

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

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

Updated: November 7, 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
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## December - 2013

<b>Sun 8</b>	<b>Kick Off Potluck – Mandatory HS &amp; MS info/planning meeting</b>	<b>A-G bring main dish, H-O, side / salad, P-R drinks and S-Z dessert</b>	<b>Betsinger's House</b>
<b>Mon, Dec. 2</b>	<b>MS Regular practice begins- - Orientation Meeting- <i>Mandatory Attendance</i></b>	<b>Equipment Night - MS</b>	<b>BHSC – East Chalet</b>
<b>Sat 7?</b>	<b>On-Snow Training Camp</b>	<b>FS/CLASSIC</b>	<b>In Town TBD</b>
Sat 14 – Sun 15	HOUGHTON INVITE (not a JNQ)	5/10km Classic, 5/10km FS	Houghton, MI
<b>Sat 14</b>	<b>Lodi Invite</b>	<b>6k FS/Classic</b>	<b>Lodi, WI</b>
<b>Wed 18 6:00</b>	<b>Tyrol Basin Race w/Lodi (Ice Age Nordic)</b>	<b>2K sprints</b>	<b>Mt Horeb – Tyrol Basin</b>
<i>Sat 21 – Sun 22</i>	<i>JOQ –Wausau Sprints. / Distance + HS &amp; MS Races</i>	<i>1.5km FS Sprints, 5/10k Classic Dist, HS 6k</i>	<i>Wausau, WI</i>
<i>Thur 26 – Sun 29</i>	CXC HS/MS camp		TBD

## January 2014

<b>Sat 4 &amp; Sun 5 (11:00 both days)</b>	<b>Rhineland - Hodag Challenge</b>	<b>6k FS CAVOC + citizen race, 7k Classic Northwoods</b>	<b>Rhineland, WI</b>
<b>Tues 14 6:00 start</b>	<b>Madison Invite</b>	<b>5k Classic</b>	<b>Elver Park</b>
<b>Sat 11 – Sun 12</b>	<b>Snekkevik</b>	<b>7k Classic</b>	<b>Wausau, WI</b>
<b>Sun 12</b>	<b>Iola Invite</b>	<b>5k Classic</b>	<b>Iola, WI</b>
<i>Sat 18 – Sun 19</i>	<i>Telemark Distance CCSA &amp; JNQ, + HS &amp; MS Races</i>	<i>Sat, JOQ-10/15 FS + HS-MS, Sun, JOQ- 5/10CL + HS-MS</i>	<i>Cable-Telemark, WI</i>
<b>Thursday 23 6:00 pm</b>	<b>Lapham Loppet / So. Conf.</b>	<b>5k FS</b>	<b>Delafield, WI</b>
<b>Sat 25</b>	<b>Noquemanon</b>	<b>51k/24k/14k FS/Classic</b>	<b>Marquette, MI</b>
<i>Sat 25 – Sun 26</i>	<i>Mt. Itasca 25-Distance CCSA &amp; JNQ, 26-JNQ SPRINT</i>	<i>5/10 FS, 1.5 CL Sprint</i>	<i>Itasca, MN</i>
<b>Sun 26</b>	<b>Iola Norseman</b>	<b>6k FS only (no MS distance)</b>	<b>Iola, WI</b>

## February 2014

<i>Sat 1</i>	<i>Badger State Games</i>	<i>SK+CL-HS MS Event (+team)</i>	<i>Wausau</i>
<b>***Sun 2 ***</b>	<b>The Amazing Race</b>	<b>Blackhawk Games</b>	<b>BHSC</b>
<b>Sat 8 and Sun 9</b>	<b>State Championship</b>	<b>5k FS, Classic Pursuit</b>	<b>Cable, WI –</b>

	<a href="http://www.winordicski.org">www.winordicski.org</a>		Telemark(?)
<b>Mon 10</b>	<b>Chili Feed Fundraiser</b>	<b>At MNSC Club Meeting</b>	<b>Madison, WI</b>
<i>Sat 15 – Sun 16</i>	<i>St. Paul SuperTour</i>	<i>5/10/15 classic mass start and 5/10 skate</i>	<i>Battle Creek</i>
<b>Sat 15 – Sun 16</b>	<b>Madison Winter Festival</b>	<b>1k FS Relay, 1k CL</b>	<b>Madison, WI</b>
<b>Sat 22</b>	<b>Birkebeiner/Kortelopet</b>	<b>52k/24k/12k FS/Classic</b>	<b>Hayward, WI</b>

### March 2014

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

## Essential Information 2013-2014

### Coaches

Bill Rattunde (HS)  
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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](http://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](http://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](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.