



**Welcome!!**

# Presentation Topics

**Club History, Structure, Operations**

ES & MS Program Overview

Equipment, Wax, & Clothing 101



# Club History

Established in 1980

HS State Champions (1980-2023)

13 Teams

16 Individuals

MS State Champions (2015-2023)

5 Teams

5 Individuals

2022 Olympian





# Club Operations

501c Non-profit

Board of 8 ski parents



# Club Operations

Fundraising:

SaveMore Brat Stand

Papa Murphy's

Culver's

Ski Swap

...We're looking for  
ideas!



# Club Operations

## Parent Volunteers



# Club Operations

Teamwear & Fanwear Sales

-Borah Team Wear

-Live website link when available





# Club Operations

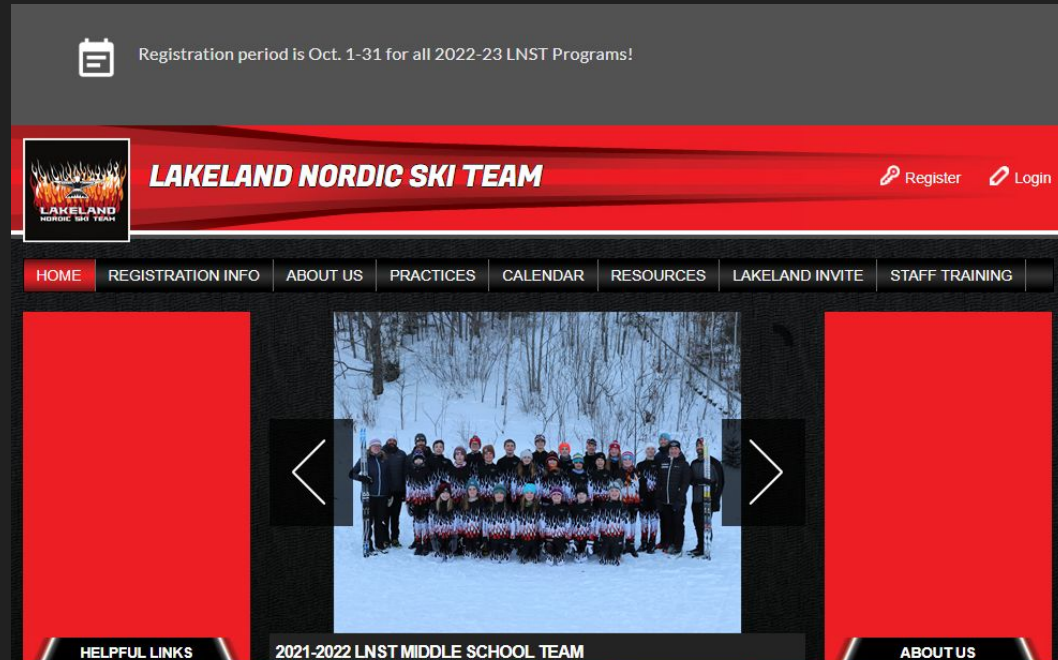
## Communications

GameChanger app

Email

Facebook Group

Website



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# Program Overview

	Elementary School			Middle School				High School			
<u>Grade</u> <b>Nordic Component</b>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
Safety	Emphasized			Practiced				Practiced			
Equipment	Emphasized			Practiced				Practiced			
Outdoor Tolerance	Emphasized			Practiced				Practiced			
Skills	Emphasized			Practiced				Practiced			
Games	Emphasized			Practiced				Practiced			
Technique	Introduced			Emphasized				Practiced			
Speed				Introduced				Practiced			
Endurance				Introduced				Practiced			
Racing				Introduced				Emphasized			
Ski Technique	Classic (Waxless)			Classic + Skate				Classic + Skate			

# Program Overview

Elementary School

## GOALS:

Safety

Equipment 101

Ski & trail etiquette

Balance and agility

Classic well without/with poles as appropriate

## SEASON OBJECTIVES:

Games approach method of learning

Skills, drills, hills, endurance, games

FUN ON SNOW!



# Program Overview

Middle School

## Coaching Goals:

- Classic well with/without poles
- Skate well with/without poles
- Downhill safely and confidently
- Training & racing with joy
- Skier sportsmanship & gratitude

## Season Objective:

- Learn to Train for Goals
- Follow Simple Training Plan (Skills/drills, Intervals/Hills, Endurance/Games)
- Understand basic ski care and maintenance



# Program Overview

Practices - - (*No School = No Practice*)

*Weather Cancellations TBD*

## Elementary School

- starts early December
- Minocqua Winter Park
- Mon, Thu 4-5:30p

## Middle School

- starts after Thanksgiving
- Minocqua Winter Park, Schlect,  
Madeline, other...
- Mon, Thu (Tu optional) 4-5:30p



# Program Overview

Practices - - OTHER

## Elementary School

Closing Ceremony, late Feb/early Mar

## Middle School

Team Bonding, December

Potluck Dinner, Feb. State Distance Wknd

Closing Ceremony, late Feb/early Mar

Off-season optional training, May-Nov



# Program Overview

Sport Competition

Point-to-Point Racing

Team & Individual events

Positive Environment

“Checkpoints” of skier goals &  
development

Builds self-determination &  
perseverance





# Program Overview

## Racing

Elementary School - OPTIONAL

2 home venue opportunities +

0.5-2 kilometer distances

Middle School - OPTIONAL

2-4 kilometer distances

All skiers: 6 races

Experienced skiers: 7+ races

## Typical LNST Middle School Race Schedule

**BOLD** = Key Races for all skiers

### DECEMBER

WinMann Early Bird, WinMann Trails, Manitowish Waters (Freestyle)

**<sup>1</sup>Lakeland Invite, Minocqua Winter Park, Minocqua (Freestyle) +**

Spooner Holiday Dash, Spooner High School (Freestyle)

Hayward Holiday Dash, Birkie Trailhead, Cable (TBD)

### JANUARY

**<sup>2</sup>Snekkevik Classic, Nine Mile County Forest, Wausau (Classic)**

Iola Norseman Challenge, Iola Winter Sports Club (Freestyle)

Hinderbinder, Camp Forest Springs, Westboro (Freestyle)

Hodag Challenge, CAVOC, Rhinelander (Skate)

Hodag Challenge, CAVOC, Rhinelander (Classic)

**<sup>3</sup>Northern Conference Meet, Cable (Classic) [During school day]**

**<sup>4</sup>Badger State Games, Nine Mile County Forest, Wausau, WI (Freestyle)**

### FEBRUARY

State Sprint Championships, Elver Park, Madison (Freestyle)

**<sup>5</sup>State Distance Championships, Birkie Trailhead, Cable (Classic & Skate)** 2-day Event

### MARCH

**<sup>6</sup>Loopy Loppet, Minocqua Winter Park, Fun/Costumes, Minocqua (Freestyle) +**

And, numerous racing ops at own expense, e.g., Jr Birkie, CXC

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# Equipment

## Elementary School

Classic WAXLESS skis

Classic ski boots - *match boot to ski binding!*

Classic ski poles

LABEL SKIS! LABEL BOOTS! LABEL POLES!

*See a ski shop or coach for proper fitting!*



Classic skiing in a track

# Equipment

## Middle School

Classic + Skate skis (waxable)

Classic + Skate ski boots

*- match boot to ski binding!*

Classic + Skate ski poles

LABEL SKIS! LABEL BOOTS! LABEL POLES!

*Have a ski shop or coach mark the kick pocket!*



Skate skiing on deck

# Wax

Skate skis: glide wax

Classic skis: glide and kick wax

Wax Nights

Season kick-off

Before races



# Clothing

## Pro Tips:

- Headlamp
- Hand/foot warmers
- Layer gloves/mittens
- Avoid Cotton

## WICKING LAYERS!

Base layer

Outer layer

Hat or headband

Mittens or gloves

Bufs/neck gaiters

Face tape



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*Thank you! Questions?  
Please contact a Coach or Board member today!*