Elk River Nordic Team: 2009-2010
Winter Trip Information

Lodging: Camp Jorn YMCA camp in Manitowish, Wisconsin (www.campjorn.org)
YMCA Camps
28 Red Feather Road, Manitowish Waters, WI 54545

Emergency phone numbers:	715-543-8808	Camp Jorn, ask for the Elk River Nordic Team and they will get us the message.
	(612) 501-1792	Coach K's cell Phone
	(612) 940-7561	Coach Chris' cell Phone

Schedule for 12/27 – 12/30

Dec. 27th, Sunday

Load at 6:00, leave at 6:30**am** from high school, meet behind the school near the ski locker room
Eat bag lunch on the way up
Stop to ski at ABR in Ironwood MI
Have your ski clothes on or in your carry on. (If wearing your ski clothes have dry clothes in your carry-on)
Luggage will not be unloaded until Camp Jorn
Ski, change, and back on the road again.
Arrive at Camp Jorn around 4:00 for tour, dinner, and fun

Dec. 28th-29th, Monday-Tuesday

Breakfast and Dinner at Camp
Sun: All Day skiing at Winter Park Trails
Mon: Morning at Winter Park, Lunch at YMCA, afternoon/evening at Discovery Center
Video Analysis
Evening activities at camp, Sunday(Late day at Winter Park for night skiing. Bring ice skates/snow shoes. Tuesday: skits at camp)

Dec. 30th, Wednesday

Breakfast, pack bag lunches/snacks
Pack up and head to Birkie Trail, drop kids at north end, bus will head to 00.
Snacks at 00, skiing until 4:00 with dinner made for on the bus ride home.

We should return to the school around 7:30pm on the 30th

What to bring: Note - you must be able to CARRY your ski bag, carry on and luggage in one trip. Pack smart. We will be providing food so don't feel the need to bring too many snacks! ;-) Pack ski essentials. Talk to your friends and see if you can divvy up other things.

1. **Need lunch the first day**
2. Pillow/blanket/sleeping bag*
3. Towel
4. Casual/Travel/Lounge clothes
5. Toiletries (Toothbrush/Soap/Shampoo/etc)
6. **Headlamp** (preferred for night skiing) or flashlight.
7. Warm clothing for skiing (Several sets as we will be skiing twice a day and dry clothes are necessary!!)
   A second set of gloves and another hat.
9. **Race suit**
10. Camera
11. Any leftover holiday goodies your family can spare
12. Healthy snack food (Fruit, granola bars, graham crackers...)
13. Ski boots/Skis/Poles/Ski Bag (Both classic and skate) Put your name on everything!
14. Kick Wax Fanny, will be provided by team but it will be your responsibility
15. Water Bottle on belt, belly pack or small backpack to carry snack, trail map
16. Winter boots, winter jacket, extra socks
17. Snow shoes/ice skates
18. **Bag lunch for the first day**
19. Games to play/Movies (No R-rated please)
20. EXTRA: Ski iron if you have one; helps get more people through, make sure your name is on it.

Goals: Distance, distance, and more distance. Keep track of your Kilometers individually and as your "team". Always ski with a partner. Have fun!