**2012-2013 HS/MS XC Race Schedule/Important Dates**

**[Bold – Main trip]** {*Italic – JOQ/or/secondary trip}* (Standard-FYI/or/Optional)

**Updated: October 21, 2012**

  

**2012 CXC Camps:**

[**http://www.cxcskiing.org/pages/events/camps/cxc-training-camps.html**](http://www.cxcskiing.org/pages/events/camps/cxc-training-camps.html)

**Midwest JOQs:**

[**http://cxcskiing.org/pages/events/midwest-JNQ.html**](http://cxcskiing.org/pages/events/midwest-JNQ.html)

**August - 2012**

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| --- | --- | --- | --- |
|  |  |  | Telemark |
| *Fri 3 – Sun 5* | **Summer Ski Camp – Eagle River** | **Dry Land and Wet Water training ☺** | **Rattunde Cabin and Camp** |
| *Fri 10 – Sun 12* | CXC HS/MS camp |  | Telemark |

**October - 2012**

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| --- | --- | --- | --- |
| Friday 10/19 to Sunday 10/21 | Fall WNSL Coaches Meeting | USSA / CXC / WNSL | Telemark |
|  |  |  |  |

**November - 2012**

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| --- | --- | --- | --- |
| *Nov. 9, 10&11**Fri 5 PM – Sun 4 PM* | **Fall Ski Camp – Eagle River** |  | **Rattunde/ Agre cabins** |
| **Thur. Nov. 1** | **HS Regular practice begins- Orientation Meeting- *Mandatory Attendance*** | **Equipment Night- HS** | **BHSC** |
| **Mon & Wed** | **Rollerski** | **Eagle School / Fitchburg / CapCity Trail** | **TBD** |
| **Tue & Thur** | **Dry Land Training + Strength** | **Running shoes and poles** | **BHSC** |
| Mon. Nov. 12 | MadNorSki Club Meeting  | Vendor Fair - Practice before 5:15-6:15 Club Meeting 6:15 – 8:15 | Luscier Family Center - Lake Farm Park |
| **Mon. Nov. 26** | **MS Regular practice begins- - Orientation Meeting-*Mandatory Attendance*** | **Equipment Night - MS** | **BHSC** |

**December - 2012**

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| **Sun 2** | **Kick Off Potluck** | **A-F bring main dish, G-P salad and Q-Z desert** | **Patz’s****2010 Vilas Ave.** |
|  |  |  |  |
| *Sat 8 – Sun 9* | *JOQ – Wolverine , MI* | *5/10km Sk; 5/10km Cl* | *Ironwood, MI* |
| **Sat 8 – Sun 9** | **Training Camp in Town** | **Skate/CL** | **Madison, WI** |
|  |  |  |  |
| **Sat 15** | **Lodi Invite** | **6k Skate/CL** | **Lodi, WI** |
| *Sat 15 – Sun 16* | *JOQ – Wausau – sprints* | *5/10km Sk; 5/10km Cl* | *Wausau, WI* |
| 28-30 | Houghton Christmas Camp | Multi-Team self coached Camp | Houghton, MI |

**January 2013**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sat 5** | **Telemarker**  |  | **Cable, WI** |
| **Sun 13** | **Iola Invite** | **5k CL** | **Iola, WI** |
| **Sun 13** | **Iola Invite** | **5k CL** | **Iola, WI** |
| **Sat 5 & Sun 6 (11:00 both days)** | **Rhinelander Hodag Challenge**  | **6k Skate CAVOC\* – (near Holiday Acres) + citizen race, 7k Classic Northwoods** | **Rhinelander, WI**  |
| **Tues 8** | **Madison Invite** | **5k Classic** | **Elver Park** |
| **Sat 12 – Sun 13** | **Snekkevik, Training Sun** | **5k CL** | **Wausau, WI** |
| **Sat 19** | **Lapham Loppet/So. Conference** | **5k Skate** | **Delafield, WI** |
| *Sat 19 – Sun 20* | *JOQ*  | *5/10km F; 5/10/15km C Pursuit* | *Battle Creek, St. Paul, Minn.* |
|  |  |  |  |
| **Sat 26** | **Noquemanon** | **24k Skate/CL** | **Marquette, MI** |
| *Sat 26 – Sun 27* | *JOQ* | *5/10km F Int; 5/10/15km C Mass* | *Theo. Worth, Minneapolis, Minn.* |
| **Sun 27** | **Iola Norseman** | **6k Skate only (no MS distance)** | **Iola, WI** |
|  |  |  |  |

**February 2013**

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| --- | --- | --- | --- |
| **Sat 2** | *Badger State Games* | *SK+CL-HS MS Event (+team)* | *Wausau* |
| **Sat 2** | *Nicolet NorSki* | *TBD* | *Lakewood* |
| **Sun 3** | **The Amazing Race**  | **Blackhawk Games**  | *BHSC* |
|  |  |  |  |
| **Sat 9 and Sun 10** | **State Championship www.hodagnordic.com** | **5k Skate, CL Pursuit** | **Rhinelander Golf Course** |
| **Mon 11**  | **Chili Feed Fundraiser** | **At MNSC Club Meeting** | **Madison, WI** |
|  |  |  |  |
| **Sat 16 – Sun 17** | **Madison Winter Festival** | **1k Skate Relay, 1k CL** | **Madison, WI** |
| **Sat 23** | **Birkebeiner/Kortelopet** | **24k/52k Skate/CL** | **Hayward, WI** |

**March 2013**

|  |  |  |  |
| --- | --- | --- | --- |
| *Sat 2?* | *Hinder Binder?* | *TBD* | *Rib Lake* |
| **Sat 2** | **Squirrel Hill Pursuit (Lakeland Loppet)** | **10k Skate/CL, 24k Skate/CL** | **Minocqua, WI** |
| **Sun 3** | **Great Bear Chase** | **24k/52k Skate/CL** | **Wausau, WI** |
| **Sat 9** | **Great Bear Chase** | **?k, ? Skate/CL** | **Calumet, MI** |
| *Date?* | *Team Spring Trip?* | *TBD* | *TBD* |
| **Sun 10 or 17** | **End of Season Potluck** |  | **Host?** |
| *March 11-17, 2013* | **J***unior National Championships* |  | *(Fairbanks, AK)* |

**Essential Information 2012-2013**

**Coaches**

Bill Rattunde (HS) Steve Swenson (MS) Rob Lucas

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(608) 347-4708 (608) 873-5635 (612) 219-3441

This program is for High School students, grades 9-12, and Middle School Students (5)6-8 of all abilities. Skiers will focus on technique for skate and classical skiing along with developing fitness through strength, speed and endurance workouts. Races are optional and are held on weekends at varying venues around the state and Tuesday nights at Elver Park. For exact practice schedule and description see [www.madnorski.org](http://www.madnorski.org) and go to the Youth page.

**Cost**

Membership – Blackhawk Individual Student $60 or Family $175

The HS fee is $250 per student for season (November 1st through March 8th)

The MS fee is $200 per student for the season (December 1st through March 6th)

Register through www.blackhawkskiclub.org

**Equipment**

First year skiers: Available at no cost

Returning skiers: Must own boots, $100 rental fee for any other equipment

$100 security deposit: Required for all equipment; to be returned at end of season depending on condition of equipment.

**Practice Schedule**

 HS practice Monday through Thursday 5:15-6:45

 MS practice Monday & Wednesday 5:15-6:45

 Tuesdays in January and February 6:15-7:30 when club Races are held at Elver Park.

 Second Monday of every month (Nov. – March) – MadNorSki Club Meeting

Practice times will vary slightly during the season. All up-to-date information for each week will be posted on the youth page of the Madnorski webpage at [www.madnorski.org](http://www.madnorski.org).

Updates will be made by **4:00pm** day of practice so please check the website and email before you come.

Practice locations will mainly be Blackhawk ski club, Elver Park, Eagle School and Pleasant View Golf Course and will change due to weather conditions.