

Greetings Oregon High School Ski Teams & Coaches:

We are writing to let you know about University of Oregon Nordic Ski Team. Planning is underway for the 2012-2013 season, and we have lots of exciting events and races on the schedule! With many graduating seniors this year, we hope to recruit new members for the team. The Nordic Ski Team is open to all UO students. All levels of experience and commitment are welcome! A brief overview for the 2012-2013 academic year follows:

Fall Term: The team will begin training with a base building season. We will form running groups, and team members are encouraged to travel with the team to local running races such as the McDonald 15K in Corvallis. On weekends, we will meet for hikes, runs, and rollerski practices in the Eugene area. We will try to ski once before winter break if there is snow.

Winter Term: The team will ski as much as possible! Most weekends we will offer a one or two day ski trip, or we will provide a list of alternative rides to ski areas. Depending on interest, we will take a 4-day trip to Sun Valley, Idaho to compete in the Boulder Mountain Tour. Other races will likely include the The Great Nordeen, Sunnyside Pursuit/ JOQ, Crescent Lake Challenge, and more. Racing for the team is optional. We strive to provide opportunities for competitive athletes as well as recreational skiers. During the week the team will hold regular practices including dry-land training and cross-training.

Spring Term: The team will continue to ski as long as the snow lasts. Our end-of-year finale is the Pole Pedal Paddle in Bend. Team members can form relay teams and compete in this ski-bike-run-kayak race and fun-filled weekend.

Sponsors: The team has awesome sponsors! Nike, Patagonia, Sporthill, Craft, and others offer us great deals on their products. All team members have access to these deals.

Extra Perks: Team members can visit the university athletic trainers for free! The team has access to school vehicles for ski trips. The team is a great place to meet new friends!

Expenses: All team races and practices are subsidized by team funding. To make this club affordable for everyone, team members will participate in fundraising activities. A small team due (\$20-\$40) will be required each term. Ski trips may also require additional expenses.

The UO Nordic Ski Team will kick-off the year with an informational meeting in October. All interested athletes should attend! Announcements will be posted around campus and on our website as the meeting approaches.

We hope to see you there!

If you have questions, please contact: uonordic@uoregon.edu

Check out our website: <https://sites.google.com/site/universityoforegonnordicski/>

Find us on Facebook: University of Oregon Nordic Ski Team

Most Importantly: Tell all your friends about the team!