

# Lakeland Nordic Ski Team - Middle 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 Middle School (MS) girls and boys nordic race teams for youth in grades 5-8 in the Lakeland area. MS skiers learn to ski, learn to train for races, have options to race, and have fun! The MS skiers have opportunity to compete in the regional Wisconsin Nordic Ski League for individual and team championships. 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 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.
- If there is financial hardship, please contact the 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/](http://www.facebook/groups/lakelandnordinskiteam/)

### **GENERAL PRACTICE SCHEDULE**

Practices are typically **Monday, Tuesday, and Thursday weekly 4:00-5:30 p.m.** December through February. MS skiers should have a water bottle, headlamp, and watch for practice. Skiers should have a healthy snack and water before practice.

#### ***Prior to skiable snow – Dryland Training:***

- Pole hiking, bounding, and trail running. Locations vary on local trails.
- Weekend optional roller ski sessions may be offered. LNST has rental rollerskis – see coach.

#### ***On snow - Regular Season Training***

- 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. Parents should watch for on-going communications about practice location changes.

### **GENERAL RACE SCHEDULE**

The MS 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 most cases, the HS skiers also race at the same event, but in their own divisions. Therefore, one race event may have 4+ races. Race distances range from 2 to 5 km over flat to rugged terrain. Most races are day trips, but a couple 2-day race events will require overnight stays. Travel to/from races and lodging for weekend race events are paid by the skier's family.

Racing is optional for MS skiers. MS skiers will set goals early in the season with the coach. At this age when kids are developing at different rates/time periods, races will be 'training' checkpoints for the skier to gauge their status in relation to their individual goals. More experienced skiers are encouraged to compete in most or all races. Less experienced skiers are encouraged to do some races – the coach will work with skiers to develop an appropriate race plan.

### **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 waxable. Please consult with the coaches before buying. Equipment varies greatly in cost and quality. ***Get fitted for skis at a ski shop – proper ski length & flex for a skier's size are more important to speed (and fun!) than wax.***

### **WAX**

For practices, 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 and also a kick wax in the center/kick zone of the ski. We recommend three (temperature ranges) hard kick waxes and a cork for application. To remove kick wax, we recommend a scraper, wax remover solution, and paper towel. 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. We will provide wax training in the beginning of the season for those interested. Local ski shops also offer waxing services.

For races, LNST provides skiers wax, instruction, and waxing facility. Based on snow and weather conditions, coaches will set wax type and demo application. Our wax facility or 'wax barn' located at the property of the All Creatures Veterinary Clinic – please thank this business.

### **CLOTHING**

- Team uniforms are loaned to all MS 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.

### **OPTIONAL RACES AT YOUR OWN EXPENSE**

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

### **CXC Great Lakes Division Youth & Junior Cups/Junior National 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 in 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>. 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.



## APPENDIX A. Setting Up GAMECHANGER App.

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

GameChanger (“GC”) is used for:

- Communicating race rosters.
    - **Each skier will need a ‘going’ or ‘not-going’ RSVP in GC by Mondays (in general) before the next weekend’s 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!