

Madnorski Ski Team : What to expect on a weekend race trip.

In the fall of 2008 our daughter Tess, then a freshman, joined the Madnorski team. We went to the fall potluck, met a lot of great people and got excited about skiing, and came away signed up to help lead a weekend trip but having no idea what that really meant or what the winter had in store for us. It's fair to say we followed our noses!

Here's the general rundown for a "generic" ski race weekend.

→ Pretty far in advance, a trip leader is assigned to each weekend trip. This person or family's role is to (1) **reserve lodging** (as soon as possible) (2) get trip reservation forms signed by each participating skier (3) arrange parent volunteers to drive and sort out carpools (4) make sure food is covered, for example assigning a family to each dinner and making sure that someone is bringing breakfast foods and lunch foods.

→ The trip leader will send out emails about the trip. You'll need to decide both if your skier will be going and if you would like to go. A trip form and a deposit need to be returned to the trip leader. We have handed out the trip forms already so you can be proactive about sending things in as far in advance as you like. The highest priority trip for skiers for 2010/11 is the State race, the weekend of Feb. 12th. High school skiers are strongly encouraged to participate in as many races as possible. See the race schedule handed out and posted on the Madnorski web site for more information. These weekend trips are really what the team works for each week and they solidify camaraderie, sportsmanship, and team building.

A weekend trip costs ~\$45 for a night or ~\$80 for two nights to cover food and lodging. Drivers usually settle up separately for gas expenses. Registration for the races can be either through the coaches OR as individuals; this varies from race to race and we have tried to put this on the race schedule. If there are changes, coaches will let you know.

High school skiers are not required to have parents on the trip. Keep in mind, though, that it's really FUN to go along as a parent, and that it is necessary to have enough parents along each weekend to cover driving and a bit of chaperoning. For middle school skiers, parent accompaniment is a requirement.

→ Schedule for weekend trips:

Friday usually right after school (or even in early afternoon for races in Cable/Telemark or for the state race) gather at the designated house to pack up cars and head out of town. We have done a good job in the past of really filling cars and trying to be gas-efficient on these trips. Sometimes there is a stop along the way for a car trip style meal. Or, if the destination is not too far, dinner will have been organized by one or more of the parents and will be eaten upon arrival.

Sleeping arrangements in cabins/condos will have rooms segregated by gender, and parents interspersed so no kids are parentless in a cabin/condo/hotel room.

Saturday morning – up early, eat breakfast, drive to the race. Check wax for classic races, warm up with the team, race! Warm down. Eat lunch. Head back, clean up, get some homework done. Parents may ski in the afternoon. Dinner with the team.

Sunday same deal if it's a two race weekend, or a more relaxed chance to ski with team/parents on Sunday morning if there is no Sunday race. Drive home Sunday; arrive back in Madison in the afternoon.