

4HCANSKI Middle School Racer Schedule and Information 2011-12

Middle Schoolers are invited to participate in a competitive experience with 4HCANSKI. They can do as many races as they wish and try a race if they have never raced before. Below is a schedule of races and recommendations about which races to try for those who want to “dabble” in racing this year. Participation in the racing group does include a greater time commitment and slightly higher overall commitment in attendance at practices, volunteer service and money invested. All 4HCANSKI participants (recreational or racing/fitness) will play games, improve their skiing and have fun! **Racers who want to compete at the State Meet must do a minimum of 5 or more races before the State Meet in February and have regular (85% or more) attendance at practices.**

Racers are expected to be responsible for their gear and getting to practice on time. Racers are also expected to help out at several leadership/community service events during the winter. Some are listed below. Others include helping out with the elementary ski club at WES.

If unable to make practice, skiers should contact Coach Reed and then find a way to get the training time in on skison their own. We are a team and everyone benefits from training together. It is also a lot more fun!

We train two days a week: **Tuesdays at Mt. Ashwabay and Thursdays at the Ashland Ski Trails.** We will also have at least one other day a week for races (often Saturdays) and occasional opportunities for an additional practice as a team. Skiers should ski one other day on their own. The BART bus will be running this year to take skiers to practices.

HS and MS Schedule:

***most recommended races for Middle School have an asterisk next to them.**

Saturday, Dec. 3rd: Coaches Clinic and on snow opportunity! 11 AM, Wolverine Trails.

Monday, Dec. 26th: Hayward Classic (3pm)

Competitive Skier Race Camp: Monday, Dec. 26 through Wednesday, Dec. 28th

Friday, January 6th: Mercer Skate Race

*Saturday, Jan. 7th: Telemarker Race

Friday, Jan. 13: Sisu Ski Fest, Ironwood

*Saturday, Jan. 14th: Seeley Classic

***Saturday or Sunday (TBA) Jan. 21 or 22 Community Ski Clinic: Racers Help Out**

*Tuesday, Jan. 24th: Conference Meet at Hayward (classic)

*Saturday, Jan. 28th: Drummond Doughnut Ski!

*Saturday, Feb. 5th: Mt. Ashwabay Summit Race

Friday, Saturday Feb. 11-13th: Wisconsin Nordic State Championships

Saturday, Feb. 18th: Book Across the Bay

*Friday, Feb. 24th: Jr. Birke and HS Relays

Friday, Mar. 2nd: End of Season Shindig, Potluck, Ski-Cross, Games and supreme silliness

We will need parents to help drive to meets as this is a club team and we do not have \$ for busses. We do use the Bayfield County van, but always need additional drivers.

Participation with 4HCANSKI is a great way to have fun in the winter, develop a new, or refine and old, skill and develop some physical fitness. Racing is just a way for some who are more competitive to improve their skiing faster through a bigger commitment. Many participants go back and forth between the recreational and racing groups and all Middle Schoolers ski on Tuesday and Thursdays at the same locations.

Middle School Racer Mental Checklist:

Middle School skiers are working mainly on balance and relaxation. These are the keys to good, powerful technique. To that end, we play a lot of games that help us develop balance and ease on our skis (and fall down a lot!). In general, there are four key points I've noticed that Middle Schoolers need to remember while skiing.

1. RELAX
2. Transfer your weight completely from ski to ski.
3. Use your CORE muscles (stomach) as well as your arms.
4. Hands out at shoulder width.

Skiers should do this mental checklist periodically throughout a race and practice. Think to yourself: Relax, weight transfer, core, hands out.

Please feel free to contact me if you have questions. I am looking forward to a great ski season!!!

Coach Reed

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