5 STAGES TO A BETTER SPORT EXPERIENCE



STAGE 5

Thrive and Mentor

Age: For Life

Participation: Local Ski Club and Training Group

CXC ATHLETE DEVELOPMENT MODEL

Events: Local Races, Citizen Skier Events, CXC Marathon Cup, Midwest Marathons, Birkie, etc.

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STAGE 4

Excel for High Performance

Age: 15+

Participation: Local Ski Club, Regional Summer Camps, Central REG Camp Events: CXC Junior Cup, MN/WI High

School League, CCSA Races

STAGE 4

Participate and Succeed

Age: 15+

Participation: Local Ski Club, Regional

Summer Camps

Events: MN/WI High School League,

Local Races

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STAGE 3

Train and Compete

Age: 14-19

Participation: Local Ski Club, Regional Summer Camps

Events: Local Races, MN/WI High School League, CXC Junior Cup,

NENSA U16 Championships

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STAGE 2

Develop and Challenge

Age: 10-16

Participation: Local Ski Club, Regional Summer Camps, Midwest

Dream Camp

Events: Local Races, Junior Birkie, Skiwerx Race Series, Midwest

Junior Championships, CXC Youth Cup

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STAGE 1

Discover, Learn and Play

Age: 0-12

Participation: Local Youth Club, Nordic Rocks for Schools

Program, MN Youth League, Trail Kids

Events: Local Youth Races, Barnebirkie, Junior Birkie, Skiwerx Race Series, Midwest Junior Championships, CXC Youth Cup

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