

# Lecture

<p><b>Thursday, January 4th 6:30 – 9:30 PM</b></p>	<p><b>Lecture</b> The lecture will provide Nordic Ski students with basic information to assist them in making equipment and clothing choices that will help keep them safe and comfortable in the various conditions they may encounter while skiing. Introductory level information in the selections of skis, boots and poles will be provided, and emphasis will be placed in being prepared for a variety of conditions for any given trip as weather can change rapidly. Students will be given an overview of basic Nordic skiing techniques. Viewing proper technique may assist students in developing visualizations to help them during the field trips.</p>
<p><b>Set up/Check in 6:00 – 6:30 PM</b></p>	<p>Set up crew: Beth, Leilani, Chris, Marta, Felicia, Rod, Rachel Check in: Christina, Shauna, Beth &amp; Felicia</p>
<p><b>Welcome 6:30 – 6:45 PM</b></p>	<p><b>Intro/team building: Stacey Sambrook</b> <b>Graduation Requirements: Rachel Shafer</b></p>
<p><b>Table Intros 6:45 – 6:55 PM</b></p>	
<p><b>Stations 7:00 – 8:50 PM</b></p>	<p><b>Stations (20 min each)</b> <b>Timekeeper:</b> Stacey <b>Mentors:</b> Nina, Dana, Dennis, Christina, Shauna</p> <ol style="list-style-type: none"> <li>1) Clothing and Winter Hazards <b>Chris &amp; Rin</b> Nordic Ski Clothing (Pg. 5) Equipment and Clothing – Where to Get It. (Pg. 8) Hypothermia (pg. 18) Frostbite (pg. 21) Other hazards (pg. 23)</li> <li>2) 10 Essentials, Food &amp; First Aid <b>Beth &amp; Marta</b> The 10 Essentials System (pg. 10) Personal Essentials (Pg. 12)</li> <li>3) Boots &amp; Poles <b>Rachel</b></li> <li>4) Nordic Skis <b>Kevin &amp; Matt</b> Cross Country Ski Gear (pg. 14) Places that rent Nordic Ski Equipment (Separate Document)</li> <li>5) Dry Land Training &amp; Blue Bag <b>Bob</b></li> </ol> <p><b>Ski Waxing Table:</b> Nancy Jordan</p>
<p><b>8:50 – 9:00 PM</b></p>	<p><b>Field Trips: Lelani Cramer</b> <b>Signing up for Ski Trips: Rachel Shafer</b></p>
<p><b>9:00-9:15 PM</b></p>	<p><b>Q&amp;A</b> <b>Carpools set up for those interested</b></p>

<b>Clean up</b>	<b>Stacey, Rod, Rachel, Felicia, Chris, Nancy</b> <b>Felicia will help lock building</b>
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