

# 2008-09 EAST ANCHORAGE HIGH SCHOOL CROSS COUNTRY SKIING



**Practice starts:** Monday, November 3, 2008  
Season Ends : February 28, 2009

Hand in Physical and XC skiing application to the Activities Office Activity consent Physical exam on file, valid through 3/01/08 Participation fee \$165 or Waiver.

## **PRACTICES AND RACES**

Practice begins in November 3<sup>rd</sup>, Monday – Friday **2:20-4:30PM**, on weekly travel days practice will be longer. Race season December 3<sup>rd</sup>. through mid-February.

## **EQUIPMENT & CLOTHING REQUIRED**

One pair classic skis. One pair classic poles. One pair skate skis. One pair skate poles. Ski boots (classic & skate) Ski bag -required! Hat, jacket, gloves/mittens and warm/up pants. Skiers will be given a grace period of one week to purchase equipment after they sign up with the team or later if there isn't snow in town.

**Athletes are expected to provide their own ski equipment and outdoor clothing. A limited number of skis are available for skiers that need equipment. There is a charge of \$25 for use of a school set of skis, boots, and poles.**

**Before you buy:** AMH and Barney's have experts to help you buy the best fitting skis and offer team discounts if you tell them you are on a high school team. Used equipment can be purchased at ski swaps and through bulletin board postings.

**Anchorage Nordic Ski club Ski Swap** Saturday, November 1, 2008 at Kincaid Chalet 4:00 pm Ski Swap and Live Music 6:00 pm Potluck Dinner 6:30 pm Annual Meeting

Check out the team website for more information:  
<http://www.eastxc.org>