

2013-2014 HS/MS XC Race Schedule/Important Dates

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

Updated: November 2, 2013 (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)

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 and Ski Swap	Vendor Fair 6:00-9:00 Ski Swap 6:00-9:00 Practice before 5:15-6:15 Club Meeting 7:15 – 8:15	Lussier Family Center - Lake Farm Park

<i>Mon 11/25 – Sun 12/1</i>	CXC HS/MS camp		TBD
---------------------------------	----------------	--	-----

December - 2013

Sun 8	Kick Off Potluck	A-F bring main dish, G-P side / salad and Q-Z dessert	TBD
Mon, Dec. 2	MS Regular practice begins- - Orientation Meeting- Mandatory Attendance	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>	CXC HS/MS camp		TBD

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
<i>Sat 18 – Sun 19</i>	<i>Telemark Distance CCSA & JNQ,</i>	<i>Sat, JOQ-10/15 FS + HS-MS, Sun, JOQ- 5/10CL + HS-MS</i>	<i>Cable-Telemark, WI</i>
Thursday 23 6:00 pm	Lapham Loppet / So. Conf.	5k FS	Delafield, WI
Sat 25	Noquemanon	51k/24k/14k FS/Classic	Marquette, MI
<i>Sat 25 – Sun 26</i>	<i>Mt. Itasca 25-Distance CCSA & JNQ, 26-JNQ SPRINT</i>	<i>5/10 FS, 1.5 CL Sprint</i>	<i>Itasca, MN</i>
Sun 26	Iola Norseman	6k FS only (no MS distance)	Iola, WI

February 2014

<i>Sat 1</i>	<i>Badger State Games</i>	<i>SK+CL-HS MS Event (+team)</i>	<i>Wausau</i>
***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 MNCS Club Meeting	Madison, WI
<i>Sat 15 – Sun 16</i>	<i>St. Paul SuperTour</i>	<i>5/10/15 classic mass start</i>	<i>Battle Creek</i>

		<i>and 5/10 skate</i>	
Sat 15 – Sun 16	Madison Winter Festival	1k FS Relay, 1k CL	Madison, WI
Sat 22	Birkebeiner/Kortelopet	52k/24k/12k FS/Classic	Hayward, WI

March 2014

Sat 1	Squirrel Hill Pursuit (Lakeland Loppet)	10k FS/CL, 24k FS/Classic	Minocqua, WI http://minocquawinterpark.org/general-information/events-dates-links/
Sat 8	Great Bear Chase	50k/25k/14k FS/Classic	Calumet, MI http://www.greatbearchase.com/
<i>Sat 1-Sat 8</i>	<i>Midwest Junior Championships</i>	<i>TBD</i>	<i>Minneapolis, MN</i>
Sun 16?	End of Season Potluck	TBD -	TBD -
<i>March 1-8, 2014</i>	<i>Junior National Championships</i>		<i>(Stowe, VT, Trapp Family Lodge)</i>

Essential Information 2013-2014

Coaches

Bill Rattunde (HS)
bill.rattunde@gmail.com
(608) 347-4708

Steve Swenson (MS)
steve_swenson@trekbikes.com
(608) 873-5635

Claire Luby
lubyx010@gmail.com
(651) 343-5180

Manager:
Anne Helsley
ahelsley@wisc.edu
(608) 695-3479

This program is for High School students, grades 9-12, and Middle School Students, grades (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 \$75 or Family \$200

The HS fee is \$275 per student for season (November 4th through March 6th)

The MS fee is \$225 per student for the season (December 2nd 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 early February 6:15-7:45 when club Races are held at Elver Park

Second Monday of every month (Nov. – March) – Practice at Lake Farm Park 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 pages 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.