



Winter
2010-11

Blackhawk Nordic Programs

Purpose:

The Purpose of the Blackhawk Ski Club Cross Country skiing programs and lessons is to provide Blackhawk members with the opportunity to participate in programs that will be fun and helpful. The wide variety of programs and private lessons are suitable for novice to experienced skiers of all ages that want to learn how to or improve at Cross Country skiing.

Background

Blackhawk has approximately 7km of cross country trails for all skier abilities. Blackhawk trails connect with the Pleasant View Golf Course ski trails. Blackhawk makes snow and grooms its cross country trails on a regular basis. When the snow may be gone everywhere else in southern Wisconsin, Blackhawk is sure to have a stretch of manmade snow for cross country enthusiasts.

Blackhawk partners with the Madison Nordic Ski Club ([Madnorski](#)) to offer high school, middle school, and elementary school cross-country programs for Madison area youth.

Blackhawk offers a cross country ski program to disadvantaged youth through local after school programs. Volunteers are needed for this 8-week program that runs from January to March. People interested in volunteering should send an email to xc@blackhawkskiclub.org

High School:

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. Practices are Monday, Wednesday and Thursday evenings from 5:00-6:30 pm. Practices are held at Blackhawk, Elver Park, Pleasant View Golf Course, Eagle School, and other locations depending on weather and snow conditions. Races are optional and are held on weekends around the State and Tuesday nights at Elver Park..

Athletes interested in racing will have more training intensive practices and personalized training plans. Races are Tuesday nights at Elver Park and around the state most weekends in January and February. Costs for races and travel are not included in program fees. Program runs Nov 1-Mar 6.

Middle School:

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. Practices are Monday and Wednesday evenings from 5:00-6:30 pm in conjunction with the High School practices at Blackhawk, Elver Park, Pleasant View Golf Course and other locations depending on weather and snow conditions. Races are optional and are held on weekends around the State and Tuesday nights at Elver Park. Travel costs and race fees are not included in the program fees. The program runs Nov 29-Mar 6. Skiers may start Nov 1 with the coach's approval.

Nordic Kids: This program is for elementary school students, grades K-5, of all abilities. Skiers will focus on learning to ski while having fun. Two sessions will be offered on Sunday afternoons 1:00-1:45 and 2:00-3:00. The first session to be held on Jan 9, will run the full 1:00-3:00 time slot and instructors will separate participants into the two sessions based on ability. Skiers that are proficient on cross country skis will have an opportunity to attend a second practice and learn about racing on Tuesday's from 6:00-6:45 during the Madnorski club races at Elver Park. Parents are required to remain on Blackhawk property during practice. Program runs Jan 9-Mar 6.

Private Lessons: Private cross country ski lessons are available for adults and youth at the rate of \$30/hr for the first skier and \$20 for each additional skier at a lesson. Lessons and instructors will be teamed together to provide a quality helpful experience. Lessons can be structured to provide help to beginners to those looking to improve their racing results. Rental equipment for lessons is available for \$10 per session per skier. Contact xc@blackhawkskiclub.org for scheduling a private lesson.

Requirements: All participants must be members of Blackhawk Ski Club.
Parents are asked to stay at Blackhawk and help with practice for the Blackhawk Nordic Kids program.

Schedule and Cost:

Program	Dates	Times	Days	Cost	Equipment
High School	Nov 1 - Mar 6	5:00-6:30	M, T, W, R	\$250	Free 1 st year \$100 returning
Middle School	Nov 29 - Mar 6	5:00-6:30	M, T, W	\$200	Free 1 st year \$100 returning
Blackhawk Nordic Kids:	Jan 9 - Mar 6	1:00-3:00	Sunday	\$30	\$25

Equipment: All Middle School and High School program full season equipment rentals require a \$100 deposit. First year participants in the Middle School and High School programs will not be charged the equipment use fee but will be required to place a \$100 deposit. Equipment rentals for Middle School and High School will be handled during the first week of practice. Blackhawk Nordic Kids equipment rental fee is for use of club-owned equipment during scheduled sessions.

Registration: You can register and pay online or print out and fill out membership and program information forms. Return forms and check to Blackhawk Ski Club, PO Box 628094, Middleton, WI 53562-8094

Questions: Questions can be directed to xc@blackhawkskiclub.org