



High school Nordic ski racing is an inclusive sport. You are invited to join us if you have never skied before or if you are an accomplished racer.

## 25-26 SEASON FAQs

**What is Nordic skiing?** Nordic skiing is cross country skiing. We ski on machine-groomed snow tracks that have gentle ups and downs. We practice both classic style (skis parallel) and freestyle (skating motion). Races are 4-5k in length, with shorter courses for beginning skiers.

**What is the season?** We start building the team in September and fitting equipment in October. The season starts in November with strength and conditioning and some on-snow learning days when there starts to be snow on the trails in December. Races start in January and continue through mid-February.

**Do I need to know how to cross country ski?** No. We will teach you!

**Do I need my own equipment?** Generally no. Most skiers rent gear for the season from one of the league coaches.

**What is the time commitment?** Training starts in November and will be about 2x/week. There is a two-day workshop ("Rainbow Camp") that is usually the first weekend of the winter break. Starting in January there will be races each Saturday at Hoodoo, Mt. Bachelor, Diamond Lake, and Mt. Shasta culminating with a 2-day State Championship at Mt. Bachelor in February. We will wax skis together on evenings before each on-snow practice and race.

**Is this a school or a club sport?** The SEHS Nordic Ski Team is part of the Oregon Interscholastic Ski Racing Association Nordic (OISРАН). While the team is authorized to use the name of the high school, the activities are independent from the school. We are a program that is run by volunteer professional coaches who are trained and certified by OISРАН.

**What about transportation?** Skiers are expected to travel to races with their own or other adult family members (carpool). All competitions are held on Forest Service-managed land: at 4 different resort areas and at 3 different trails systems that are groomed for Nordic skiing by ski clubs or the Forest Service.

**What are the costs?** There is a season registration fee of about \$200 and a separate dryland training shared cost. Equipment rental is about \$75/year. Transportation and room and board for overnight races (Shasta, state) is shared cost with racers and their families. Registration fee scholarships are available from the Oregon Nordic Ski Foundation.

### More questions?

Erin Moore, Head Coach  
erinemoore@gmail.com



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