

## Practice and Race Descriptions

On the Nordic Ski Team we are practicing for our races. So at practice, we don't just practice endurance and technique; we also practice waxing our skis, setting goals, warming up and cooling down, and cheering for each other.

Practices and races will feel sort of the same. They will go something like this each day:

Practice	Race
<p><b>Arrive</b></p> <ul style="list-style-type: none"> <li>• Come dressed for the weather</li> <li>• Listen to announcements and instructions from coaches</li> <li>• Meet with your group to set goals</li> </ul> <p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• 10 minutes easy</li> <li>• Do three Hamar Ski Klubb exercises*</li> </ul> <p><b>Workout</b></p> <ul style="list-style-type: none"> <li>• Meet with your coach for the day</li> <li>• Encourage teammates during your rest or when passing</li> </ul> <p><b>Cool-down</b></p> <ul style="list-style-type: none"> <li>• 10 minutes with a member of your group. Reflect on your goal for the day.</li> </ul> <p><b>Clean up</b></p> <ul style="list-style-type: none"> <li>• Put skis and gear away in the ski room and wax room</li> <li>• Initial the workout poster in the ski room</li> </ul>	<p><b>Arrive</b></p> <ul style="list-style-type: none"> <li>• Come dressed for the weather</li> <li>• Listen to announcements and instructions from coaches</li> <li>• Meet with your group to set goals</li> </ul> <p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>• 10 minutes/easy course loop</li> </ul> <p><b>Race</b></p> <ul style="list-style-type: none"> <li>• Arrive at the start line 10 minutes before you are scheduled to start</li> <li>• Run back and forth to stay warm!</li> <li>• Cheer out on the course (wave your Marshall flag!)</li> </ul> <p><b>Cool-down</b></p> <ul style="list-style-type: none"> <li>• 10 minutes with a member of your group. Reflect on your goal for the day.</li> </ul> <p><b>Clean up</b></p> <ul style="list-style-type: none"> <li>• Gather things from the bus, put skis and gear away at Marshall</li> </ul>

\* Hamar Ski Klubb exercises for each day (# in Hamar 21 book/Exercise name):

**Monday:** 1/situps, 2/bouncing jumps, 15/Utfall

**Tuesday:** 5/sideways jumping, 8/back muscles, 18/pushups

**Wednesday:** 7/leglift, 10/stabilizing hips, 14/stabilizing hip region

**Thursday:** 11/knee bending, 3/triceps, 17/downhill position

**Friday:** 12/leg muscle, x/springy jumps, 16/situps