate and classic skiing. This includes skis, boots, and poles for both techniques.

-WATER BOTTLE

- WATCH
- Ski Jacket
- Ski pants
- 2-3 pairs of long underwear for upper and lower body
- Multiple pairs of Gloves or mittens
- 2-3 hats
- Clothes for wearing at the lodge
- Dry clothes that athletes can change into while on the ski trails
- Food to eat for lunch
- Food to eat for a snack
- Shampoo
- Tooth Brush and Tooth paste
- Soap
- Any other toiletry needs
- Entertainment for the bus ride
- Homework
- Running Shoes (just-in-case)
- Any medication or physical aid that is needed

## C.) Ski Trip Itinerary

### Schedule for Michigan Trip 2016

Tuesday 12/20/16

Begin loading bus at East Ridge High school @ 6:00 a.m. Finish loading bus at 6:20 a.m. Bus Departs for Ironwood @ 6:30 a.m.

Pit-stop in Hayward, WI at 9:15 a.m. (15 minute restroom, stretch) Depart Hayward, WI at 9:30 a.m.

Arrive at ABR Ski Trails (Ironwood, MI) at 11:45 a.m. Bring dry clothes to change into for dinner after we ski.

-Begin SKATE SKIING (12:15 pm)

-45 minutes Skate Skiing at Level 1 on your own (12:15-1:00)

-30 minutes of technique (1:00-1:30)

-1.5 Hours of Skate Skiing at Level 1 on your own (1:30-3:00)

-1.5 hours Classic Ski (3:00-4:30)

-Team Relays at the trail head (4:30-5:00)

-Pack up and head to Black River Lodge (5:00-5:20)

- Arrive at Black River Lodge & Shower (5:40-6:30)
- Dinner 6:30 – 7:15
- Evening Meeting (7:15)
- Free: Shower/Down Time (7:30-9:30)
- Varsity Video Analysis (8:00-9:30)
- Report to rooms (9:30) Lights Out (10:00)

Wednesday 12/21/16

- Wake-up/Breakfast (7:30 – 8:30)
- Depart for ABR Ski Trails ( 8:30)
- Arrive at ABR Ski Trails at ( 8:45)
- Classic Skiing Technique (8:45-9:30)
- Easy Classic Skiing (9:30-11:30)
- Lunch (11:30-12:00)
- Classic Skiing Warm-up (12:00-1:00)
- Classic Time Trial (1:00-1:45)
- Switch from Classic to skate (1:45-2:00)
- Skate Skiing technique (2:00 – 2:30)
- Skate Skiing at Level 1 (2:30 – 4:30)

- Load up to depart for Lodge (4:30 – 4:50)
- Bus Departs for Black River Lodge (4:50)
- Arrive back at Black River Lodge and cleanup for the evening (5:10-6:15)
- Dinner/Dessert (6:15-7:15)
- Evening Meeting & Team Bonding Activity (7:15-8:00)
- Free/Down Time (8:00 -10:00)
- Video Analysis (8:00 – 10:00)
- Return to Room (10:00)
- Lights out (10:30)

### Thursday 12/22/16

- Wake-up Breakfast (7:45-8:30)
- Clean-up/pack-up (8:30 – 8:55)
- Depart for ABR ALL ITEMS MUST BE ON THE BUSES (9:00)
- Arrive at ABR (9:15)
- Skate Ski Level 1 (9:30-10:15)
- 3 K Skate Time Trial Interval Start (10:30-11:00)

- Cool down/technique is skier's choice (11:00-12:30)
  - Load Bus for Return Departure (12:30-12:40)
  - Depart for Grocery Store (12:45)
  - Stop at Grocery Store for Lunch/snacks on way home (1:00-1:30)
  - Depart for East Ridge (1:30)
- Arrive at East Ridge High School (6:45)

#### D.) Lodging Placements

The lodging for the trip is broken up into all boys and all girls rooms. There are no mixed gender rooms. Upper and lower condos are separated by a lockable door. Athletes are encouraged to bring their own pillow. Most athletes will be sharing a bed with another athlete on the ski team. If athletes are uncomfortable with their sleeping arrangement they can choose to bring a sleeping bag and sleep on the floor.

#### Room 1A:

- Megan Schiferl
- Hannah Murray
- Maggie Kenney

-Jennifer Wickman

Room 1B:

-Annika Klund

-Britt Harrison

-Anna Hagel

**-Deb Schiferl**

**Hallway – Coach Wacker**

Room 2A:

-Haley Orf

-Eleasha McKenzie

-Abby Witte

-Brianna Sharp

Room 2B:

-Allison Krish

-Sophia Pfluger

-Grace Anderson

**-Staci Wickman**

Room 3A:

-Griffin Glazebrook

-Braden Reinke

-Sam Schulte

-Jacob Diaz

Room 3B:

-Michael Kenney

-Joe Reimann

-Kennan Hottinger

-Joey Del Toro

**-Ryan Jensen**

Room 4A:

-Zach Marien

-Ethan Storm

-Jacob Daubenberger

-Grayden Yoshida

Room 4B:

-Sean Schiferl

-Ian McNiesh

-Sean McNiesh

-Tyler McKenzie

**-Dale Thompson**

Room 22:

- Alex Fournier

- Brandon McKenzie

**- Drew Voegele**

Room 24:

**-Bella Carpentier**

**-Kendra Besser**

**-Amanda Kutzke**

Room 10: Bus Driver

Contact Coach Wacker if you have any questions or concerns  
([jwacker1@sowashco.k12.mn.us](mailto:jwacker1@sowashco.k12.mn.us))