



Madison Nordic Ski Club

Parent Handbook

Updated October 2018

Mission, Vision, Values

Mission

The mission of middle and high school team is to provide coaching and age appropriate skill development in Nordic skiing, along with training, touring and racing opportunities for skiers from first to twelfth grade of all abilities, interests and backgrounds. 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. We will reach out to youth, without discrimination, and through the use of the sport of Nordic skiing, help them 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.

Madnorski also provides opportunities for outdoor ski adventures that are complementary to our racing calendar for those who want to improve their skiing without competing. We welcome skiers of all ages, abilities and interests.

Vision

- To teach the sport of Nordic skiing and racing.
- To prioritize fun.
- 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

Practice

Season

Our season runs from November 6 - February 28. Formal practice will not be held November 21 - 24 or the week of December 24 - January 4.

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.

November 6th - November 29th

Monday	Thursday	Saturday
MS and HS: 5:30 - 7:00pm	MS and HS: 5:30 - 7:00pm	MS and HS: 8:30 - 10:00am

December 3rd - February 28th

Monday	Tuesday	Wednesday	Thursday
MS and HS: 5:30 - 7:00pm	HS: 5:30 - 7:00pm	HS: 5:30 - 7:00pm	MS and HS: 5:30 - 7:00pm

High school (U16, U18, U20): Monday and Thursday from 5:30 pm – 7:00 pm and Saturday 8:30 am – 10:00 am in November then Monday, Tuesday, Wednesday, Thursday evenings from 5:30 pm – 7:00 pm the rest of the season

Middle school (U12, U14): Monday and Thursday evenings from 5:30 pm – 7:00 pm plus Saturday mornings 8:30 am – 10:00 am in November

Training Plans

Specific plans for each practice will be available on TeamSnap. Daily plans will also be posted on the whiteboard available at the start of all practices, so skiers who arrive late will be able to know what the workout will be and where to find their group and coach.

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 and maps for all locations are below:

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 optional and available through our online store and can be ordered using the following link: www.madnorski.org/apparel-purchase/ Skiers can choose team jackets, race tights, jerseys, and/or sweatshirts with MadNorSki logos. Orders should be placed by Sunday, November 18th at midnight in order to arrive by the holiday season. For racing, athletes should have at least a team jersey. Newer skiers can borrow older team uniforms as available.

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.

Rental from MadNorSki: Limited equipment is available to rent from the team, for \$100 per skier. However, we do not have unlimited inventory in each size. The team will have a ski fitting the second week of November, so skiers will have a better sense of what equipment can be borrowed from the team, and what might need to be purchased.

Rental from Bike Doc: Rental packages are available for the season from Bike Doc.

MORE INFO WHEN WE GET IT

Ski Swap: MadNorSki Ski Swap is the weekend of November 11th and 12th. More info on our website and Facebook page.

Purchasing: We recommend either Bike Doc in Dousaman, WI or at Fontana Sports in Madison. For those wishing to purchase more high end racing skis, we recommend either [Pioneer Midwest](#) 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.

Team deals are available for Swenor rollerskis or Hjul Rollerskis. Inquire with one of the coaches about which kind of equipment would be best for your child and budget.

Athletes who do not have a helmet (& lights and high visibility clothing for evening roller skiing) will not be allowed to participate in roller skiing.

Communication

The website at 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

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.

Head coach Jay Sween – jay.d.sween@gmail.com (715) 218-5219

Nick Underwood - nunderwood6@gmail.com (518) 791-7746

Brenda Baker - bbaker@madisonchildrensmuseum.org (608) 628-5830

Additional coaches: Karmen Whitham, Krystof Kopal, Chris Pappathapoulos, Pam Schneider

Leadership Team

Youth Fitness Director – Carly Ziegler carly@madnorski.org (563) 599-7264

Registrar & Volunteer Coordinator – Tamara Bryant bryant.tamaraj@gmail.com

Parent Volunteers

Volunteers are the heart of our team. The team encourages all parents to sign up for at least one volunteer position, where you can lend your skills and expertise in the areas that you are able. This includes assisting coaches at practices, helping with ski waxing, helping organize one of our social events, or other.

Equipment Manager (1)

Handles the equipment inventory--keeping track of what equipment we have, what is checked out, and what equipment we may need to purchase. Assists at Ski swap in the fall.

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.

Coach Assistants or shepherds (4 - 6)

Assists during practice. Commit to attend one day of practice a week.

Waxing Gurus (2)

Give demonstrations throughout the season (at least 4 times) during / after practices on waxing techniques for Skate and Classic skis.

Wax Technicians for Races (1-2)

Assist the coaches in waxing and testing skis for races.

End of the Season Party Planners (1-2)

Takes place in early April to thank coaches and volunteers and to celebrate the team's accomplishments. The planner position finds a location for the party, sends out an email regarding the potluck, coordinates coach gifts, and purchases paper supplies and drinks for the party which will be reimbursed by Madnorski.

[Click here to volunteer!](#)

(We would like to have all volunteer slots filled by early November!! Sign up now)

Events & Racing

Competitions

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 Midwest 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 in on 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.

The **rac**es in **Blue** are generally not for first year skiers, as they are the qualifiers for the Midwest Junior National Team and highly competitive. The races with *** are races within 2 hours and could be day trips (unless you choose to spend the night.) The other races that are not highlighted will not be supported by the team for coaching and waxing, but members may choose to participate on their own or as a group.

We try to keep costs extremely low, but cover the cost of transportation, hotels, food, and fees for races and ski trails, if needed. 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.

Training Camp(s)/Other Events

Our team offers an on-snow training camp the second weekend in December in Ironwood, MI. Like the out of town competitions, high school students can attend without an adult, while MS students must be accompanied by a parent. High school athletes have first priority for the group housing we've reserved at two houses in Ironwood, while middle school families who choose to attend, must provide their own housing for their family, if the houses fill up first with high school students and coaches. All athletes will have a Saturday night dinner together at one of the homes. The camp includes 2 days of on-snow coaching and instruction, as well as a race with other Wisconsin skiers.

All CXC Youth Cup and Skiwerx Series events are restricted to non-fluorinated glide waxes.

Event & Race Schedule

CXC Cup Strongly encouraged *** local races

		Event	Location
November			
11/3/18	Sat	Up, Up and Away Rollerski and Run	Blue Mound, WI *** <i>(Team Fundraiser)</i>
11/10/18	Sat	Grind up Granite Rollerski Race	Wausau, WI ***
December			
12/7-9/18	F-Su	Ironwood Weekend Team Camp	Ironwood, MI
12/8/18	Sat	Lodi Invite in Ironwood, MI	Ironwood, MI
12/15/18	Sat	CXC Junior Cup Kick Off	Michigan Tech Trails, Houghton MI
12/16/18	Sun	CXC Junior Cup Kick Off	Michigan Tech Trails, Houghton MI
12/22/18	Sat	CXC Junior Cup Holiday Sprint	Elver Park, Madison, WI ***
12/23/18	Sun	CXC Junior Cup Holiday Sprint	Elver Park, Madison, WI ***
January			
1/5/19	Sat	Hodag Challenge	Rhineland, WI
1/6/19	Sun	Hodag Challenge	Rhineland, WI
1/12/19	Sat	Snekkevik Classic	Wausau, WI
1/13/19	Sun	Iola Invite	Iola, WI
1/19/19	Sat	Gitchi Gami Games	Birchie Trailhead, Cable, WI
1/20/19	Sun	Gitchi Gami Games	Birchie Trailhead, Cable, WI
1/26/19	Sat	Badger State Games	Wausau, WI
1/27/19	Sun	Iola Norseman	Iola, WI
1/31/19	Thur	Southern Conference Nordic Ski Meet	Lapham Peak ***
February			
2/1/19	Fri	WI State Sprints	Elver Park, Madison, WI ***
2/2/19	Sat	WI State Sprints	Elver Park, Madison, WI ***
2/3/19	Sun	WI State Sprints	Elver Park, Madison, WI ***
2/8/19	Fri	WNSL Championships	Cable, WI
2/9/19	Sat	WNSL Championships	Cable, WI
2/10/19	Sun	WNSL Championships	Cable, WI
2/16/19	Sat	CXC Junior Cup Midwest Finale	Theodore Wirth Park, Minneapolis, MN
2/17/19	Sun	CXC Junior Cup Midwest Finale	Theodore Wirth Park, Minneapolis, MN
2/22/19	Fri	Kortelopet	Cable, WI
2/23/19	Sat	American Birkebeiner	Cable, WI
March			
3/2/19	Sat	Squirrel Hill Skiathlon	Minocqua, WI
3/9/19	Sat	Junior National Championship	Fairbanks, AL

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)
- CXC insurance
- coaching at JNQ races
- club membership to the CXC Center of Excellence and use of the facility for strength and other training opportunities

Fees for the winter session do not include:

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

USSA Membership

Athletes must purchase a USSA membership. This includes membership to CXC. For new skiers or skiers who are not planning to compete in the JNQ races, the license will cost \$40 and can be obtained from the [CXC Website under "Membership"](#). For those competing in the JNQ races, the cost for a competitor's license is \$135. Once you receive your membership number, please email it to Carly Ziegler at carly@madnorski.org

Scholarships

Additionally, MadNorSki offers scholarships to youth who would otherwise not be able to participate. To request a scholarship, please contact Carly Ziegler, Director of Youth Fitness, carly@madnorski.org (563) 599-7264 to request an application.

Waivers/Forms

All athletes will need to complete the online medical waiver form and release of liability form below, prior to their first practice.

Waivers

- [Download the Waiver](#)
- [Medical Treatment Release](#)