

(DRAFT) 2013-2014 HS/MS XC Race Schedule/Important Dates

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

Updated: September 24, 2013 (Un-Official, Still being developed)



2013 CXC Camps:

<http://www.cxcskiing.org/pages/programs/junior-development-program.html>

Midwest JNQs:

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

New for 2014:

Birke Trail Run

Houghton, MI = MI Tech Trails / Swedetown trails trip. December ?

Tyrol Basin Racing Thursday nights in November / December TBD

2013-2014 CXC JDP Camp Schedule (42 total days of camp):

May 24th - 27th, CXC Training Center (Telemark Resort, Cable, WI)

June 10th - 16th, CXC Training Center (Telemark Resort, Cable, WI)

July 1st - 7th, CXC Training Center (Telemark Resort, Cable, WI)

August 5th - 11th, CXC Training Center (Madison, Cable, WI)

September 20th - 22nd, CXC Training Center (Gore Cabin, WI)

October 18th - 20th, CXC Training Center (TBD, WI)

November 25th - Dec. 1st, CXC Training Center (TBD, WI)

December 26th - 29th, CXC Training Center (TBD, WI)

September - 2013

September 14 & 15	Fall Ski Camp – Eagle River	Dry Land and Wet Water training ☺	Rattunde/ Agre cabins
<i>September 21, 2013</i>	<i>Birkie Trail Run & Trek</i>	Parents and non-CC runners	Telemark
Fri 20 – Sun 22	Birkie Trail Run	Parents and non-CC runners	Telemark

October – 2013

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Sun 6th	Fall WNSL Coaches Meeting	WNSL	TBD
Friday 10/19 to Sunday 10/21	Fall WNSL Coaches training / Conference	USSA / CXC / WNSL	Cable, WI
<i>Fri 18 – Sun 20</i>	<i>CXC HS/MS camp</i>		<i>Gore Cabin</i>

November - 2013

Mon. Nov. 4	HS Regular practice begins- Orientation Meeting- <i>Mandatory Attendance</i>	Equipment Night- HS	BHSC – East Chalet
Mon & Wed	HS Only – Rollerski	Eagle School / Fitchburg / CapCity Trail	TBD
Tue & Thur	HS Only - Dry Land Training + Strength	Running shoes and poles	BHSC
Mon. Nov. 11	MadNorSki Club Meeting	Vendor Fair - Practice before 5:15-6:15 Club Meeting 6:15 – 8:15	Lussier Family Center - Lake Farm Park
<i>Mon 11/25 – Sun 12/1</i>	<i>CXC HS/MS camp</i>		<i>TBD</i>

December - 2013

Sun 8	Kick Off Potluck	A-F bring main dish, G-P salad and Q-Z dessert	TBD
Mon, Dec. 2	MS Regular practice begins- - Orientation Meeting- <i>Mandatory Attendance</i>	Equipment Night - MS	BHSC – East Chalet
Fri 7 – Sun 8?	On-Snow Training Camp	FS/CLASSIC	TBD-Michigan?
Sat 14 – Sun 15	HOUGHTON INVITE (not a JNQ)	5/10km Classic, 5/10km FS	Houghton, MI
Sat 14	Lodi Invite	6k FS/Classic	Lodi, WI
<i>Sat 21 – Sun 22</i>	<i>JOQ –Wausau Sprints. / Distance</i>	<i>1.5km FS Sprints, 5/10k Classic Dist</i>	<i>Wausau, WI</i>
<i>Thur 26 – Sun 29</i>	<i>CXC HS/MS camp</i>		<i>TBD</i>

January 2014

Sat 4 & Sun 5 (11:00 both days)	Rhineland - Hodag Challenge	6k FS CAVOC + citizen race, 7k Classic Northwoods	Rhineland, WI
Tues 7	Madison Invite	5k Classic	Elver Park
Sat 11 – Sun 12	Snekkevik	7k Classic	Wausau, WI
Sun 12	Iola Invite	5k Classic	Iola, WI
Sat 18	Lapham Loppet / So. Conf.	5k FS	Delafield, WI
Sat 18 – Sun 19	Telemark Distance CCSA & JNQ,	Sat, 10/15 FS MS, Sun, 5/10 CL	Cable-Telemark, WI
Sat 25	Noquemanon	51k/24k/51k FS/Classic	Marquette, MI
Sat 25 – Sun 26	Mt. Itasca 25-Distance CCSA & JNQ, 26-JNQ SPRINT	5/10 FS, 1.5 CL Sprint	Itasca, MN
Sun 26	Iola Norseman	6k FS only (no MS distance)	Iola, WI

February 2014

Sat 1	Badger State Games	SK+CL-HS MS Event (+team)	Wausau
Sun 2	The Amazing Race	Blackhawk Games	BHSC
Sat 8 and Sun 9	State Championship www.winordicski.org	5k FS, Classic Pursuit	Cable, WI – Telemark(?)
Mon 10	Chili Feed Fundraiser	At MNSC Club Meeting	Madison, WI
Sat 15 – Sun 16	St. Paul SuperTour	5/10/15 classic mass start and 5/10 skate	Battle Creek
Sat 15 – Sun 16	Madison Winter Festival	1k FS Relay, 1k CL	Madison, WI
Sat 22	Birkebeiner/Kortelopet	24k/52k FS/Classic	Hayward, WI

March 2014

Sat 1	Squirrel Hill Pursuit (Lakeland Loppet)	10k Skate/CL, 24k FS/Classic	Minocqua, WI http://minocquawinterpark.org/general-information/events-dates-links/
Sat 8	Great Bear Chase	26k/50k FS/Classic	Calumet, MI http://www.greatbearchase.com/
Sat 1-Sat 8	Midwest Junior Championships	TBD	Minneapolis, MN
Sun 16?	End of Season Potluck	TBD -	TBD -
March 1-8, 2014	Junior National Championships		(Stowe, VT, Trapp Family Lodge)

Essential Information 2013-2014

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 \$270 per student for season (November 1st through March 8th)

The MS fee is \$220 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 Red Group practice Monday through Thursday 5:15-6:45

HS White Group practice Tuesday and Thursday 5:15-6:45

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

Tuesdays in January and February 6:15-7:45 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.