

**Rochester Nordic Ski Team**  
**2024 Weekend Ski Camp**  
**Heartwood Resort**  
**Trego, WI**  
[www.heartwoodresort.com](http://www.heartwoodresort.com)

**Friday, January 5<sup>th</sup> – Sunday, January 7<sup>th</sup>**

**Schedule (subject to change)**

**Friday, Jan 5**

6:30 AM Bus loads at Walmart North Parking Lot near Kwik Trip  
COME DRESSED TO SKI  
Coach bus transportation provided by Glens Motorcoach Tours

7:00 AM Bus departs Rochester

10:30 AM Lunch on the Bus – bring sack lunch

11:00 AM Arrive at Birkie OO Trailhead  
Unpack skis, get ready to ski!

12:00 PM Ski coaching session

1:30 PM Free Ski

2:30 PM Load buses

2:45 PM Depart for Heartwood Resort

3:45 PM Arrive at Heartwood Resort

6:00 PM Supper

7:30 PM Night Ski at Heartwood

10:00 PM Everyone in the cabins

**Saturday, Jan 6**

8:00 AM Breakfast

9:30 AM Coaching session

12:00 PM Lunch

1:30 PM Ski coaching session/Team Time Trial

6:00 PM Supper

7:30 PM Variety show

10:30 PM Everyone in the cabins

**Sunday, Jan 7**

8:00 AM Breakfast

9:30 AM Ski coaching session

12:30 PM Lunch

2:00 PM Departure

5:30 PM Arrive back in Rochester at Walmart North parking lot (time dependent on road conditions)

## Friday Departure

We'll start loading the buses at 6:30 AM. Please arrive at the Walmart North parking lot near Kwik Trip before 6:45 AM. It will take some time to load all of the gear, and we would like to have a timely departure for Heartwood. If for some reason you are running late, please call John Resman or David Herbert at the cell phone numbers listed below.

## Friday Schedule

We will be eating lunch on the bus as we drive to the Birkie OO Trailhead in Seeley, WI. Remember to bring a sack lunch. We will not be stopping along the way. The coach buses are equipped with a restroom.

We will be skiing on Friday at the Birkie OO Trailhead before we head to the Heartwood Resort. Skiers should be dressed to ski when they board the bus in the morning. Remember to bring your ski boots with you on the bus. At the OO trailhead, there is a heated building with bathrooms so some clothing adjustments can be made. It would be best to wear at least your base layer of ski clothing on the bus and remember to bring any other ski clothing and boots with you on the bus.

## What to Bring

### Friday's Bus Ride

- Sack lunch to eat before we arrive at the Birkie OO Trailhead
- Wear your base layer ski clothing on the bus
- Bring your ski jacket, gloves, hat, buff, and boots on the bus

Skate skis, boots, poles, ski bag – Put your name on the ski bag (can use a luggage tag)

PLEASE MAKE SURE YOU HAVE YOUR NAME ON TAPE ON EACH OF YOUR SKIS, POLES, AND BOOTS. Many of the skis, poles, and boots are very similar or alike. Having your name on your equipment will help everyone out.

If you have classic skis, feel free to bring them in addition to your skate skis.

### Ski clothing

- Outer Top Layer – ski jacket/windbreaker
- Outer Bottom Layer - wind/ski pants, ski/running tights
- Three sets of base layers (tops/bottoms), three pairs of socks – clothes will get wet (sweaty)
- 2 pairs of gloves/mittens
- Hat/balaclava/buff
- Be prepared for cold weather – mittens, balaclava, heavier socks
- Dermatone/vaseline for face
- RNST will bring hand/toe warmers if cold weather is predicted

### Medication

Towels/Toiletries – NOTE: Towels are not provided in the cabins

Water bottle and holder – for use while skiing

Headlamp (if interested in night or early morning skiing)

Snow boots/Snow pants – for sledding, snowshoeing, walking around

Note: Sheets, blankets, and pillows are provided in the cabins. Feel free to bring a sleeping bag if you prefer to use one.

As you decide what personal items to bring, keep in mind that the cabins are not locked and secure storage is not available.

It is best to use a ski bag to hold your skis and poles. A ski bag will protect your equipment and keep your skis and poles together. If you don't have a ski bag, make sure the skis and poles are attached and

wrap them together in some manner (do not use rubber bands). Make sure your name is on your poles, skis, and ski bag. You may want to make your ski bag stand out in some manner – e.g. colored tape, distinctive luggage tag.

## **Lodging**

Skiers are being housed in cabins. Each of the cabins has 3 bedrooms with bunk beds for 4 people in each room. Sheets, blankets, and pillows are provided. The boys and girls will be staying in separate cabins. There will be an adult in each cabin in a bedroom separate from the skiers. Girls and boys will not be able to go into each other's cabins.

## **Meals**

Skiers should bring a sack lunch to eat on the bus on the way to Heartwood.

Friday supper through Sunday lunch will be provided by the resort. Sunday supper will not be provided.

## **Activities**

Cross country skiing – training sessions with coaches and free ski time

Snowshoeing – bring your own or rent

Tubing – tubes available

Broomball rink

The team will be having a variety show on Saturday night. Feel free to share any of your talents at the show.

## **Contact Info**

Heartwood Resort: 715-466-6300 (N10884 Hoinville Road, Trego, WI 54888)

Cell phone coverage is possible at the resort but varies depending on the provider. If you need to contact your child at the resort, you may have to call the resort number. There is wireless access available – though patience may be required.

If you need to contact a coach/chaperone during the trip, you can try the following cell phone numbers:

David Herbert: 507-269-9312

John Resman: 507-261-9936

## **Ski Coaching Sessions**

Since this is a ski team camp, skiers are required to participate in all ski sessions (Friday night ski is not required). Needing time to study or being tired will not be accepted as reasons for missing a ski session. It is understood that students may need to do some studying during the weekend. In addition to bus travel time, there is free time during the ski weekend when students can study. Students will be expected to respect the time volunteered by the coaches for the ski practice sessions and, if necessary, use free/social time to study.

## **Conduct**

Skiers will be expected to follow behavior guidelines, curfew rules and lights out rules established by the coaches and chaperones. If any discipline issues arise, parents will be contacted and, depending on the situation, skiers may not be able to letter or continue participation on the ski team. Please read the high school activity rules that were included in the registration signup. These rules will be followed, and schools will be notified of any violations that occur during the trip.

## **Sunday Return**

We will encourage skiers to inform their parents of our approximate return time as we pass through the Twin Cities. We will also send a Remind text with the expected arrival time in Rochester. Please be on time when picking up your child. If we leave on time and have good driving weather, we could arrive back in Rochester as early as 5:30 PM.

## **Weather Delays**

If weather conditions significantly delay the team's departure from Heartwood on Sunday, updated information will be communicated through a Remind text and a Mail Chimp email. If the team has to stay overnight on Sunday at Heartwood, an additional cost may be incurred.