



Winter
2011-12

Blackhawk Nordic Programs

- Purpose:** The purpose of the Blackhawk Ski Club Cross Country Ski 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. Those 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, but focused on racing. This team is a member of the Wisconsin High School Nordic Ski League and competes against other teams from around the state. Skiers will train in both skate and classical skiing techniques along with dry land and rollerski workouts to develop strength, speed, agility and endurance. Practices are Monday, Wednesday and Thursday evenings from 5:15-6:45pm. Practices are held at Blackhawk, Elver Park, Pleasant View Golf Course, Eagle School, and other locations depending on weather and snow conditions. Races are highly encouraged, but optional and are held on weekends around the State and Tuesday nights at Elver Park.
- Athletes interested in racing competitively 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 Oct. 31-Mar 8.
- 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 28-Mar 7. Skiers may start October 31 with the coach's approval.
- Adult Nordic Lessons:** Adult lessons will be offered on select Sundays during the winter for adults 18 and over from 3:30-4:30. Instructors will be available for both classic and skate techniques for beginners to moderate ability skiers. Reservations are required to join the lesson. Equipment will be available on a first come first serve basis and may be reserved ahead of

time. Dates will be announced after December 1st. E-mail xc@blackhawkskiclub.org with any questions.

Nordic Kids: The Blackhawk Nordic Kids program is for children ages 5-10, of all abilities. Skiers will focus on learning to ski while having fun. Blackhawk Nordic Kids meets on Sundays from 1:30-3 starting January 8th and will run through March 4th. Skiers will be separated into groups based on age and ability. Skiers who are proficient on cross country skis will have an opportunity to attend additional practices (dates and times will be given after the start of the season) to learn about the basics of ski racing. **Parents are required to remain at Blackhawk during practice.**

Open Ski: This season the Nordic Shed will be open on Saturdays from 1pm - 5pm starting in December, based upon snow conditions. There will be a shed attendant during these times to help fit and check out skis. Skis may only be used if an attendant is present and must remain on Blackhawk trails system!

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	Oct 31 - Mar 8	5:15-6:45	M, T, W, R	\$250	Free 1 st year \$100 returning
Middle School	Nov 28 - Mar 7	5:15-6:45	M, T, W	\$200	Free 1 st year \$100 returning
Blackhawk Nordic Kids	Jan 8 - Mar 4	1:30-3:00	Sunday	\$30	\$25 rental fee

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