

EDEN PRAIRIE NORDIC

NOVEMBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 Nordic Begins EPHS	11 PAC Mtg. 5:30 East Commons EPHS	12 School Equipment Issue 7:00 am Wax Room Staring	13 EP Ski Swap Activities Classroom EPHS	14 Staring	15 MYSL Ski Swap Train on your own
16	17 Staring	18 Coffee Fundraiser Kick Off EPHS	19 Staring	20 EPHS	21 Staring	22 Carver
23	24 Staring	25 EPHS	26 NO SCHOOL Staring AM	27 Thanksgiving	28 NO SCHOOL Train on your own	29 Turkey Removal Murphy Hanrehan
30						



Taylor Bates
Senior Captain



Sam Chan
Senior Captain



Cassy Optiz
Senior Captain



Matt Beniak
Senior Captain



Erik Fagerstrom
Senior Captain

EDEN PRAIRIE NORDIC DECEMBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Staring	2 Coffee Sales Due! EPHS	3 Uniform Pick Up! Room 339 Zero Hour Glen Lake	4 Varsity leaves for Houghton, MI 1:00 pm EPHS	5 Train on your own Wax your ski's	6 Hyland Hills 7-9 am
7 Varsity returns from Houghton, MI 8:00 pm	8 Staring	9 EPHS	10 Staring	11 Duathlon 3k Classic & 3k Skate Hyland / Elm Creek	12 Glen Lake	13 Hyland Hills 7-9 am
14	15 Pasta Dinner EPHS Hyland	16 Kick-Off Skate: Burnsville, Prior Lake, Dist. 196, Lakeville North Hyland / Elm Creek	17 Coffee Pick-Up! East Commons 5:30 pm Staring	18 Staring	19 Glen Lake	20 Alumni Pursuit 8:00 am Classic 11:00 am Skate Staring
21	22 Kick-Off Classic: Burnsville, Prior Lake, Dist. 196, Lakeville North Hyland / Elm Creek	23 Murphy Hanrehan	24 Train on your own	25 Merry Christmas	26 Train on your own	27 Leave for Maplelag @ 5:00 am Load @ 4:40 am
28 Maplelag	29 Maplelag	30 Return from Maplelag @ 10:00 pm	31 Maplelag group has off day Staring 3:00			



“No matter how
individual this
sport seems at
times.....”

EDEN PRAIRIE NORDIC

JANUARY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Years Day Baker	2 Murphy Hanrehan	3 Staring
4	5 Pasta Dinner EPHS Staring	6 Skate—Chaska, Jefferson, Kennedy, Lakeville South Murphy Hanrehan	7 Glen Lake	8 Staring	9 Varsity leaves for Mesabi @ 11:00 am Train on your own	10 Mesabi East Invitational Giants Ridge
11	12 Pasta Dinner EPHS Carver	13 Classic—Chaska, Jefferson, Kennedy, Lakeville South Carver	14 Team Picture Day Staring	15 Staring	16 Glen Lake	17 Family Ski / Senior Night “Under the Lights” @ Hyland Staring
18	19 MLK Day Pasta Dinner EPHS Minneapolis Team Time Trial 10:00 am TBD	20 Junior Varsity Lake Conference Championships— Classic Kenwood Trails	21 Varsity Classic Sprints Elm Creek	22 Junior Varsity Lake Conference Championships— Skate Pursuit Staring	23 Glen Lake	24 Staring
25	26 Varsity Pasta Dinner Staring	27 Varsity Lake Conference Championships— Classic Murphy Hanrehan	28 Staring	29 Varsity Lake Conference Championships— Skate Pursuit Baker	30 Staring	31

“...the times when
we accomplish
greatness are
never done solo.”

Pete Vordenberg
Head Coach
US Ski Team



EDEN PRAIRIE NORDIC FEBRUARY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Varsity Pasta Dinner	4 Section 6 Nordic Championships	5	6	7 Lakeville JV Invitational
	Baker and Staring	Staring	Baker	Staring	Staring	Kenwood Trails
8	9	10	11	12	13 State Nordic Championships	14
					Giants Ridge	
15	16	17	18	19	20	21 Korteloppet
						Hayward, WI
22	23	24	25	26	27	28



“ You Can’t
do this
Alone!”