



MPHS Nordic Ski Team Info 2023/2024

What you need to participate when the snow flies:

- Current Physical (within the last year)
- Proof of insurance
- School Sports Fee & Forms – all submitted to Sarah Miller
- To sign up contact Sarah Miller at Middle Park High School
- Gear consisting of classic & skate poles & skis + appropriate boots
- Scholarships available through Grand Nordic & Others

Mandatory Team Meeting – Early November

Voluntary Dry Land Training – Time & Location Varies – Ongoing

Race Schedule – January & February

If you have any questions, please email for more information:

Head Coach Dan Jamison hs.nordic@egsd.org

Assistant Coach

Sign Up – Sarah Miller sarah.miller@egsd.org

