

## 2017-2018 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 5<sup>th</sup> through 8<sup>th</sup>.
  - a. **Families of 5<sup>th</sup> grade athletes need to discuss with head coach before signing up.**
2. High School (HS) Team – Includes grades 9<sup>th</sup> through 12<sup>th</sup>.

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.
  - Attending **3+ practices** per week is needed to progress and integrate with team.
2. **Competition (State-Level Race Team & CXC Youth Cup):**
  - MS/HS level races throughout the State (**WNSL**) and participate in **WI State Championships**.
  - Junior Cup participation (non-scoring) & CXC Youth Cup U14/U12

- **Regular practice & race attendance. Year-a-round activity.**
3. **JNQ/Junior Cup** –
- Top-level regional age group racing with goal of qualifying for Junior Nationals in March.
  - Additional race weekends & travel
  - **Year-a-round family commitment & consistency towards meeting goals.**

## Coaching Staff & Contact Info

**Head Coach** – Noel Versch; [baynordicjrteam@gmail.com](mailto:baynordicjrteam@gmail.com)

**Team Manager** – Sara Beno-Chambers - [skisbc@gmail.com](mailto: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!

## 2017-2018 Junior Team Schedule

- › **October 2, 2017** – Registration open for Fall Program. (Registration closes November 4<sup>th</sup> for the ski season)
- › **October 10, 2017 (Tuesday)** – Official Start of Fall Practice for all Skiers. Dry land training sessions until snow flies. Athletes join as fall sports end.
- › **October** – Zoo Boo Volunteer Opportunities.
- › **November 3-4, 2017** – YMCA Ski Sale/Waxing Fundraiser (Volunteers Needed)
- › **November 11, 2017 (Saturday)** – Grinding up the Granite, Wausau, WI.
- › **Dec 1<sup>st</sup> 2017** – Pines Open for Move in.
- › **Mid-December 2017** – Racing season starts!
- › **December 2017 through March 2018** – On-snow skiing, training and weekend races or practices per schedule.
- › **End of February 2018** – “Official” practices end. Optional funs skis until snow is gone in March.
- › Spring/Summer/Fall Practices, Camps, and Support 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.
- All athletes are encouraged to join some races.
- The Competitive Race Team travels regularly throughout the State for competitions. Junior Cup 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 and through Team Apparel.

## Team Member Expectations

- › Communicate with the Coaches!
  - Team & Personal Goals
  - Practice Attendance, sickness, how you are feeling, homework or other obligations.
- › All Athletes, no matter the age, must have ability to be independent.
  - Dressing appropriately, nutrition, communicating with coaches, Staying Safe on roadways, individual effort.
  - Being ready to go on-time!
- › 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!
  - Fitness Athletes attend practice at least 3 times per week to see progress. Athletes will be integrated into the training programs as their fitness and technique progresses.
  - Competitive & JNQ athletes are expected to commit to the Training Program
- › Be at practice on time and ready to go. Car pools are encouraged!
- › Take exceptional care of equipment and become proficient at cleaning and waxing skis for practices and races.
- › Clean and organize our club house/ski lodge at the Reforestation Camp.

- › Support the Bay Nordic Youth Program by volunteering at their ski sessions when possible.
- › PARENT & Athlete support of the program is NEEDED! 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 Coaching Staff is important!

**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.

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

- Weekly on-snow training practices.
- Early season weekend travel to “find snow!”
- Weekend races.

**Typical FALL practice schedule, locations will vary & be communicated a week in advance:**

- **Monday (All Athletes) – 4:15 pm Rollerski/Run, Agility, & Strength**
- **Tuesday (All Athletes) – 4:30 pm Hill Bounding/Running**
- **Wednesday – off OR WORKOUT ON OWN**
- **Thursday (All Athletes)– 4:15 pm Roller Ski or Run**
- **Friday – Off**
- **Saturday (All Athletes) – 8:30 am Roller Ski/Run & Strength**
- **Sunday (attendance limited) – 10am (sometimes variable). “Over distance (OD)” workout**
  - › **U20, U18 & U16 Skiers - Must have strong fitness base, experience, & able to sustain long workout with group. Consistent attendance to stay with progression.**
  - › **Older U14 athletes must have Head Coach Approval.**

**Typical WINTER practice schedule:**

- **Monday, Tuesday, Thursday – 4:30 pm ski at Reforestation Camp**
- **Thursday or Friday Night Wax Prep & Team dinner preceding race weekends- PARENT VOLUNTEERS NEEDED**
- **Saturday & Sunday Race Weekends.**

Updated 10/4/2017; NMV

### **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, East River Trail, and the Reforestation Camp..

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.

### **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.

## EQUIPMENT

### Team Equipment with Registration:

- › High Performance Classic & Skate Skis (used as training/race skis)
- › High Performance Poles. Skate & Classic for HS & 8<sup>th</sup> Grade skiers. One pair for 7<sup>th</sup> grade & younger.
- › Roller Skis & “Back Country Skis” for use at practice.
- › Head Coach Manages Fleet of “RACE Quality Skis” for Junior Cup/Comp Skiers (limited quantity). They will be shared. Priority based on practice & team race attendance.
- › Race Waxing Support

### Team Members MUST supply the following equipment:

- › SKI BOOTS – must be SNS Pilot compatible (2 BARS) to fit our bindings \*\*\*Ski Boots can be purchased at local shops
  - The YMCA Ski Sale November 4<sup>th</sup> & 5<sup>th</sup>.
- › Hi-Vis & Reflective Vest, Helmet, & flashing safety lights for roller skiing
- › Headlamp for running and skiing
- › Watch w/ timer & Water Belt
- › Weather Appropriate Workout Clothing
- ›

### Suggested Personnel Equipment as Athletes Age & Progress in the Sport

- › Basic KICK WAX, CORK, and SCRAPER. .
- › Own Roller skis
- › Race Quality Poles for Junior Cup/Comp Skiers
- › Dedicated Classic & Skate boots as athletes get older & more competitive.
- › Ownership of skis as athletes graduate

## Race Information

As a team, Bay Nordic participates in the **Wisconsin Nordic Ski League (WNSL), Junior Cup, and Youth Cup** races. **WNSL** races are throughout the state and provide an opportunity to compete against programs throughout Wisconsin. All abilities are encouraged to represent Bay Nordic at the WNSL events. 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. The Junior Cup is held three weekends to qualify athletes (U20, U18, & U16) to represent the Midwest at Junior Nationals in March. The Youth Cup scores for U14 & U12 skiers. One additional event we promote for skiers 13 years or older is the Kortelopet in Hayward, Wisconsin.

For all races Parents or appointed guardian must accompany skiers 8<sup>th</sup> grade or younger to any races. Parent volunteer support is needed for out-of-town travel. Race uniforms are provided for all race events.

- › **State-Level Team Races (BAY NORDIC TEAM RACES).**
  - **Wisconsin Nordic Ski League (WNSL).** WNSL races are throughout the state and provide an opportunity to compete against programs throughout Wisconsin.
  - Designated WNSL race fees included in BN Team Registration.
  - Appropriate for all levels of skiers.
  - 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.
  
- › **CXC JUNIOR CUP & YOUTH CUP –**
  - Junior Cup (formerly JNQ). U20/U18 & U16. Midwest Points Competition with goal of qualifying for Junior National Championships (2018 Soldier Hollow, UT) . Three Weekends of Qualifying.
  - CXC Youth Cup for U14 (Dream Camp) & U12 – Schedule at [www.excskiing.org](http://www.excskiing.org).
  - CXC Membership Required:
    - › MyXC Skiwerx Membership (\$25) – 13 and younger. Youth Cup U14 & U12
    - › Competitor Membership (\$20) – 14 and older (U16, U18, U20). Midwest Points Scoring for Junior Nationals.
    - › NRL Competitor Membership (\$125) - 14 and older (U16, U18, U20). National Points list. Midwest & National Points Scoring. Needed to participate in Junior Nationals. Points used for seeding in mass starts & interval starts.
  - Comp athletes may race Junior Cup as non-scoring athlete. Top Midwest Competition at races.
  - Appropriate for experienced and competitive athletes.

- › **Kortelopet, Hayward, WI 29K Classic or Skate. 13 yrs and older. 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](http://www.birkie.com).
  - Family-supported trip. Limited coach support at start of race.

## 2017-2018 Race Schedule

### TEAM SCHEDULE (RACE FEES INCLUDED W/ BN MEMBERSHIP)

- › **JANUARY 6-7, 2018** – HODAG NORDIC CHALLENGE, RHINELANDER, WI (WNSL)
- › **JANUARY 13, 2018** – SNEKKEVIK CLASSIC, WAUSAU, WI (WNSL)
- › **JANUARY 14, 2018** – IOLA SKATE INVITE, IOLA, WI (WNSL)
- › **JANUARY 20-21, 2018**–GITCHI GAMI GAMES, JNQ, CABLE, WI (HS/MS DIVISION RACE FEES INCLUDED; NON-WNSL)
- › **JANUARY 30, 2018** (TUESDAY AFTER SCHOOL) – CENTRAL CONFERENCE MEET HOSTED BY BAY NORDIC, GREEN BAY, WI (WNSL)
- › **FEB 3-4, 2018**– STATE SPRINTS, MADISON, WI (WNSL).
- › **FEBRUARY 10-11, 2018** – WISCONSIN STATE MEET, HAYWARD, WI (WNSL)
- › **MARCH 3, 2018** – BAY NORDIC STUMP FARM, GREEN BAY, WI

RACE REGISTRATION WILL BE THROUGH TEAM MANAGER. PLEASE RESPOND TIMELY.  
COMMUNICATION OF LOGISTICS & HOTEL BLOCK INFORMATION WILL BE PROVIDED BY TEAM MANAGER.  
HOTEL REGISTRATION & TRAVEL MUST BE ARRANGED BY PARENTS.

### CXC YOUTH AND JUNIOR CUP RACES (ATHLETE/PARENT PAY RACE FEES & CXC MEMBERSHIP)

JNQ = Junior National Qualifier for U18 & U16. Three Weekends this year for Qualifying.

Youth Cup = U14 & U12 scored races

**December 16-17, 2017** – Houghton JUNIOR CUP #1 – Michigan Tech (JNQ & Youth Cup)

**January 20-21, 2018** – Gitchi Gami Games JUNIOR CUP #2 – Cable, WI (JNQ & Youth Cup)

**February 17-18, 2018** – Mt. Itasca JUNIOR CUP #3 – Coleraine, MN (JNQ & Youth Cup)

**March 4-11, 2018** - USSA Junior Nationals, Soldier Hollow, UT. U18 & U16. JNQ Qualification for Midwest Team.

**March 2018.** U16 NENSA Trip, New England. JNQ Qualification for Midwest Team

\*\*Coaching support at JUNIOR CUP/CXC Races dependent on participation by Team Athletes

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

February 22 (Thursday), 2018 – Junior Birkie (CXC) – Hayward, WI (Youth Cup)

March 2-4, 2018 – Midwest Jr. Championships, Minneapolis, MN (Youth Cup)

**OTHER EVENTS (SELF SUPPORTED)!**

- December 19, 2017 – Lakeland Invite- Minocqua Winter Park, Minocqua, WI
- December 28-30, 2017– Houghton Holiday Camp- MTU and Swedetown Trails
- December 29, 2017 – Spooner Rails Holiday Dash, Spooner, WI
- December 30, 2017 - Hayward Nordic Ski Race, Cable, WI
- January 27-28, 2018 - Junior, 12k and Half Noque
- February 17, 2018, Greenbush Challenge
- February 22, 2018 (Thurs.) – Junior Birkie, Hayward, WI. Races for ages 8 to 18. Associated with the Birkie ([www.birkie.com](http://www.birkie.com))
- February 23, 2018 – Kortelopet 23K Classic or Skate, Cable, WI. 13 years and older. 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](http://www.birkie.com).
- March 10, 2018 – Great Bear Chase, Calumet, MI

\*\*OTHER EVENTS are self-registration.

## Registration Information

Please complete the following forms on our website:

- ✓ BN Middle School High School Registration Form 2017-2018
- ✓ BN Medical-Emergency Form 2017-2018
- ✓ 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.**

**High School Athletes – \$250 per skier per season.**

**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.
- ✓ Any equipment that is damaged throughout the season will need to be taken to In Comp and you pay the store directly for repair such as broken ferrules, broken poles etc.