

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

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

Updated: January 27, 2013



2012 CXC Camps:

<http://www.cxcskiing.org/pages/events/camps/cxc-training-camps.html>

Midwest JNQs:

<http://cxcskiing.org/pages/events/midwest-JNQ.html>

August - 2012

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

October - 2012

Friday 10/19 to Sunday 10/21	Fall WNSL Coaches Meeting	USSA / CXC / WNSL	Telemark
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November - 2012

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- <i>Mandatory Attendance</i>	Equipment Night- HS	BHSC
Mon & Wed	HS Only – Rollerski	Eagle School / Fitchburg / CapCity Trail	TBD
Mon & Wed	MS Only - Dry Land Training + Strength	Running shoes and poles	BHSC
Tue & Thur	HS Only - 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	Lussier Family Center - Lake Farm Park
Wed. Nov. 14	MS Regular practice begins- - Orientation Meeting- <i>Mandatory Attendance</i>	Equipment Night - MS	BHSC – East Chalet

December - 2012

Sun 2	Kick Off Potluck	A-F bring main dish, G-P salad and Q-Z dessert	Patz's 2010 Vilas Ave.
Sat 8 – Sun 9	JOQ – Wolverine , MI	5/10km Sk; 5/10km Cl	Ironwood, MI
Sat 8? – Sun 9?	On-Snow Training Camp	Skate/CL	TBD-Madison, WI
Sat 15	Lodi Invite	6k Skate/CL	Lodi, WI
Sat 15 – Sun 16	JOQ – Wausau – sprints	1km, 1Cl	Wausau, WI

January 2013

Sat 5 & Sun 6 (11:00 both days)	Rhineland - Hodag Challenge	6k Skate CAVOC + citizen race, 7k Classic Northwoods	Rhineland, WI
Tues 8	Madison Invite	5k Classic	Elver Park
Sat 12 – Sun 13	Snekkevik	7k Classic	Wausau, WI
Sun 13	Iola Invite	5k CL	Iola, WI
Sat 19	Lapham Loppet / So. Conf.	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/51k 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

Sat 2	Badger State Games	SK+CL-HS MS Event (+team)	Wausau
***Sat 2 ***	The Amazing Race	Blackhawk Games	BHSC
Sat 9 and Sun 10	State Championship www.winordicski.org	5k Skate, CL Pursuit	Rhineland 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	Squirrel Hill Pursuit (Lakeland Loppet)	10k Skate/CL, 24k Skate/CL	Minocqua, WI http://minocquawinterpark.org/general-information/events-dates-links/
Sat 9	Great Bear Chase	26k/50k Skate/CL	Calumet, MI http://www.greatbearchase.com/
Date?	Team Spring Trip?	TBD	TBD
Sun 17 ?	End of Season Potluck		TBD - Sereno
March 11-17, 2013	Junior National Championships		(Fairbanks, AK)

Essential Information 2012-2013

Coaches

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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 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) – Practice before 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.

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.