



# NEWSLETTER

June 27, 2025



## WAX BARN

The team is getting a 16x52 foot wax barn and club house at Mincoqua Winter Park this year.

We are so excited about the space and the opportunities it provides for us to partner with Mincoqua Winter Park in new and creative ways!



Erich Kern, Marcus Guthrie, Ken Schoville, Pam Schoville, Andrea Simenstad & Abby Nies met at the wax barn's future home to finalize specs in June.

# WE'D LOVE YOUR SUPPORT!

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# Wax on!



**Help  
bring  
a team  
wax  
barn  
to MWP!**

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## Mission Statement:

Lakeland Nordic Ski Team is dedicated to **empowering Lakeland youth** through Nordic skiing, **instilling a lifelong passion** for the sport, and **promoting excellence** in all areas of life.

## Why the wax barn?

**Funding the wax barn solidifies**

**LNST's presence at Minocqua Winter Park - the ski team's incredible home venue!**



The new wax barn provides a heated space for all the team's waxing needs!



The wax barn provides space for waxing and socializing - a clubhouse for the team!



The wax barn strengthens the program and increases the possibility for recruitment.



# WE'D LOVE YOUR SUPPORT!



## Our Goal:

**\$65,000**

Please help us  
secure a corporate  
match pledge up to  
\$25,000!



## Donation Levels:

**Binding** **\$1-\$499** (You're in!)

**Classic** **\$500-\$1,499** (Thanks to you, we're  
on track!)

**Skate** **\$1,500-\$2,999** (V1! V2! We sure  
appreciate YOU!)

**Podium** **\$3,000+** (You've earned the top spot!)

**\*All levels greatly appreciated!**

**\*All names will appear  
on a plaque at the wax barn.**

### Check:

Please send all check  
donations to:  
Lakeland Nordic Ski Team  
Memo: Wax Barn  
ATTN: Jason DeVries  
(Treasurer)  
P.O. Box 1374  
Minocqua, WI 54548

**LNST is a nonprofit  
501(c) (3) organization.  
All donations are tax  
deductible.**

**THANK  
YOU!**

### Online:

**Please note "Wax Barn" in your  
donation.**



Lakeland Nordic Ski Team  
@LNST1



**venmo**

Lakeland Nordic Ski Team



Scan. Pay. Go.

# EVENTS THIS SUMMER!

July 5<sup>th</sup>! LNST is the Nonprofit of the Month at Lakeland Golf and Fitness! We will be "spinning the wheel" at their anniversary party to win \$1,000-\$5,000 dollars! Stop on by and check it out!



JULY 24!  
AUGUST 14!



Nothing says summer quite like a brat from a Save More brat fry!



Skiers, alumni, LNST friends and families - if you are in town for the Fourth and want to ride, walk, or roller ski with us in the 4<sup>th</sup> of July Parade, contact Abby Nies at 630-750-5973 or [abbynies@mac.com](mailto:abbynies@mac.com) for details! We'd love to see you there!



90s Parade Fun!





# EVENTS THIS SUMMER!

On June 21<sup>st</sup> LNST grilled and served BBQ at Minocqua Winter Park's Summer Solstice event.



Special thank you to Erich Kern and Patsy Breitholtz for organizing and to all LNST coaches, board members, and family members and skiers who helped at the event.



# COACHES' CORNER

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## Rollerski Training Blocks

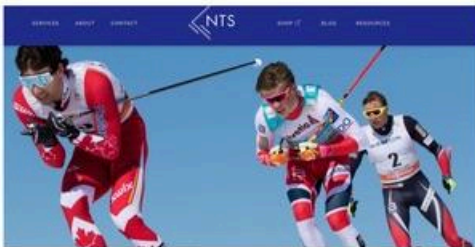


- Swim, snacks, and social after workout each day!
- 3 days rollerski, 1 day dryland training
- See calendar in GameChanger or SportsYou to signup!
- \*Training block 1: June 22-25 6-8pm
- \*Training block 2: July 27-30 5:30-7:30pm
- \$50

## Training Framework

- Nordic Team Solutions
- Weekly/daily training plan
- Videos, strength training plans, information!
- Easy to follow
- Flexible - make it work for you!
- Collaborate and train with other skiers!
- [Nordicteamsolutions.com](http://Nordicteamsolutions.com)
- Log in, create account, \$12.99/month basic plan

**Coaches are encouraging all skiers to try Nordic Solutions!**

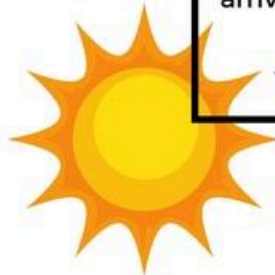


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You can ski well only part of the year, but if you really want to be successful you must build the base fitness, endurance, strength, and speed in the summer BEFORE fall and winter arrive.

- Coach Erich Kern

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**Skiers are made in the summer!**  
**ALUMNI WELCOME!**



# BOARD UPDATES

**Marcus Guthrie - President**  
**Andrew Kelly - Vice President**  
**Jason DeVries - Treasurer**  
**Holly McKinney - Secretary**  
**Dan Eggen - General Member**  
**Abby Nies - General Member**  
**Teresa Schmidt - General Member**  
**Gwen Pritchard - General Member**

## SPECIAL THANK YOU!

To **Catherine Koele** for her many contributions to the LNST Board/Club!



We are updating our e-mail list. Alumni and friends of the team, please e-mail [lakeland.nordic.ski.team@gmail.com](mailto:lakeland.nordic.ski.team@gmail.com) if you would like to be added to our mailing list for club updates.



LNST Wax Barn

Thank you so much for your donation!

Name(s) of individual(s), organization, or business making donation:

Contribution:

<input type="checkbox"/> Binding (\$1-\$499)	Your Donation: <input type="text"/>
<input type="checkbox"/> Classic (\$500-\$1,499)	Your Donation: <input type="text"/>
<input type="checkbox"/> Skate (\$1,500-\$2,999)	Your Donation: <input type="text"/>
<input type="checkbox"/> Podium (\$3,000+)	Your Donation: <input type="text"/>

Name(s) of individual(s), organization, or business as you would like it to appear on the plaque at the wax barn:

LNST is a nonprofit 501(c)(3) organization. All donations are tax deductible.



Lakeland Nordic Ski Team  
Minocqua WI

All support for the wax barn will be listed on a plaque in the space.

Please e-mail Abby Nies at [lakeland.nordic.ski.team@gmail.com](mailto:lakeland.nordic.ski.team@gmail.com) or call her at 630-750-5973 with any wax barn or general fundraising questions or to request a copy of this form.

Thank you!