

2016-2017 Ski Season Handbook

Bay Nordic Junior Team - Middle & High School

Team Goals & Core Values!

- Skiing as a life-long sport through team unity and fitness.
- Individual progression and improvement throughout the ski season.
- Training and race support for State and National level competition.

About the Team

Students and athletes from any school district are welcome to join the Bay Nordic's Junior Team. Our team welcomes and supports all athletes with or without experience in Nordic skiing. Team members are given an opportunity to set goals for their level of participation, whether it's to develop a lifelong healthy lifestyle, state-level racing, or pursue junior competition at the highest level.

The Junior Team is composed of two teams:

1. Middle School (MS) Team - The team is open to grades 5th through 8th.
2. High School (HS) Team – Includes grades 9th through 12th.

Both programs start in October when the team begins “dryland” practices 3 to 5 days a week and transition to snow in December.

Athletes are able to set goals and progress through three different areas of focus & training programs within the team:

1. **Sport (Fitness Level & Beginning Skiers)** – Introduction to skiing and skiing as a lifestyle. Emphasis is on learning to ski and developing functional ski fitness. Opportunities to gain “race” experience throughout season. As fitness level and technique progress the athletes are integrated into workouts with the more experienced groups.
2. **Competition (State-Level Race Team)** – Represent Bay Nordic in MS/HS level races throughout the State and participate in WI State Championships.
3. **JNQ Team** – Top-level age group racing with goal of qualifying for Junior Nationals in March.

Coaching Staff & Contact Info

Head Coach – Noel Versch; baynordicjrteam@gmail.com

Team Manager – Sara Beno-Chambers - skisbc@gmail.com

Assistant Coaches & Practice Leaders – Volunteer assistant coaches support the MS and HS Program! Each practice includes multiples coaches that bring a wide range of Nordic skiing talent; including Collegiate Alumni, Master Racers, and fitness gurus!

2016-2017 Junior Team Schedule

- **October 10, 2016** – Informational meeting for Bay Nordic @ Pines Building NEW ZOO (6:30 pm to 8 pm). On-site registration available. **** **There will also be a boot swap at this time. If interested, please bring your boots labeled with name and price. All sales will be cash that evening.**
- October 10, 2106 – Registration open for Fall Program. (Registration closes November 4th for the ski season)
- October 17, 2016 – Official Start of Fall Practice for all Skiers. Dry land training sessions until snow flies.
- Early November 2016 – Snow Equipment Pickup.
- Mid-December 2016 – Racing season starts!
- December 2016 through March 2017 – On-snow skiing, training and weekend races or practices per schedule.
- End of February 2017 – “Official” practices end. Optional funs skis until snow is gone in March.
- Spring/Summer/Fall Training Camps and Plans available to those interested.

What to Expect for New Skiers

- Team members will participate in **physically active workouts** and must have a desire to improve throughout the year. Members gain fitness, meet friends, and develop the skills to enjoy a lifelong sport!
- Skiers focus on technique for skate and classical skiing along with developing fitness through strength, speed and endurance workouts.
- **ALL ATHLETES ARE PROVIDED WITH QUALITY EQUIPMENT.** Junior Team members are fitted with both “Classic” and “Skate” ski packages as part of registration. The packages include Skis (classic & skate) and poles. ****SKI BOOTS MUST BE SUPPLIED BY THE ATHLETE.**
- When coaching is available, weekend practices are available for any team members not participating in a race that weekend.
- Sport athletes are encouraged to join some races.
- The Competitive Race Team travels regularly throughout the State for competitions. JNQ Team members require additional travel.

- Team members learn proper care for equipment and facilities.
- Team Jackets and clothing are available for purchase on the Team Store.

Team Member Expectations

- Members are expected to work with their coaches and communicate their goals for the year. Participating in practices & workouts is important! Skiing is a sport that takes practice, patience, and persistence. The better the fitness and technique, the more enjoyable it is!
- Sport athletes are expected to regularly attend practice at least 3 times per week to see progress and enjoy the sport. Sport athletes will be integrated into the training programs as their fitness and technique progresses.
- The Competitive & JNQ athletes are expected to commit to the Training Program developed by the coaching staff unless prior arrangements on training plans and schedule are made with the coach.
- Members must communicate their schedule and planned attendance to coaches.
- Athletes are expected to be at practice on time and ready to go. Car pools are encouraged!
- Team members are expected to take exceptional care of equipment and become proficient at cleaning and waxing skis for practices and races.
- Team members will help to clean and organize our club house/ski lodge at the Reforestation Camp.
- Team members are encouraged to support the Bay Nordic Youth Program by volunteering at their ski sessions when possible. Support the Nordic Community and Team Unity!
- Parent & Athlete support of the program is encouraged! This includes team dinners, fundraising, and support of the Nordic Community.

Practice & Training Schedule

Most practices will begin together within a large group and breaking into small groups based on ability and training plan. Communication and goal setting with the Program Coordinator & coaching staff is important!

Weekday practices are held in early evening (beginning @ 4:30 pm) and weekend practices during the morning hours. Typical FALL practice schedule for all athletes is Monday, Tuesday, Thursday, and Saturday. Sundays are an additional “over distance” workout (2-3 hours) for HS athletes (and MS kids receiving coaching approval.) When snow skiing begins we will be shifting practices to the Reforestation Camp.

Yes, we will work out in the dark! A practice schedule and group-level training plan will be communicated by the coaching staff.

Fall/dry-land training includes:

- Weekly technique, trail running, strength training and hill bounding.
- Roller-ski school for new and beginner skiers.

- Roller-ski training for returning or seasoned members of the race team.
- Team building workouts.

Winter Training begins as soon as the snow flies and includes:

- Weekly strength training.
- Weekly on-snow training practices.
- Weekend travel to “find snow!”
- Competition.

Practice Locations

Fall practices will be held at various locations in the Green Bay area, depending on the activity and training scheduled. These locations include, but are not limited to, Meadowbrook Park in Howard, Triangle Hill, Fox River Trail and Danz Park near Baird Creek on GB east side.

Winter, on-snow, practices will mostly be held at the Reforestation Camp in Suamico.

Weather, Snow Conditions and Cancellation Policy

If there are school closings, practices will be considered optional if they are still held. Since members are coming from various school districts and travelling various distances, it is ultimately the parent’s decision whether to attend. The practices will be held at its normal time and not extended. Watch your Celly!!

Practice Communication

Nordic skiing is unique in that practices consist of various activities, locations, and weather conditions. Both coaches and team members are responsible for maintaining open communication to participation, changes in locations, and preparing for adverse weather conditions.

Information regarding weekly communication, preparing for outdoor practices, scheduling, race prep, waxing, etc. will be provided by coaches and team managers. Training dates, locations, and times will be posted on the master schedule & communicated by the team manager and coaches.

Celly

If you are new to the team it is important to be aware that any last minute changes to practice, weather updates etc. will be communicated via Celly. Please go to the App store and download Celly to your phone and your skiers phone if you allow them. From there log into the Celly App by creating a Celly username and password. You will now get push notifications. It is very important that you have the notifications setting turned on in your phone settings so you can receive the messages. If there is a question about practice being held etc. and you have not received a “notification” on home screen of your phone, then please go to the Celly App as message will be in there as well. In addition to receiving push notifications via phone you can also set up your Celly account to send the message as an email.

EQUIPMENT REQUIRED

Team Members are expected to supply the following equipment:

- SKI BOOTS – SNS PILOT (2 bars) compatible
- Hi-Vis & Reflective Vest for roller skiing
- Helmet for rollerskiing
- Headlamp for running and skiing
- Flashing Safety Lights for roller skiing
- Water Belt
- Weather Appropriate Workout Clothing
- Watch w/ timer

*****Ski Boots can be purchased at local shops (must be SNS PILOT (2 bars on sole) compatible to fit our team equipment). We will also be having a “boot swap” this fall at the October 10th informational meeting. Additionally, the YMCA offers a Ski Swap in November.**

Race Information

- As a team, Bay Nordic participates in the **Wisconsin Nordic Ski League (WNSL)**. WNSL races are throughout the state and provide an opportunity to compete against programs throughout Wisconsin. Team goals include bringing a large group of skiers to the State Championships located in Cable, WI in February. This event is for all abilities that have shown a commitment to the team and practice attendance.
- Parents or appointed guardian must accompany skiers 8th grade or younger to any races. Parent volunteer support is needed for out-of-town travel.
- Race support is designated for qualified events. The Race Team will travel throughout the State for competitions. JNQ Team members may require additional travel.
- Team members are provided quality training and race equipment for the season. The Head Coach manages a race fleet of skis for competitive athletes.
- Bay Nordic race uniforms are provided for all race events.
- For the more competitive athletes, the Central Cross Country Ski Association (CXC, www.cxcskiing.org) supports two programs, the CXC Youth Cup and Junior National Qualifying (JNQ) events. Athletes who wish to race for qualifying points for the Youth Cup or JNQ must obtain a USSA number through CXC and participate in the JNQ events (increased registration fee):
 - The **CXC Youth Cup** offers athletes ages 10-13 (U12 and U14 age categories) an opportunity to experience and explore the excitement of travel, friendship, and competition associated with CXC/USSA events and races. Top racers at the end of the year earn the opportunity to participate in select summer ski camps.
 - CXC is responsible for naming a team of athletes to compete at the yearly Junior National Nordic Ski Championships. The Midwest Junior National Team and Great

Lakes Junior National Team athletes will be selected based on a points list generated from the results of the **Junior National Qualifying (JNQ)** races.

2016-2017 Race Schedule (TENTATIVE)

TEAM SCHEDULE (RACE FEES INCLUDED W/ BN MEMBERSHIP)

- January 7-8, 2017 – Hodag Nordic Challenge, Rhinelander, WI (WNSL)
- January 14, 2017 – Snekkevik Classic, Wausau, WI (WNSL)
- January 15, 2017 – Iola Skate Invite, Iola, WI (WNSL)
- January 21-22, 2017-Birkie New Start JNQ, Cable, WI (HS/MS division race fees included; non-WNSL)
- January 28-29, 2017-Duluth JNQ, Duluth, MN (This race should be focus of skiers on the race team. HS/MS division race fees included; non-WNSL)
- January 28, 2017 – Badger State Games (Great race for new skiers or those who cannot make the Duluth race. Pending coach availability. Non-WNSL)
- February 4, 2017 – Central Conference Meet, Lakewood, WI (WNSL)
- **FEBRUARY 11-12, 2017 – WISCONSIN STATE MEET, HAYWARD, WI (WNSL)**
- February 18-19, 2017 – State Sprints, Madison, WI (WNSL) (Race is not confirmed yet)
- March 4, 2017 – Bay Nordic Stump Farm, Green Bay, WI

**For JNQ races, fees included are only for MS/HS division. Athletes who are pursuing JNQ points must pay the fee difference associated with JNQ division.

JNQ/CXC YOUTH CUP RACES (ATHLETE/PARENT PAY RACE FEES)

- December 17-18 – Houghton JNQ #1 – Michigan Tech
- January 21-22 - Birkie New Start JNQ #2 – Cable, WI
- January 28-29 – Duluth JNQ #3 – Marshall School, Duluth, MN
- February 18-19 – Wirth Park JNQ #4 – Minneapolis, MN
- February 23 (Thursday) – Junior Birkie (CXC) – Hayward, WI
- March 3-12 – Junior National Nordic Ski Championships

**Coaching support at JNQ/CXC Races dependent on participation by JNQ/Race Team Athletes

**Self-registration for JNQ events required. Point qualifying races are subject to increased race fee & athlete must obtain a USSA license. **See CXC website for full CXC Youth Cup schedule

OTHER EVENTS!

- December 20, 2016 – Lakeland Invite- Minocqua Winter Park, Minocqua, WI
- December 30, 2016 – January 2, 2017 – Possible Team Camp
- December 28-30, 2016– Houghton Holiday Camp- MTU and Swedetown Trails
- Greenbush Challenge TBD
- January 20-21, 2017 - Junior, 12k and Half Noque
- February 23, 2017 (Thurs.) – Junior Birkie, Hayward, WI. Races for ages 8 to 18. Associated with the Birkie (www.birkie.com)
- February 24, 2017 – Kortelopet 23K Classic or Skate, Cable, WI. 13+. Associated with the largest ski race in the USA, the Birkie! Awesome goal for any level Junior Skier. Scholarships available for first year Juniors. Contact Coach Phil for help with scholarship and Coach Noel for getting started on planning and training. www.birkie.com.
- March 11, 2017 – Great Bear Chase, Calumet, MI

**OTHER EVENTS are self-registration. Bay Nordic coaching staff availability for listed races are pending and/or limited.

Registration Information

Please complete the following forms on our website:

- ✓ BN Middle School High School Registration Form 2016-2017
- ✓ BN Medical-Emergency Form 2016-2017
- ✓ BN MS HS Race Form- Please complete even if you are NOT sure if you will be racing. More efficient for team manager to have on file.

Middle School Athletes – \$225 per skier per season plus \$60 deposit. Includes one set each of classic and skate “training/race” skis.

High School Athletes – \$250 per skier per season plus \$60 deposit. Includes one set each of classic and skate “training/race” skis.

Send all forms and check payable to “Bay Area Nordic Ski Club” to:

***Sara Beno-Chambers
1422 Bingham Dr.
De Pere, WI 54115***

Additional Fees not included:

- ✓ Membership does not include trail fees administered by the Brown County Parks Department. Kids 12 & under do not require a trail pass. Individual and Family seasonal passes are available through Brown County and local ski shops.
- ✓ Day trips, holiday ski camp, travel expenses, and any races that the member may want to participate in.
- ✓ Ski boots (SNS PILOT binding system)
- ✓ Required safety equipment for rollerskiing (i.e. safety vest, helmets, and flashers).
- ✓ CXC Membership and Race Fees for JNQ/Youth Cup races.