

2011-2012 HS/MS XC Race Schedule/Important Dates

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

October - 2011

Oct. 2	Fall WHSNSL Coaches Meeting		Minocqua W.P.
<i>Fri 21 – Sun 23</i>	Ski Camp – Eagle River		Rattunde/ Agre cabins

November - 2011

Tues. Nov. 1	HS Regular practice begins- Orientation Meeting- <i>Mandatory Attendance</i>	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. 14	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. 28	MS Regular practice begins- - Orientation Meeting- <i>Mandatory Attendance</i>	Equipment Night - MS	BHSC

December - 2011

Sun 4	Kick Off Potluck	A-F bring main dish, G-P salad and Q-Z desert	Trantow's
<i>Sat 10 – Sun 11</i>	<i>JOQ – Wolverine , MI</i>	<i>5k Skate/CL, Training trip</i>	<i>Ironwood, MI</i>
Sat 10 – Sun 11	Training Camp in Town	Skate/CL	Madison, WI
Sat 17	Lodi Invite	6k Skate/CL	Lodi, WI
Sat 17 – Sun 18	JOQ – Wausau - sprints	Sprint Skate, SK/ CL	Wausau, WI

January

Sat 7	Iola Invite	5k CL	Iola, WI
Sun 8	Rhinelanders Hodag Challenge	5k Skate	Rhinelanders, WI
Tues 10	Madison Invite	5k Classic	Elver Park
Sat 14 – Sun 15	Snekkevik, Training Sun	5k CL	Wausau, WI

Sat 21	Lapham Loppet/So. Conference	5k Skate	Delafield, WI
Sat 21 – Sun 22	JOQ Theodore Wirth, Mpls, MN	5k Skate/CL	Minneapolis, MN
Sat 28	Noquemanon	24k Skate/CL	Marquette, MI
Sat 28 – Sun 29	JOQ – St Paul, MN	5k Skate, CL	Houghton, MI
<i>Sun 29</i>	<i>Iola Norseman</i>	<i>6k Skate</i>	<i>Iola, WI</i>

February

Sat 4	The Amazing Race	Blackhawk Games	BHSC
<i>Sun 5</i>	<i>Pleasant View Race?</i>	<i>TBD</i>	<i>Middleton, WI</i>
Mon 6 (13?)	Chili Feed Fundraiser	At MNSC Club Meeting	Madison, WI
Sat 11	State Championship	5k Skate, CL Pursuit	Minocqua - Winter Park
Sat 18 – Sun 19	Madison Winter Festival	1k Skate Relay, 1k CL	Madison, WI
Sat 25	Birkebeiner/Kortelopet	24k/52k Skate/CL	Hayward, WI

March

Sat 3	Lakeland Lopet	8k Skate/CL, 24k Skate/CL	Minocqua, WI
Sat 10	Great Bear Chase	24k/52k Skate/CL	Calumet, MI
Sun 18 or 25	End of Season Potluck		Host?

Essential Information 2011-2012

Coaches

Bill Rattunde (HS)

Steve Swenson (MS)

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Peter Hyson, hyson.p@gmail.com, (518) 524-9746 (through Dec.)

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) – 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.