



## **Blackhawk Cross Country Skiing Programs**

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Blackhawk has approximately 5k of cross country trails. There are easy trails for beginners by the East Chalet and steeper trails that go down Hill #6, around the 60m ski jump and up to the top of Hill #2. Blackhawk trails also connect with longer trails on Pleasant View Golf Course. Blackhawk makes snow on and grooms its cross country trails. When the snow may be gone everywhere else in Southern Wisconsin, Blackhawk is sure to have a stretch of snow for cross country enthusiasts.

Blackhawk partners with the Madison Nordic Ski Club (MadNorSki) to offer high school and middle school cross country programs for Madison area youth. Many Blackhawk members are members of MadNorSki as well.

Blackhawk offers a cross country ski program to disadvantaged youth through the Madison School of Community Recreation. Volunteers are needed for this 8-week, after school program. Send an email to Louise Jones to volunteer at [louisejones87@gmail.com](mailto:louisejones87@gmail.com)

### **High School Cross Country Program**

- Purpose:** This program is for high school students, grades 9-12, of all abilities. Skiers will focus on technique for skate and classical skiing along with developing fitness through strength, speed and endurance workouts. Races are optional and are held on weekends around the state and Tuesday nights at Elver Park. For exact practice schedule and description see [www.madnorski.org](http://www.madnorski.org).
- Cost:** The fee is \$250 per student for season (November 1<sup>st</sup> through March 1<sup>st</sup>).
- Practices:** Monday, Tuesday, Wednesday and Thursday evenings from 5:00-6:30 pm.
- Location:** Blackhawk, Elver Park and other places depending on weather conditions.
- Equipment:** Roller skis, boots, skis and poles are included in the program for first year skiers. Returning skiers must have their own boots but may rent equipment for \$100. Racers are encouraged to purchase their own equipment. Advice is available on purchasing equipment.
- Requirements:** Parents are required to volunteer or be present at races, practices and other team functions throughout the season. Opportunities are available to become involved in coaching and club programs. Participants need to be members of Blackhawk and MadNorski.

### **Middle School Cross Country Program**

- Purpose:** This program is for middle school students, grades 6-8, of all abilities. Skiers will focus on technique for skate and classical skiing along with developing fitness through strength, speed and endurance workouts. There will be optional out of town races on weekends. Practices will be held twice per week.
- Cost:** The fee is \$150 per student for season (December 1<sup>st</sup> through March 1<sup>st</sup>).
- Practices:** Monday and Wednesday and evenings from 5:00-6:30 pm with optional Tuesday night races at in January and February.

- Location:** Blackhawk, Elver Park and other places depending on weather conditions.
- Equipment:** Boots, skis and poles are included in the program. Racers are encouraged to purchase their own equipment, especially boots. Advice is available about purchasing equipment.
- Requirements:** Parents are required to attend any race their child attends and must volunteer or be present during practices and other team functions throughout the season. Participants need to be members of Blackhawk and MadNorski.

### **Elementary School Cross Country Program**

- Purpose:** This program is for elementary school students, grades K-5, of all abilities. Skiers will focus on learning to ski while having fun. Grade school students that are experienced skiers and have the physical ability and maturity can join the Middle School program with the instructors' approval.
- Cost:** The fee is \$25 per student for the season (January 1<sup>st</sup> through March 1<sup>st</sup>).
- Practices:** Sunday afternoons from 3:00-4:00 p.m. (Time and date subject to change before December 1)
- Location:** Blackhawk East Chalet.
- Equipment:** Boots, skis and poles are included in the program for use on site.
- Requirements:** Parents are required to volunteer and be on Blackhawk premises during program.

### **Adult Cross Country Ski Options**

- Purpose:** The Blackhawk trails are open during normal club hours or can be accessed through the pedestrian gate at other times during the day. Blackhawk trails connect with the Pleasant View Golf Course ski trails for a longer workout. In total there are more than 15 K of skate and classic trails at Blackhawk and Pleasant View. The trails are groomed by club members who volunteer several times a week. People interested in helping to groom and maintain ski trails can contact Mark Torresani at [Mark.Torresani@Cornerstoneeg.com](mailto:Mark.Torresani@Cornerstoneeg.com).
- Practices:** Free lessons and weekly races are available at Elver Park when there is snow through MadNorSki. See [www.madnorski.org](http://www.madnorski.org) for more details. Individual private lessons can be arranged for a fee by contacting Louise Jones at [louisejones87@gmail.com](mailto:louisejones87@gmail.com).
- Locations:** Blackhawk Ski Club, Pleasant View Golf Course, Odana Golf Course, Elver Park and additional trails.
- Equipment:** Adults need to purchase their own equipment. Some sporting good stores offer rentals.

## **Biathlon Options**

- Purpose:** The Blackhawk biathlon range is open to members who have biathlon experience or are participating in club practices. The range is currently set up for air rifles at a shooting distance of 10 meters. During the year the opportunity to learn about and participate in biathlon will be available to Blackhawk members including those enrolled in the Middle School and High School programs. People interested in helping with the biathlon activities or want to try biathlon, can contact Mark Torresani at [Mark.Torresani@Cornerstoneeg.com](mailto:Mark.Torresani@Cornerstoneeg.com).
- Practices:** Biathlon practices will be held periodically in conjunction with the Middle School and High School Nordic programs throughout the season. Practice sessions for adults will be scheduled based on interest and availability of instructors.
- Cost:** There is no fee to participate.
- Locations:** Blackhawk Ski Club
- Equipment:** Air rifles and 10 meter targets are available for use by Blackhawk members at scheduled practices.

## **Cross Country Ski Program Registration & Questions** **(see form below)**

- Registration:** People interested in the Blackhawk cross country programs (High School, Middle School and Elementary) can register online at [www.blackhawkskiclub.org](http://www.blackhawkskiclub.org). Interested participants can also print out, complete and return the Blackhawk membership form, cross country form (see below) and fees to Blackhawk Ski Club, PO Box 628094, Middleton, WI 53562-8094. High School and Middle School Program participants will also need to be members of MadNorSki. See [www.madnorski.org](http://www.madnorski.org) to join.
- Questions:** Contact Louise Jones at [louisejones87@gmail.com](mailto:louisejones87@gmail.com).

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Program Registering For

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Skier Name

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School

Grade

Birth Date

Gender

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Skier Email

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Parent/Guardian 1 Name

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Parent/Guardian 1 Address

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Parent/Guardian 1 Phone #

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Parent/Guardian 1 Email

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Parent/Guardian 2 Name

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Parent/Guardian 2 Address

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Parent/Guardian2 Phone #

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Parent/Guardian 2 Email