

Lakeland Nordic Ski Team - Lakeland Union High 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. LNST coaches lead both a high school girls and boys nordic race teams, a recognized club sport by Lakeland Union High School (LUHS). The HS skiers have opportunity to earn varsity letters and compete in the regional Wisconsin Nordic Ski League for individual and team championships. We have a strong HS program, winning numerous State Championships over the years. Practice schedule and race season are similar to other varsity sports. The race season runs December-February with most on weekends. Practice typically starts in early November.

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

- Fee includes a season trail pass to Minocqua Winter Park (access to trails on practice and non-practice days over winter season).
- Fees cover expenses of skiers including but not limited to training equipment, wax equipment, wax, race fees & coaching, some lodging, some transportation.
- 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.

SportYou App is the LUHS primary tool for communication between coaches and parents for practices and races. 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 **Monday through Friday weekly 3:45 to 6 p.m. up to 5 days a week** and may include a weekend day (especially early season when there are no races or over Christmas break). November through February. HS skiers must have water bottle, headlamp, and watch at practice. Skiers should have proper footwear and clothing for weather in addition to a healthy snack and some fluids.

Early Season – Dryland Training: *(prior to skiable snow)*

- Majority of workouts are outdoors. Locations vary from LUHS to local trails.
- Weekend optional roller ski sessions may be offered. LNST has rental rollerskis – see coach.

Regular Season – On Snow Training: *(as soon as snow is available)*

- Locations vary, but often at Minocqua Winter Park, Schlect Lake, Madeline Lake, ...
 - <http://www.minocquawinterpark.org/>
 - <https://www.skinnyski.com/trails/traildetail.asp?id=469>
 - <https://dnr.wi.gov/topic/StateForests/nhal/documents/FR711MadelineTrail2018.pdf>

NOTE: Schedule will vary according to weather and trail conditions. HS skiers are responsible to watch for on-going communications about practice location changes.

GENERAL RACE SCHEDULE

The HS race schedule starts mid-December and runs through late February. Races are typically on weekends. Race events are typically one technique, either freestyle or classic. Girls and boys race separately. In many cases, JV and varsity race together. Therefore, one race event will have 2-4 races for the HS skiers. Race distances range from 4 to 10 km over flat to rugged terrain. Most races are day trips, but a couple races will require overnight stays for the team. LNST registration fees cover some lodging for the skiers. Parents will be needed to chaperone overnight trips and pay for some lodging.

TRANSPORTATION

Most transportation is provided from LUHS to practice locations. For race weekends, we will need parents to volunteer driving school vans to race venues. A transportation sign-up will be sent out.

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 set 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 waxable; most waxless skis are not used at HS level. Please consult

with the coaches before buying. Equipment varies greatly in cost and quality. ***Get fitted for skis at a ski shop – proper pole and ski length/flex are more important to speed (and fun!) than wax.***

WAX

Both classic and skate skis require wax. Skiers will learn how to wax and prep their own skis. For practices, skiers should have a kick wax kit consisting of 3 waxes (3 temp ranges), cork, and scraper. LNST provides new skiers this wax kit, which is then used for their subsequent years in LNST. For races, LNST provides wax, instruction, and waxing facility. Coaches will set wax type and application based on snow and weather conditions. Our wax facility or ‘wax barn’ located at the property of the All Creatures Veterinary Clinic – please thank this business for their support of the LNST.

CLOTHING

- Team uniforms are loaned to all High school skiers to be used during the year for races. Uniforms are to be worn for races only. Team jackets are optional and available for purchase from LNST.
- 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.

SKIER DEVELOPMENT PROGRAM

High School Skier, beginner level, Development program

There may be times when a HS skier has limited experience in skiing and is at a beginner level. These skiers will need to learn the basics from simply how to ski to equipment care, trail etiquette and safety, and terrain navigation. Beginner HS skiers along with beginner Middle School skiers will learn basics initially together. As soon as a HS skier is sufficient in skill, they will begin practicing with JV. All athletes develop and learn at different rates so time in development will vary and at the discretion of the HS coaches.

Middle School Skier, advanced level, “ski up” part time with High School group

There may be times when athletically advanced younger skiers will be practicing with an older group to meet the developmental needs of these athletes. The following criteria may be utilized for eligibility.

- Generally an 8th grader with physical maturation, speed, skills and volume base to practice with older kids

- Physical and social maturation must be considered when allowing practice with older kids and adding more volume.
- Exhibits exemplary citizenship/sportsmanship among both teammates and competitors
- Training with a higher volume of stamina, speed, & strength. More advanced technique focus, especially keeping technique together at race speed.
- Experienced with racing and well-rounded athlete. Expect 10 to 20 race starts during season
- Top results, experienced skiers with ability and goals to podium at State & place high in age class competitions.
- Aspirations to race JNQ and CXC Youth Cup.
- Important to keep social aspects like-age teammates for some practices.
- Skier is committed to a consistent year round training program. Attends regional camps and ski specific events.
- Ability to train with HS-aged athletes during selected practices at the discretion of High School and Middle School Coaches

OPTIONAL RACES AT YOUR OWN EXPENSE

(You register, you pay, and your skier can wear the LNST uniform and wax.)

Junior National Cup/CXC Great Lakes Division Junior Cup

There are some higher level competitive races that are optional for athletes. One can compete to earn a spot on the Great Lakes junior national team or just have the desire to experience a higher level of competition. A CXC membership/race license is required. Additional details can be found at <https://cxcskiing.org/pages/events/cxc-junior-cup.html>. Athletes must pay for their own race license, race fees, and accommodations. LNST can assist with wax recommendations and ski prep or can provide suggestions for private vendors for wax services. See coaches for additional information.

Other

Some regional races will be shared as optional events – these are not scheduled team races. In these cases, the fees will be paid by the family and are not covered by LNST. Skiers can wear their LNST uniform and coordinate rides to/from these optional venues.

These include events such as the **Junior Birkie**. <https://www.birkie.com/ski/events/junior-birkie/> .

Other citizen races in the local and regional area can be found on Skinnyski.com <https://www.skinnyski.com/racing/calendar.asp> .

See coaches for additional information.