



# **Madison Nordic Ski Club**

## Juniors Handbook

*Updated September 2020*

# Mission, Vision, Values

## Mission - Cross Country Skiing for Everyone

The MadNorSki team seeks to instill the love of skiing, to promote a healthy, active outdoor lifestyle, and ultimately, to instill the highest standards of sportsmanship, competition and collaboration among our team members.

Through the sport of Nordic skiing we will encourage our athletes to become motivated, respectful, self-sufficient, educated, and positive contributors to our community and the world.

Our team prepares athletes mentally and physically for competition, through focused training in both classical and skating techniques. The team provides a structure for individual and team goal setting, as well as training plans that are designed to help young athletes work toward achieving their own goals.

## Vision

- To teach the sport of Nordic skiing and racing.
- To prioritize fun.
- To provide age appropriate racing opportunities for interested skiers
- To make skiing accessible for everyone by honoring our differences in family background, gender, race, age, ability, and personal differences
- To fully support each skiers unique goals and life path.
- To recognize that some skiers are drawn to competition and some are not, and to allow both to thrive within the same team.
- To demonstrate, by our actions, the value of being honest, respectful, helpful, encouraging, kind, friendly, and sharing.
- To build community, in our community, and outside our community.
- To teach skiers how to develop goals, objectives, and supporting plans, and then how to execute the plan to achieve their goals. Plan the work and work the plan.
- To engage the community in investing in youth.
- To recognize that skiers will mature physically and emotionally at different speeds, and as a result, we will adjust their curriculum to best meet their needs.
- To focus on quality over quantity, and the personal development of the individual over the performance results of the skier.
- To always remember that it's about the kids, and to do what is in their best interests.
- To recognize a skiers outstanding performance in life (athletic, academic, or other).

## Values

Fun   Inclusion   Leadership   Learning   Excellence   Self-respect   Determination

# Code of Conduct

## **Athletes, Coaches & Parents**

All Madnorski athletes, coaches and parents shall conduct themselves in ways that reflect positively on themselves, their teammates, coaches, and their families. Team members are expected to be courteous and supportive to all teammates, coaches and parents at all times. In addition, Madnorski seeks to uphold the US Ski & Snowboard Code of Conduct as well as the Wisconsin Nordic Ski League (WNSL) code of conduct, including self-control, responsible behavior and consideration for the physical and emotional well being of others. All members of the team must feel that they are respected, valued and safe.

In order to protect all Madnorski skiers, misconduct will be penalized in accordance with the gravity of the violation. Minor infractions may be dealt with by reprimands from coaches. Athletes of any age may be suspended from practice or competition for:

- Harassment, intimidation or bullying of teammates
- Disruption of practices (not including tardiness)
- Showing disrespect to any teammate, competitor, coach, official or parent, including use of profane or abusive language
- Buying, selling, possession or use of alcohol, tobacco, illegal or performance-enhancing drugs
- Attending gatherings where underage drinking or drug use takes place
- Fighting, stealing, lying or cheating

Any misconduct that warrants suspension will be documented and reported to the coach(es) for review.

## Practice

### **Season**

September thru November is when we do dryland training where we will build strength through hill bounding, trail running, rollerskiing, and other activities. Our fall dry land training program runs from Sep 14 - Nov 18 meeting Mondays and Wednesdays.

Winter program runs from November 30 - March 4. Formal practice will not be held the week of December 20 - January 3.

### **Schedule**

Practice for Juniors team will follow the following schedule. All skiers should enter their availability for practices each week into Teamsnap. Skiers are encouraged to attend as many practices as possible, and to let coaches know via TeamSnap when they will not be able to attend.

High school (U16, U18, U20): Monday through Thursday from 5:30 - 7:00 pm (opportunities for weekend practices, check Team Snap)

Middle school (U12, U14): Monday and Thursday evenings from 5:30 pm – 7:00 pm (opportunities for weekend practices, check Team Snap)

## Training Plans

General plan for each practice will be available on TeamSnap. Daily plans will also be posted on the whiteboard available at the start of all practices.

## Training & Practice Locations

Our team's primary snow location is **Elver Park in Madison, at 1250 McKenna Blvd**, near Gammon Road on Madison's west side. Elver Park provides shelter, lights, man-made snow and grooming. Snow will be made by CXC Skiing, MadNorSki and the City of Madison. On-snow skiing will begin in early to mid-December, once the temperatures are cold enough to make snow, and run through the end of February, conditions permitting..

Practices may also be held at a variety of venues throughout the Madison area, on the east, west and central parts of Madison. MadNorSki Juniors occasionally train at Lussier Heritage Center, Odana Hills Golf Course, University Ridge Golf Course, McCarthy Park, and other venues, especially at the beginning of the season.

Dryland Training locations include Elver Park, Lussier Heritage Center, Eagle School, and Dawley Conservancy. These locations provide safe and well paved roller skiing trails, rolling hills and steeper hills for hill bounding.

Addresses for all locations are below and maps available through TeamSnap::

Elver Park: 1250 McKenna Blvd, Madison, WI 53719

Odana Hills Golf Course: 4635 Odana Rd, Madison, WI 53711

University Ridge Golf Course: 9002 County Rd PD, Verona, WI 53593

McCarthy Park: 4841 Co Hwy TT, Cottage Grove, WI 53527

Lussier Heritage Center: 3101 Lake Farm Rd, Madison, WI 53711

Eagle School: 5454 Gunflint Trail, Fitchburg, WI 53711

Dawley Conservancy: 2656 S Seminole Hwy, Fitchburg, WI 53711

## Uniforms & Equipment

### Racing Suits and Sweatshirts

Racing suits and sweatshirts are available through our online store and can be ordered using the following link: [www.madnorski.org/apparel-purchase/](http://www.madnorski.org/apparel-purchase/) Skiers can choose team

jackets, race tights, jerseys, and/or sweatshirts with MadNorSki logos. Order deadline is Sunday, November 10 at midnight. Order will arrive in mid-December. For racing, athletes should have at least a team jersey. Newer skiers can borrow older team uniforms as available.

High school athletes are required to have at least a jersey \$65  
Middle school athletes no requirement

## Equipment

### On-Snow Training & Racing

Skiers will practice both classic and skate techniques. Skiers will need equipment for both techniques, which include poles, boots and skis. Skiers are strongly encouraged to purchase their own equipment. **New skiers have first priority on MadNorSki gear.**

**Team Night at REI:** Retailers from several ski companies will be available to fit equipment on November 3rd from 6-9pm. 20-30% off retail prices will be available. This would be a great place to buy your set up for the season. Snacks, gear, and friends.

**Rental from MadNorSki:** Limited equipment is available to rent from the team. First year skiers can rent the equipment for a \$25 maintenance fee. After your first year, there will be a fee of \$125 per skier if equipment is available. The team will have a **ski fitting on Sunday, Nov 7 from 2-4.** You will need to sign up for a time slot for the fitting. This will be your only chance for a fitting so please make it a priority.

**Rental or team discount purchase from [Bike Doctor Nordic Ski Shop](#)** in Dousman, WI.

Rental package for HS/MS is about \$400 (over 100lbs) or \$300 (under 100lbs)

2 pairs skis (1 classic, 1 skate.)

2 pairs bindings

1 combi boot

2 pairs of poles

**Purchasing:** We recommend either [Bike Doctor Nordic Ski Shop](#) or [REI](#) in Madison. For those wishing to purchase more high end racing skis, we recommend either [Pioneer Midwest](#), [Boulder Nordic](#), or [Gear West](#) in Minneapolis.

### Dryland Training

For spring, summer and fall sessions, athletes will need ski boots, poles and roller skis, in addition to a bike helmet, high visibility clothing, gloves, a water bottle and carrier, and headlamps/lights for night time roller skiing. The team has a limited supply of roller skis and poles available, which will be distributed during the first week of November. It is highly recommended that athletes purchase their own roller skis after their first year with the team. When buying boots, please ask for NNN bindings.

Team deals are available for Hjul Rollerskis at [Pioneer Midwest](#).

*Athletes must have a helmet, lights and high visibility clothing to participate in roller skiing.*

**NO HELMET NO PRACTICE.**

## **Communication**

The website at [Madnorski.org](http://Madnorski.org) provides general information about the team, coaches, registration, and general schedule. The team also uses **TeamSnap** for communication about practices, touring events, races, social outings and for sharing team contact information. You will receive an email invitation to join TeamSnap. If you need to get a hold of a coach, TeamSnap is generally the best option. For urgent or time sensitive matters, please reach out via phone or email.

## **Coaches and Leadership Team**

All ski coaches are certified by the US Ski and Snowboard Association (US Skiing) at level 100 or higher, and together have combined experience racing in Europe, the World Cup, NCAA's, national, regional and local competitions, and coaching at the national, regional and local levels. MadNorSki coaching staff maintains a five to one skier to coach ratio, to ensure the highest level of support for skiers at every level. All coaches have completed [Safesport training](#).

Head Coach Chris Pappathopoulos - [pappatho@uwalumni.com](mailto:pappatho@uwalumni.com) (608) 313-5011

Brenda Baker - [bbaker@madisonchildrensmuseum.org](mailto:bbaker@madisonchildrensmuseum.org) (608) 628-5830

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Manager - Tamara Bryant [bryant.tamaraj@gmail.com](mailto:bryant.tamaraj@gmail.com) (608) 852-4362

## **Parent Volunteers**

Volunteers are the heart of our team. Emails will periodically ask for help for upcoming events. Some of the ways you can help are:

### **Trip Leaders**

Coordinate race and touring events: Makes reservations for hotel rooms, plans for team meal(s), communicates details through TeamSnap email and calendar, assists in arranging transportation and lodging for unaccompanied youth, pass out bibs the morning of race.

### **Helping at Practices**

Assisting coaches, ski along with the group, help kids with equipment or waxing.

Fuel the skiers!

Bring chocolate milk to practices!

## Racing

### Competitions (Will give update due to COVID-19)

MadNorSki athletes are encouraged to participate in up to ten events in the Midwest each season, most of them coordinated by the Wisconsin Nordic Ski League. Races take place from mid-December through early March. Athletes with a desire to compete at a higher level of competition are encouraged to compete in the Junior National Qualifier Series (JNQ's), which includes an additional four weekends of racing each season, and the chance to qualify for the Great Lakes Junior National Team and participate in the [Junior National Championships](#). Additionally, MadNorSki offers the Tuesday night race series at Elver Park starting in January, which is a fun and easy way to try out racing.

While race participation is optional, we encourage all members to join some of our weekend outings, where we will also provide chances to ski without competing, for those who are interested in ski touring instead.

Parents of returning team members coordinate trips, including hotels and meals, with sign ups required in advance of trips.

High school students are allowed to travel without an adult to these races, but middle school students must travel with their own parents. A volunteer parent trip leader will help organize transportation and housing for those athletes traveling on overnight trips.

We reserve a block rooms, families can reserve on their own. Exception is State and Ironwood. Middle schoolers traveling must be accompanied by a family member.

### Tuesday Night Race Series (Will give update due to COVID-19)

The MadNorSki Club hosts a Tuesday night race series in January and February for all club members. This fun race series starts January 7th. Minors will need a parent/guardian signature on their waiver and cost \$10 for the season or \$2 per race. If you would like to be eligible for awards your skier will need to sign up for the whole series. Registration starts at 6pm and finished by 6:30pm, with races starting at 7pm on Tuesday evenings. The races are held at Elver Park, and the distances vary depending on available terrain, typically between 5k and 10k with shorter options available. Interested skiers should register by 6:30pm the night of.

## Weekend Ski Outings

### December Ironwood Weekend:

Our team offers an on-snow training camp the second weekend in December in Ironwood, MI. All skiers who choose to attend must travel with a family member and arrange their own housing and meals. The camp includes 2 days of on-snow coaching and instruction. Parents and siblings are welcome!

This year we will focus on more local weekend ski outings for Juniors and their families. We will plan trips that are less than 2 hours by car so you can ski and explore new trails with the team for the day. Bring your family, bag lunch, snacks, water and your sense of adventure!

## Event & Race Schedule (Will update as season approaches)

High School Races High School and Middle School JNQs/Extras

Event		Location	
<b>November</b>			
11/9/19	Sat	Grind up Granite Rollerski Race	Wausau, WI
11/16/19	Sat	MadNorSki Up Up and Away Rollerski/Run	Blue Mounds, WI
<b>December</b>			
12/6-8/19	F-Su	Ironwood Team Camp	Ironwood, MI
12/14-15/19	Sa-Su	Super Junior National Qualifier	Duluth, MN
12/21-22/19	Sa-Su	Super Junior National Qualifier	Michigan Tech Trails, Houghton
<b>January</b>			
1/2-8/20	Th-We	US Senior National Championship	Houghton, MI
1/11/20	Sat	Snekkevik Classic	Wausau, WI
1/12/20	Sun	Iola Invite	Iola, WI
1/11/20	Sat	SISU Ski Fest	Ironwood, MI
1/18-19/20	Sa-Su	Hodag Challenge	Rhinelander, WI
1/25-26/20	Sa-Su	GLD Junior National Qualifier	Birkie Trailhead, Cable, WI
1/25	Sat	Badger State Games	Wausau, WI
1/26	Sun	Iola Norseman	Iola, WI
1/30/20	Thur	Southern Conference Nordic Ski Meet	Lapham Peak, WI
<b>February</b>			
2/1-2/20	Sa-Su	WI State Sprints	Elver Park, Madison, WI
2/8-9/20	Sa-Su	WNSL Championships	Cable, WI
2/15-16/20	Sa-Su	GLD Junior National Qualifier	Michigan Tech Trails, Houghton
2/21-22/20	Fri	Kortelopet /Birkebeiner	Cable, WI
2/29/20	Sat	Squirrel Hill Loopy Loppet	Minocqua Winter Park, WI
<b>March</b>			
3/4-9/20		NENSA	Chittenden, VT
3/7-15/20		Junior National Championship	Truckee, CA
3/14-17/20		World Cup	Minneapolis, MN



## Fees

Fees are \$410 for high school students and \$260 for middle school students.

Fees for the winter season include:

- on-and-off snow coaching
- waxing instruction
- use of team wax for pre-race waxing
- coaching at December Ironwood camp
- training plans
- race entry fees for Sectional Meet & Wisconsin State Championships
- race entries for MadNorSki race series
- student membership to MadNorSki ski club
- coaching and waxing at Wisconsin Nordic Ski League races on calendar
- use of club roller skis, skis, boots and poles (for a small fee, as available)
- coaching at JNQ races

Fees for the winter session do not include:

- hotel, transportation or food costs for weekend ski outings
- entry fees for weekend ski outings or WNSL races (aside from State & Sectionals)  
*\*generally \$10-\$15 per race*
- entry fees, waxing, transportation or hotel for JNQ races

## USSA Membership

Athletes who are planning on competing in the JNQ races, a USSA membership is necessary to keep track of points. The license will cost \$55 - \$155 and can be obtained from the [CXC Website under "Membership"](#). You can choose "Cross Country General Membership" or "Cross Country Competitor".

## Scholarships

Additionally, MadNorSki offers scholarships to youth who would otherwise not be able to participate. Please contact the team manager to learn more.

## Waivers/Forms

All athletes will need to complete the medical treatment form and release of liability waiver form PRIOR TO FIRST PRACTICE. Additional copies can be found below.

