

2012 State Championships details for 4-H CANSKI Racers

State Championships are 2/11 at Minocqua Winter Park west of Minocqua (12375 Scotchman Lk Rd off of Hwy 70). There will be a skate race in the morning (interval start; 5K HS and 3K MS) and a classic race in the afternoon (mass start pursuit format; distances the same as above).

Here are some details for the state championships (thanks Judi, Beth, Lisa, Ruth and Patti). Please read all of this carefully.

1. Practice on Thursday, Feb. 9 will be at Ashwabay with coach Tom (short practice, but important). Waxing will be at Beth and Doug's house starting at 7:30pm. Bring both sets of skis to get them pre-waxed for Saturday. This will save us a TON of time on Friday night. Skiers feel free to bring cookies to the wax party.
2. High School Racers need to bring \$70.00 **TO PRACTICE ON TUESDAY (2/7)!!!** (checks made out to 4H-CANSKI). This includes room costs, \$10 for dinner Friday, \$8 for breakfasts and lunch Saturday and \$10 for spaghetti feed/banquet Saturday as well as incidental team expenses.
3. Middle School skiers who are staying with their parents do not need to pay extra for hotel. Their parents cover their own room costs (\$70/night). They should bring \$35 **TO PRACTICE ON THURSDAY** to cover meals and incidental team expenses. If a family chaperones or shares their room with another skier, that skier should pay a portion of the room cost.
4. Bring 3 changes of clothes and extra socks and underwear for changes on Saturday between races. Don't forget your uniform top and hat. Bring a swimsuit for Saturday night.
5. Bring healthy snacks to share or plan on more money to buy them.
6. Friday departure details: Nick O. will pick up Washburn High School skiers to go meet drivers at AHS at 11:40 in front of WHS **WITH ALL YOUR GEAR READY, DRESSED TO SKI AND WITH A WATER BOTTLE**. Make sure you get a quick lunch early school or packed. Middle School skiers will be riding with parents or car pooling together. They should also be dressed to ski and have a water bottle. Ashland Skiers be ready to depart at noon in front of AHS, where we'll meet the Washburn skiers. Make sure you eat early lunch. Doug will drive the white van and Jeff will drive Oppedahl's van (thanks Ruth).

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