

2011-2012 Prep/Devo Team Info

New!: This year we're really trying to encourage the kids to ski more. Prep practice will run its regular Tuesday and Thursday schedule with Reid at the golf course. Sunday mornings will be added on for prep skiers to join the comp team, often practicing at Stillwater. Robin will work with the kids and we'll hopefully have some parent help to sweep behind the group. This will be a great chance to get more time on snow, get to know the older kids better, and hopefully get more excited about skiing! Devo skiers will also ski with the comp team on Wednesdays.

Fall comp team practice is also open to J3's on Tuesdays and Thursdays. Those days will mainly be running workouts and strength so kids of any level and fitness can easily join in. It's always more fun to have people to work out with, so I hope you'll join us in the fall.

Expectations:

This year is going to be fun and productive. I want to set out a few general expectations in order for us to have successful training and racing.

- Be on time to practice, let your coach know if you're not going to make it or may be late.
- Be prepared for the day's activity; check the training schedule to be sure you have the right equipment. Helmets are required for roller skiing.
- Bring water: A water belt is recommended, but you must at least have water in the vehicle for before and after practice; drink it! Hydration is vital.
- Bring food: having a snack after working out is a must to aid proper recovery. It's important to eat within 20 minutes; most of the time you won't get home to eat in that time window, so bring a snack. A carbohydrate and protein combo is ideal. Something like a pb&j sandwich, granola bar, or piece of fruit would be good options.
- Bring extra clothes! We get wet and sweaty in these workouts. In order to stay healthy, it's important to change out of your workout clothes and into dry ones. At least bring a change of top and warm layer to put on after practice. Check the weather. If it looks like rain, be prepared with a raincoat and more warm clothes for afterward.
- On trips I expect all of you to be on good behavior and represent Glacier Nordic well.

Yellowstone Ski Festival Information:

Each year the Comp team spends the week of Thanksgiving in West Yellowstone for our first big on-snow time. It's a lot of fun and fabulous skiing! As many families come down for this event and some have expressed interest in doing a few coaching sessions, this will be available. Robin will lead a few sessions during the week to help the kids get back on skis and refresh what they learned last year. Please let Robin know ASAP if your family is headed down and kids would be interested in working with Robin. Once we know who will be there when, we can figure out a schedule. Call or email Robin if interested: rwsbrooks@gmail.com, (206)795-6429.

Western States Youth Ski Festival:

Bozeman will host this year's race. The team will have coaching support planned for this weekend of Feb 18th and 19th. The structure will follow the same as previous years with an obstacle course, classic, skate, and downhill races. As many of you experienced last year, this

weekend is a lot of fun and brings teams from all over the west. We hope to have a strong presence again this year!

Race Schedule:

The following is the TENTATIVE schedule for this season. These are the races that will have coaching support at them, we encourage everyone to come and join in on the fun! For the West Yellowstone Junior National Qualifier J3's interested in racing are invited to travel with and stay with the Comp team. If you're interested in joining in on the West JNQ please let Robin know asap so she can make appropriate accommodations.

2011-2012 Tentative Race Schedule

December:

Kick out the Kinks, Essex
18th 5,10k freestyle

January:

Blacktail Bash
1st 1,5,13k freestyle
Ozone Pursuit: Seeley Lake
8th 7k classic, 10k freestyle
West Yellowstone JNQ: depart 12th, return 15th
14th freestyle sprint
15th 1,3k classic, interval start
Glacier Glide
22rd 5,10,20k freestyle

February:

The Great American Broken Binding: Whitefish
12th 3,16,32,48k freestyle
Western States Youth Ski Festival: Bozeman, MT depart 17th, return 19th
18th freestyle, downhill, obstacle course
19th classic

March:

Yellowstone Rendezvous Race: West Yellowstone
3th 2,5,10,25,50k freestyle or 25k classic