



# **Madison Nordic Ski Club**

## Juniors Handbook

*Updated Sep 14, 2022*

# 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**

Spring, Summer and Fall Rollerskiing & dryland training. We do dryland training where we will build strength through hill bounding, trail running, rollerskiing, and other activities to get ready for when the snow flies! Rollerskiing helps build balance, agility, and endurance.

Winter program runs from after Thanksgiving until early March. Formal practice will not be held during Winter holiday, December 20 - January 2.

### **Schedule**

Practice for the 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 events, check Team Snap and look at race schedule below)

Middle school (U12, U14): Monday and Wednesday evenings from 5:30 pm – 7:00 pm (opportunities for weekend events, check Team Snap and race schedule below)

## Training Plans

General plan for each practice will be available on TeamSnap.

## 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, UW Arboretum, and Dawley Conservancy. These locations provide safe and well paved roller skiing trails, rolling hills and steeper hills for hill bounding and trail running.

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

Gunflint Trail Park: 5454 Gunflint Trail, Fitchburg, WI 53711

Door Creek Park: 7035 Littlemore Dr, Madison, WI 53718

# Uniforms & Equipment

## Racing Suits and Sweatshirts

Racing suits and sweatshirts are available through our online store on our website: <https://www.madnorski.org/recreational-programs/apparel-purchase/> Skiers can choose team jackets, race tights, jerseys, and/or sweatshirts with MadNorSki logos. For racing, athletes should have at least a team jersey. Team jerseys make it much easier to identify teammates on the trails!

We ask that middle & high school athletes purchase a jersey. First-year skiers to the team can borrow older team uniforms as available.

## Equipment & Waxing

### On-Snow Training & Racing Equipment

Skiers will practice both classic and skate techniques. Skiers will need equipment for both techniques, which includes 2 sets of poles (skate and classic), 2 sets of boots (skate and classic, or one set of "combi") and 2 sets of skis (skate and classic). Skiers are strongly encouraged to purchase their own equipment. **New skiers have first priority using MadNorSki gear.**

**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 afternoon, October 23. 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. [Sign Up HERE.](#)**

**[MADNORSKI SKI SWAP:](#)** Saturday, October 29, 2022 at REI parking lot

**TEAM DISCOUNT** from [Pioneer Midwest](#) in Minnesota.

If you plan to buy new equipment, below are good Junior options at different price points with commentary from the Pioneer Midwest staff. Note that these were recommendations from 2020.

### **For skate skis + bindings**

1st option: Atomic S1. Entry-level skate ski. With binding

2nd option: Salomon RS7 nicer ski, needs bindings. Skis+bindings

3rd option: Fischer Aerolite, another little step up from RS7.

### **Classic + bindings**

Skin Option: Atomic C2 Skintec + binding

The skins are a very convenient way to get out on the trail for classic vs spending time with kick wax. Without knowing what kick wax to put on, the advantage is almost non-existent. And at best you are spending an extra 10-20 mins before every

practice/race putting on kick wax. With the skin skis, you just do glide wax on the tips and tails like your skate skis, and the skin is ready to go at any time in place of kick wax.

Waxable option: Salomon RC 7 + binding  
and a nice kit that has most of what you need for kick wax  
<https://www.pioneermidwest.com/swix-tour-pack.html>

### Poles

Entry-level option: Swix Quantum 6  
A big step up: Swix Quantum 4

### Pole sizing chart

[https://cdn.shoplightspeed.com/shops/605672/files/25999010/pole-length-suggestion-chart.pdf?\\_ga=2.252433802.2017511136.1601309030-797866709.1547237975](https://cdn.shoplightspeed.com/shops/605672/files/25999010/pole-length-suggestion-chart.pdf?_ga=2.252433802.2017511136.1601309030-797866709.1547237975)

### Boots

If the athletes still need boots, the Salomon R/combi and Pro Combi boots are great. They fit the widest range of people and have the most adjustability. They can do both skate and classic with the same boot.

boot sizing conversion, keep in mind that the website lists the UK size:

[https://static.shoplightspeed.com/shops/605672/files/000809372/salomon-atomic-size-chart.pdf?\\_ga=2.180409636.2017511136.1601309030-797866709.1547237975](https://static.shoplightspeed.com/shops/605672/files/000809372/salomon-atomic-size-chart.pdf?_ga=2.180409636.2017511136.1601309030-797866709.1547237975)

**Other Shops:** Consider visiting [Bike Doctor Nordic Ski Shop](#) in Dousman, WI or [REI](#) in Madison, [Enjoy Winter](#), or [Gear West](#) in Minneapolis.

### Dryland Training Equipment

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 roller skis available to rent!

### Waxing Basics for Practices and Local Races **PLEASE READ!**

We want every skier to have fun, including feeling comfortable with waxing for glide and grip. Juniors skiers do not need an extensive “wax box” for general skiing and local races.

### Glide Zones for Skate and Classic

1. Ideally, every pair of skis will have a coat of ironed in wax at the start of the season. All club rentals will have this, and we will work with you to scrape and brush them so you are ready to ski

2. After every 4-5 ski outings, clean your skis with a paper towel and apply a coat of liquid glide wax. Pick a universal temperature or something rated in the 20s. Don't worry about matching the weather for practices. After the wax dries, brush it out a few times and you are ready to ski. You can use any low-cost nylon ski-specific brush (e.g. Swix blue bristle brush, <\$20).

Some examples of low-cost liquid waxes - you just need one of these (all are <\$25 and should last all season): Rex G21 Blue Liquid, Rode RL Medium Liquid, Star NF Medium Liquid, Start SG Liquid Blue, Swix CH7 Liquid, Toko Blue Liquid, Vauhti Pure One LD Liquid

### Kick Zones for Classic

If your classic skis have skins, rub the kick zones with skin cleaner every few weeks. This helps keep these kick zones clean and less likely to accumulate snow.

If your classic skis are waxable, you need to wax between the Sharpie pen marks for your specific weight/kick zones (if these are not marked, talk to us). Each practice coaches will use Team Snap to suggest "blue" "violet" "red" or some mix (e.g. "3 coats blue with 1 violet on top")

### *Basic Waxing Kit:*

1. Synthetic Cork- not a real cork - a green or white fake cork made for kick wax corking. (around \$5)
2. Kick Wax Scraper- this can be a plastic scraper from the hardware store or a ski specific version (eg. Swix T87). (around \$5)
3. Binder - this is optional. It helps keep the wax for longer skis or when the snow is very rough. This is often a 'green' wax and could also be used when the snow is very cold (so cold it squeaks).
4. Most skiers need just 3 small tins of kick wax - which should cost around \$10-15 each. If you can only get one at first, get "blue". Examples of these are: **Blue:** e.g Swix V40; Vauhti Carrot; Toko Blue; Rode Blue Special; Start Blue; **Violet:** e.g Swix V50; Start Terva Purple; Rex Violet; **Red:** e.g Swix V55 or 60, Rex Red, Start Red, Rode Red.

You may also find a basic kit for sale. For example [this item at New Moon in Hayward](#).

Remember: [Enjoy Winter](#) has most of these supplies and Start Waxes. Team members also get a discount with the code MADNORSKI.

## 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 aims to have 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](#).

Program Director Tamara Bryant [director@madnorski.org](mailto:director@madnorski.org)  
Head Coach (Middle School) Jacob Huseby - [jacobhuseby2@gmail.com](mailto:jacobhuseby2@gmail.com)  
Head Coach (High School) Jay Sween - [jay.d.sween@gmail.com](mailto:jay.d.sween@gmail.com)

## 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!

### **Stalwart Parent Volunteer Team for 22-23**

Registrar--Brad Herrick

Youth Committee members--Mike Collins (chair), Jonny Hunter, Brenda Baker, Pam Felt, Brad Herrick, & Steve Gaffield,

Volunteer Coordinator--TBA

Trip Lodging Coordinator--Eric Baker

Equipment Manager--Mike Collins

# Racing

## Competitions

MadNorSki athletes are encouraged to participate in up to ten events in the Midwest each season, many 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 will be hosting a local Juniors Race series in collaboration with Ice Age Nordic and Blackhawk Nordic on Tuesday evenings before the Tuesday night race series at Elver Park starting in January. This will be a fun and easy way to race, and meet other skiers from Dane County!

## Tuesday Junior Race Series (This will be practice for the HS team in January!)

- Jan 3 - Sprint
- Jan 10 - Skate Distance
- Jan 17 - Classic Distance
- Jan 24 - mixed relays

# Weekend Ski Outings

We plan to do some fun local weekend ski outings for Juniors and their families. Some outings will be day trips, others can be the whole weekend. The aim is to go together as a team including family & sibs, explore new trails, and stimulate your sense of adventure!

## December Ironwood Weekend:

Our first on-snow weekend outing is in early December in Ironwood, MI. All skiers who choose to attend must travel with a family member(s) and arrange their own housing and meals. Please make lodging reservations NOW! The weekend includes 2 mornings of on-snow coaching and instruction. Parents and siblings are welcome! We will be asking for a per family donation of \$15-\$25 to help cover the costs of lodging and transportation for our awesome team of coaches!

## Weekend Ski Outing & Race Schedule

High School and Middle School JNQs/Extras High School Middle School

		Event	Location
<b>November</b>			
11/12/23	Sa	Nordic Fun Day	Trails in Madison!
<b>December</b>			
12/2-4/22	F-Su	Ironwood Ski Weekend, Ice Age Invite**	Ironwood, MI
12/10-11/22	Sa-Su	Super Tour, CXC Super Cup	Duluth, MN
12/17-18/22	Sa-Su	Super Tour, CXC Super Cup	Mich Tech Trails, Houghton, MI
12/17/22	Sa	Lodi Invite**sprint race	Lodi, WI
<b>January</b>			
1/7/23	Sat	Snekkevik Classic Race(CL)**	Wausau, WI
1/8/23	Sun	Iola Invite Race (SK)**	Iola, WI
Every Tuesday	Tue	Tue Night Race HS Race	Elver Park, WI at 5:30 pm
TBD	Sat	Outing & Club Meeting**	Blue Mound State Park
1/14/22	Sat	Lapham Loppett 11K	Lapham Peak State Park,, WI
1/21-22/23	Sa-Su	Hodag Challenge **	Rhineland, WI
1/28-29/23	Sa-Su	CXC Great Lakes Divisional JNQ**	Traverse City, MI
1/29/23?	Sa	Southern Conference-Iola Norseman	Wausau/Iola WI
<b>February</b>			
2/4-5/22	Sa-Su	WI State Sprints & Sprint Relays**	CXC Trails, Middleton, WI
2/11-12/23	Fri	WI State Distance Championships**	Cable, WI
2/18/23	Sa	Greenbush Challenge MS 4K, HS 15K	Greenbush, WI
2/18-19/23	Sa-Su	CXC Super Cup JNQ**	Wirth Park, Minneapolis, MN
2/22-25/23	W-Sa	Kortelopet/American Birkebeiner	Cable, WI
<b>March</b>			
3/4/23	Sa-Su	Weekend Outing--Loopy Loppet**	Minocqua, WI
TBA	Sa-Su	CXC Youth Championships (U12, U14)	TBA
3/13-16/23	M-Th	Jr National Championships (U16, U18)	Fairbanks, AK

\*\* Popular races/events

## CXC Cup Racing (Races highlighted yellow)

For skiers with experience racing the Wisconsin Nordic Ski League races who want to race at a higher level of competition, the CXC Cup races provide young athletes racing opportunities to develop their skills through excellent ski venues, well-organized olympic style races, and guidance from the coaches and teammates. Madnorski encourages skiers participating in these events to think of these races as a way to challenge oneself and to learn more about the sport. Skiers may also qualify for regional camps and ski trips by competing in the CXC Cup events. The Madnorski Juniors has had a number of past skiers go to the New England Nordic Skiing Association (NENSA) championships, the Junior National Championships, CXC Summer Dream Camp and the Regional Elite Summer Training Camps.

Madnorski coaches plan to give athlete support at one or maybe two CXC races depending on team interest. Skiers will still need to have meals and lodging with their family. Madnorski athlete support will include team meetings, course previews, waxing help, and coaching during the weekend of racing.

## USSA Membership

Athletes who are planning on competing in the JNQ (CXC Cup races), a USSA membership is necessary to participate.. 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".

## Madnorski Program Fees

Fees are \$595 for high school students and \$360 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 Weekend
- training plans
- race entry fees for WNSL Meets (Exception is the Wisconsin State Distance Championships)
- coaching and waxing at Wisconsin Nordic Ski League races on calendar
- use of club roller skis, skis, boots and poles (for a modest rental fee)

Fees for the winter session do not include:

- hotel, transportation or food costs for weekend ski outings
- Entry or trail fees for weekend ski outings
- Entry fees, waxing, transportation or hotel for JNQ races

## Scholarships for Madnorski Program Fees

Additionally, MadNorSki offers scholarships to youth who would otherwise not be able to participate. Please contact Tamara Bryant to learn more.