

Lakeland Nordic Ski Team - Elementary School



The Lakeland Nordic Ski Team (LNST) is a youth sports club serving the greater Lakeland area. LNST supports skate & classic skiing for youth in Grades 2-12. The Elementary School (ES) skiers in grades 2-4 Lakeland schools learn to ski, play games on skis, and have fun! Practice starts typically in January.

LNST COACHES and BOARD

LNST is a club member of the US Ski & Snowboard (USSA), Central Cross Country Division (CXC). All coaches and board members are trained in SafeSport. In addition, LNST head coaches are certified CXC coaches. See USSA <https://usskiandsnowboard.org/> and CXC <https://cxcskiing.org/index.html> for details. Conference and State races are organized by the Wisconsin Nordic Ski League <https://www.wisconsinxcski.org/>

REGISTRATION

- Fee includes a season trail pass to Minocqua Winter Park (access to trails on practice days only over winter season).
- Fees also cover club expenses, including but not limited to training equipment and coaching.
- If there is financial hardship, please contact Board President for application information.
- Registration and fees are required before a skier can attend practice.
- NOTE: Other out of pocket expenses may occur.

PROGRAM REQUIREMENTS – SEE OUR WEBSITE (/Registration Info/Waivers & Agreements/)

- CONDUCT: See LNST code of conduct on website.
- RACES: See Waiver on website.
- FUNDRAISING: See Agreement on website.
- PARENT VOLUNTEERING: See Agreement on website.
- HEALTH and EMERGENCY MEDICAL AUTHORIZATION: See Waiver on website.

COMMUNICATION

We will use email, text, and Facebook to communicate to parents & skiers.



GAMECHANGER App is the primary tool for communication between coaches and parents for practices and races. See Appendix A for setup. Email will be used for more detailed communications.

Facebook will be used for club wide communications, buy/sell/trade, and social networking. Join www.facebook/groups/lakelandnordinskiteam/

GENERAL PRACTICE SCHEDULE

Practices are typically **Mondays and Thursdays weekly 4:00-5:30 p.m.** December through February. Skiers should have a healthy snack and water before practice.

Prior to skiable snow – Dryland Training:

- Pole hiking, bounding, and trail running. Location TBD.

On snow - Regular Season Training

- Minocqua Winter Park
 - <http://www.minocquawinterpark.org/>

NOTE: Schedule will vary according to weather and trail conditions. Parents should watch for on-going communications about practice location changes.

EQUIPMENT

For dryland practices, skiers are required to have bounding poles. These poles can be cheap poles about waist to chest height. LNST has poles that can be borrowed if needed – see coach.

For on-snow practices and races, skiers are required to have a minimum of two sets of skis and poles: one set classic and one set skate. They can use combi boots or two pairs of boots specific for each technique. Classic skis should be waxless. Please consult with the coaches before buying. Equipment varies greatly in cost and quality. ***Get fitted for skis at a ski shop – proper pole & ski length/flex for a skier's size are important to learn and have fun.***

WAX

Both classic and skate skis require wax. Families are expected to assist their skier with waxing. For families new to waxing, skate skis require only glide wax. We recommend a universal/cold and a warm liquid wax for glide and a thermal cork and nylon brush for polishing. Classic skis will use the same glide wax on ski tips and tails. Re-apply wax when the bases start to show white (oxidation). This protects the ski and maintains glide. Skate skis will need to be waxed more often than classic, so check the skate bases every week. It can get more complicated than this, but these would be the basics. If you do not want to invest in wax and waxing tools, local ski shops will wax skis for a fee.

CLOTHING

- Be sure to dress in layers, including long underwear or a base layer. Owning several pairs of base layers will be convenient for the practice and race schedule. The outer layer should provide light insulation but wick moisture – the ski shops offer active wear for Nordic skiing.
- Always have dry socks to put on before practice or race.
- Avoid cotton as it does not breathe.
- Wind briefs are recommended for boys, especially when racing and on cold days.
- Wind pants and a light jacket work well for warmups.
- Many skiers wear their team jacket with a light layer underneath for practice.
- Gloves/or mittens and hat are very important. Lobster gloves are a good balance of grip and warmth.
- For dryland training, dress in layers for the weather; be sure to have supportive shoes or hiking boots for trail running and bounding.

If you are new to the sport, it may take a little experimenting. Remember you can always take off a layer, but, if you do not have it with you, you cannot add a layer. Talk with coaches if questions.

GENERAL RACE SCHEDULE

The ES program is about fun. Therefore, we encourage all ES skiers to participate in these fun and untimed races. Registration is covered by LNST.

Lakeland Invite

LNST's home meet! Typically a December Tuesday before winter break at Minocqua Winter Park
<https://tshq.bluesombrero.com/Default.aspx?tabid=2741503>

Beat the Bunny

A fun race with costumes is typically scheduled at the end of the season/early March at Minocqua Winter Park
<http://www.minocquawinterpark.org/squirrel-hill-loopy-loppet-beat-the-bunny/>

OPTIONAL RACES AT YOUR OWN EXPENSE

Local Citizen/Kid Races

For ES skiers interested in racing, most of the citizen races locally and on the HS/MS schedule have free, 0.5-1K Kid Races. See **our website Helpful Links/Race Schedule** for HS/MS race schedule and Skinnyski.com for citizen races <https://www.skinnyski.com/racing/calendar.asp>

CXC Great Lakes Division Youth

There are some options for higher level competition through the regional **CXC Youth Cup** Races. A CXC membership/race license is required. Additional details can be found at <https://cxcskiing.org/pages/events/cxc-junior-cup.html>. These races are also on your own at your own expense.

Other

Some regional races will be shared as optional events, such as the **Junior Birkie**.

<https://www.birkie.com/ski/events/junior-birkie/> . These races are also on your own at your own expense.

See coach for more information



APPENDIX A. Setting Up GAMECHANGER App.

In preparation for the season, please setup communications with coaches via **“GameChanger” App.**

GameChanger (“GC”) is used for:

- Communicating race rosters.
 - Each skier will need a ‘going’ or ‘not-going’ RSVP in GC before races.
 - RSVPs can be set to going/not-going weeks ahead and, if the skier’s schedule changes, the skier’s RSVP can be changed at any time.
 - Communicating practice attendance.
 - RSVPs for practice is important, because the team leaves the parking area promptly at the start of practice and head for the trails. If a skier who RSVP’d going and is late, the coaches will know to wait.
 - RSVPs for practice is also important for safety. When it is cold, the team needs to start moving and get on wooded trails out of the wind. If the coaches now a skier ‘not-going’ to that practice, they can get practice started without delay and avoid safety concerns.
 - Finding locations and technique for both practices and races. Each calendar event in GC will have technique in the notes and location on the map feature.
 - Conveniently, just open the app, go to the calendar date, and the details will be there.
 - Contacting coaches (and other skier families) through the chat feature.
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1. Please download GameChanger App <https://gc.com/> this week.
 2. An invitation to join the LNST team in the app will be sent to the email used to register your skier.
 3. Accept the invite and start RSVPing, reviewing event details, and using the chat feature!