



# **Madison Nordic Ski Club**

## Juniors Handbook

*Updated Aug 23, 2023*

# Mission, Vision, Values

## Club Mission - "Cross Country Skiing for Everyone"

Madison Nordic Ski Club seeks to instill a love of skiing that can span a lifetime and build community. Club programs promote a healthy, active outdoor lifestyle, fostering the highest standards of sportsmanship and competition. Through the sport of Nordic skiing we encourage athletes to become motivated, respectful, self-sufficient, educated, and positive contributors to our community and the world.

## Vision for Juniors Program

- 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 skier's 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 skier's outstanding performance in life (athletic, academic, or other).

## Club Values

**Fun:** Adding outdoor adventure and play to our lives in all seasons

**Inclusion:** Committing to creating programming and events that are inviting and accessible to all individuals

**Collaboration:** We value working together in all relationships in ways that contribute to our greater Nordic community

**Stewardship:** Enacting thoughtful and responsible management of resources—including people, the land and financial assets entrusted to our care

**Growth:** Embrace challenges by creating an environment for learning, practice, leadership, and performance

**Wellness:** Understanding our connection to the outdoors is crucial to mental, physical and social health

# Madnorski Code of Conduct

Membership in the Madnorski Club and participation in the Juniors program is a privilege, not a right. All Madnorski athletes, coaches, and parents when participating in any Madnorski activity must agree to conduct themselves according to the [US Ski and Snowboard's Core Values](#):

Integrity – Actions based on values rather than personal gain,  
Passion – Motivation for doing what we love,  
Fun – A fresh, positive, creative culture,  
Team – Individual Humility, collective pride and accountability,  
Excellence – Personal and collective wins every day,  
Grit – Courage, tenacity and perseverance on the path to excellence

and abide by the spirit and dictates of this Code of Conduct. Furthermore athletes, coaches, and parents will keep in mind the Olympic ideals of Excellence and Friendship when involved in Madnorski activities. All athletes, coaches, and parents must agree to comport themselves in a sportsmanlike manner, and are responsible for their actions while attending or participating in all Madnorski activities (including but not limited to camps, competitions, trainings, meetings, and projects).

Sportsmanlike conduct is defined as, but is not limited to: respect for competition officials, coaches, volunteers, athletes, and the skiing public; respect for facilities, privileges and operating procedures; the use of courtesy and good manners; acting responsibly and maturely; refraining from the use of profane or abusive language; and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs.

While participating in any Madnorski activity:

1. Madnorski athletes, coaches, and parents shall be subject to this Madnorski Code of Conduct.
2. Madnorski athletes, coaches, and parents shall conduct themselves at all times and in all places as befits worthy representatives of the Madnorski, their region, school team or club and in accordance with the best traditions of local, regional, state, national and international competition.
3. Madnorski athletes, coaches, and parents are responsible for knowledge of and adherence to [competition rules and procedures](#). Members are also responsible for knowledge of and adherence to the rules and procedures of the WNSL teams, schools, camps or other projects.
4. Madnorski athletes, coaches, and parents shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior; consideration for the physical and emotional well-being of others; respect for athletes, coaches, parents, officials and volunteers; and courtesy and good manners.

5. Madnorski athletes, coaches, and parents shall abide by WNSL rules and procedures (and school rules/procedures where applicable) while traveling to and from and participating in official WNSL activities.

6. Madnorski athletes, coaches, and parents shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21.

7. No Madnorski athlete, coach, or parent shall commit a criminal act. WNSL Code of Conduct

8. No Madnorski athlete, coach, or parent shall engage in any conduct that could be perceived as harassment based upon gender, age, race, religion, disability or sexual orientation through verbal, written or electronic means.

9. No Madnorski athlete, coach, or parent shall engage in:

- Profane or abusive language
- Disruptive behavior
- Child sexual abuse
- Emotional misconduct
- Physical misconduct
- Bullying
- Harassment
- Hazing

10. WNSL athletes, coaches, and parents agree to abstain from the use of performance enhancing drugs.

The maintenance of these ethical standards is in the best interest of the athletes and the sport of cross country skiing. Madnorski should ensure that all athletes and coaches sign a copy of this code and maintain the copy on file. A new copy should be signed every year.

The Intent of the Code of Conduct is to:

1. Create awareness of the expected standards of behavior and
2. Create a mechanism by which unethical behavior may be redressed.

Complaints may be initiated by an athlete, coach, club volunteer, club administrator or parent who has been directly subject to or has observed a breach of this code of conduct. Complaints should be sent to Madnorski Executive Director and Board Presidents.

Parent Code of Conduct (US Ski and Snowboard):

[https://www.us Skiandsnowboard.org/sites/default/files/files-resources/files/2022/Parent\\_Cod\\_e\\_of\\_Conduct.pdf](https://www.us Skiandsnowboard.org/sites/default/files/files-resources/files/2022/Parent_Cod_e_of_Conduct.pdf)

# US Ski & Snowboard/Safesport

Madnorski is bronze level certified by US Ski and Snowboard. This honor & achievement required a comprehensive assessment of the organization to verify and demonstrate an understanding of best principles and practices. Continuous self-assessment, reflection and on-going improvement pushes us to stay relevant to our mission and to best serve the members & families of our club. As a certified club, Madnorski requires all of our youth coaches to receive Safesport Training each year and have a background check. Our club also takes advantage of the excellent coaches training provided by US Ski & Snowboard. Our head coaches and a number of assisting coaches are Level 100 or 200 certified with US Ski and Snowboard.



**IMPORTANT!** Madnorski works to create culture change within sports! Know your impact as a parent, adult athlete (ages 17 & 18) or coach—Please take the time to educate yourself on Safesport practices and creating a positive sport environment with free online trainings: <https://moapp.uscenterforsafesport.org/trainings/>

## Practice

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.

## 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 the two weeks of Winter holiday.

## Schedule

Practice for the Juniors team will follow the schedule below. 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

A training plan for each practice will be available on TeamSnap. High School and Middle School teams will practice on Mondays and Wednesdays and will train separately. Upper middle school (7th and 8th grade) athletes who would like to commit to more training during the week may register to practice 4 days a week. The teams will follow this general practice structure

**Monday (MS and HS): Skill development and Technique**

**Tuesday (HS+): Intensity with racing**

**Wednesday (MS and HS): Ski exploration/adventure and games (endurance)**

**Thursday (HS+): Intensity with intervals**

(**BLUE**: middle school and high school skiers train separately; **RED**: additional practices for HS and some MS skiers)

## 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 a heated shelter and lit groomed trails thank you to the City of Madison and the Madnorski volunteer groomers.

The team will train at the [CXC Outdoor Recreation Center](#) in Middleton when natural snow conditions are not good. On-snow skiing will usually begin in early to mid-December, once the temperatures are cold enough to make snow, and run through the end of February, conditions permitting.

Winter practices may also be held at a variety of venues throughout the Madison area. MadNorSki Juniors occasionally train at Odana Hills Golf Course, University Ridge Golf Course, McCarthy Park, Door Creek and other venues.

Dryland Training locations include, Lake Farm Park, Gunflint Trail Park, Elver Park and UW Arboretum. These locations provide either safe and well paved roller skiing trails, or 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

**Lake Farm County Park:** 4330 Libby Road, 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 team equipment.**

**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 22, 2023.** 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 28, 2023 at 10 am REI parking lot

### Pole sizing chart

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

We recommend boots as your first equipment purchase: a "Combi" boot (Skate & Classic) works well for most junior skiers. Please be sure to get NNN binding system.

Here are some shops where you can consider buying equipment: [Bike Doctor Nordic Ski Shop](#) in Dousman, WI, [Enjoy Winter](#) nearby in Middleton, or [Gear West](#) in Minneapolis, Pioneer Midwest in Osseo, Minnesota, or [REI](#) in Madison.. Please inform your sales person that your skier will be skiing with a juniors racing team/program.

## 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 Madnorski coaches are certified by the US Ski and Snowboard Association (US Skiing) at level 100 or higher. All coaches have completed [Safesport training](#).

Program Director Tamara Bryant [director@madnorski.org](mailto:director@madnorski.org) (608) 852-4362

Co-Head Coach (Middle School) Jacob Huseby - [jacobhuseby2@gmail.com](mailto:jacobhuseby2@gmail.com)

Co-Head Coach (High School) Zach LaFond-Hudson - [zhudson88@gmail.com](mailto:zhudson88@gmail.com)

Please direct all questions and feedback about the Madnorski Junior program to program director, Tamara Bryant.

## 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 23-24

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!)

- First week of Jan - Sprint
- Second week of Jan - Skate Distance
- Third week of Jan - Classic Distance
- Fourth week of Jan - 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 middle school 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! High School skiers may pay to attend "unaccompanied" and will stay at the team lodging with coaches/parent chaperones and the cost is usually around \$130-150 for the weekend.

# Weekend Ski Outing & Race Schedule

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

| Event             |   | Location                              |
|-------------------|---|---------------------------------------|
| <b>November</b>   |   |                                       |
| 11/04/23 Sa       | Elver Park Trail Run/ski walk             | Elver Park in Madison!                |
| <b>December</b>   |   |                                       |
| 12/1-3/23 F-Su    | Ironwood Ski Weekend, Ice Age Invite**    | Ironwood, MI                          |
| 12/09-10/23 Sa-Su | Super Tour, CXC Super Cup                 | Grand Avenue North Center, Duluth, MN |
| 12/16-17/23 Sa-Su | Super Tour, CXC Super Cup                 | Birkie Trailhead, Cable, WI           |
| 12/16/23 Sa       | Lodi Invite**sprint race                  | Lodi, WI (NEED TO CONFIRM)            |
| 12/27-29/23 W-F   | <a href="#">Ski Tigers Christmas Camp</a> | Houghton, WI (NEED TO CONFIRM)        |
| <b>January</b>    |   |                                       |
| 1/6/24 Sat        | Snekkevik Classic Race(CL)**              | Wausau, WI                            |
| 1/7/24 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                 |
| 1/13/24           | Sat Lapham Loppet 11K                     | Lapham Peak State Park,, WI           |
| 1/20-21/24 Sa-Su  | Hodag Challenge **                        | Rhineland, WI                         |
| 1/27-28/24 Sa-Su  | CXC Great Lakes Divisional JNQ            | Traverse City, MI                     |
| TBD               | Sa Southern Conference                    |                                       |
| <b>February</b>   |   |                                       |
| 2/03-04/24 Sa-Su  | WI State Sprints & Sprint Relays**        | CXC Trails, Middleton, WI             |
| 2/10-11/24 Fri    | WI State Distance Championships**         | Cable, WI                             |
| 2/17/24 Sa        | Greenbush Challenge MS 4K, HS 15K         | Greenbush, WI (NEED TO CONFIRM)       |
| 2/21-25/24 W-Sa   | Kortelopet/American Birkebeiner           | Cable, WI                             |
| <b>March</b>      |   |                                       |
| 3/2-3/24 Sa-Su    | <a href="#">Loopy Youth Festival</a> **   | Minocqua, WI                          |
| 3/2-3/24 Sa-Su    | CXC Great Lakes Divisional JNQ            | Rhineland, WI                         |
| 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. Skiers must register individually for JNQ races [HERE](#)

## 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 for the winter season include:

- on-and-off snow coaching
- waxing instruction and use of team wax for races
- Access to CXC trails machine-made snow loop for practices
- coaching at December Ironwood Weekend
- training plans
- race entry fees for team sponsored WNSL Meets (Exception is the Wisconsin State Distance and Sprint Championships)
- coaching and wax support 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

MadNorSki offers scholarships to youth who would otherwise not be able to participate. Please contact [Tamara Bryant](#) to learn more.