

**Glacier Nordic Ski Team
Draft 2011/2012 Structure**

Team	Coach	Dates	Time	Mon	Tue	Wed	Th	Fri	Sat	Sun
Comp (14-19)	Robin Brooks	11/1 to 3/15	3:30 to 6:30	C	C	C	C	C	C	
Rec (14-19)	Robin Brooks	11/30 to 3/3	4:00 to 5:30		R	Rec Devo	R			
Teen Workout (13-18)	Brenda Winkler	1/4 to 2/29	4:00 to 5:30			W				
Prep (11-13)	Reid Sabin + Assistant	11/30 to 3/3	4:00 to 5:30		PT		PT			W/CT
Devo (13)	Tue,Th: Reid Sabin Wed: Robin Brooks	11/30 to 3/3	4:00-5:30		W/PT	Prep Devo W/CT	W/PT			W/CT
Jr Jets (7-11)	Denny Gignoux + Assistant	1/4 to 3/3	4:00 to 5:30		JJ		JJ			

C = Comp; M, F, Sa, Su, may vary due to race schedules. Plus weight training.

R = Recreation Team

W = Teen Skate Workout

Devo = Developmental Team

W/CT = with Comp Team

W/PT = with Prep Team

JJ = Jr Jets

Team Structure

The GNST coaches have developed a new structure to the Glacier Nordic Ski Team that increases the length of the season and the number of days per week. This new structure has something to offer all kids at all ability levels. It will provide them with an opportunity to intermingle with older kids inspiring them to develop a lifelong love of cross country skiing.

The GNST coaches believe that this structure will create a comfortable social environment for everyone on the team and kids of all abilities will learn from each other. Some of the more experienced athletes will be reminded that we are really doing this for the love of skiing and the creation of other levels within the team will allow them to share their love with the less experienced skiers. At the same time the less experienced skiers will have someone to look up to for inspiration which will provide future growth in the GNST.

Comp Team – The Comp Team will begin meeting in mid-October for morning strength sessions while transitioning to 5-6 days a week of training by the end of October and ending mid March. Training sessions will include weight training, dry land training (including roller skiing) transitioning on to snow. The Comp Team focuses on building base strength- moving towards specific strength, improving aerobic capacity through level 2 training, and becoming accustomed to working near aerobic threshold through level 3 and 4 interval training. We will continually build confidence with the ability to achieve goals through regular and intelligent training and taking appropriate rest.

The Comp Team travels together in the team van and trains at a variety of locations including Izaak Walton Inn, Stillwater Nordic, Glacier Nordic Center at Whitefish Golf Course, Big Mountain, Round Meadows, Blacktail, and ski touring in the greater Flathead Valley. The team travels to races both locally and throughout the Rocky Mountain region.

Ages: 14 to 19

Head Coach: TBD

Assistant Coach: TBD (Tue, Wed, Th)

Dates: October 15, 2010 to March 15, 2011

Days: Typically 6 days a week

Time: 3:30-6:30 pm

Cost: \$700. Kids are required to have a Stillwater Nordic ski pass (\$25 if paid upon signup with the program).

Rec Team - The Rec Team is designed for kids who want to ski with a team two days a week. The Rec Team will meet with the Comp team on Tue and Th. The emphasis will be on learning skate and classic skiing techniques and fitness while having fun skiing with friends. A Rec Devo Team will also be available for those skiers who would like an additional day on skis with the Comp team.

Ages: 14 to 19

Head Coach: TBD

Assistant Coach: TBD

Dates: November 30, 2010 to March 3, 2011

Days: **Rec Team** Tue, Th; **Rec-Devo** Tue, Wed, Thur.

Time: 4:00-5:30 pm

Cost: Rec Team \$300; Rec-Devo Team \$350. Kids are required to have a Stillwater Nordic ski pass (\$25 if paid upon signup with the program).

Prep Team – Prep Team is open to 11-13 year olds and will meet on Tue and Th. Skiers learn classic and skate ski techniques while playing games, skiing varied terrain, and introduction to interval training.

Ages: 11 to 13

Head Coach: Reid Sabin

Assistant Coach: TBD

Dates: November 30, 2010 to March 3, 2011

Days: Tue, Th

Time: 4:00-5:30 pm

Location: Glacier Nordic Center, Stillwater Nordic

Prep Team Cost: \$300. Kids are required to have a Stillwater Nordic ski pass (\$25 if paid upon signup with Prep Team).

Devo Team – The Devo Team is designed for 13 year old Prep Teamers who are interested in moving up to the Comp Team in the following season. Practicing on Wednesday with the Comp Team will provide Prep Teamers with more time on skis and will aid in the transition.

Ages: 13

Head Coach: TBD

Assistant Coach: TBD

Dates: November 30, 2010 to March 3, 2011

Days: Tue, Th (Prep Team) Wed (Comp Team)

Time: 4:00-5:30 pm

Cost: \$350 (includes Prep Team Tue and Th). Kids are required to have a Stillwater Nordic ski pass (\$25 if paid upon signup with the program).

Jr. Jets – Jr. Jets is open to 7-11 year olds. The focus is on having a great time on skis. Jr. Jets learn how to skate and classic ski including double polling, up hills, down hills, turns and balance. Half of the time is devoted to playing games and the other half to exercises.

Ages: 7 to 11

Head Coach: Denny Gignoux 406-862-5389; dennygignoux@gmail.com

Assistant Coach:

Dates: January 5 – February 25, 2010

Days: Tues and Thurs

Time: 4:00-5:30 pm

Location: Glacier Nordic Center

Cost: \$100

Racing: “It’s not about the results. It’s about the Team” – For those who would like to race, the GNST offers the following coaching support options:

- Comp Team, Rec Team, Devo Team may travel to all races and camps with Ben Morley and or support staff in the Team van and paying set travel fees which cover the cost of housing, fuel, trail fees, food, race fees, trail passes, and race waxes. This mainly applies to:
 - **Thanksgiving Camp**
 - **3 JNQ races**
 - Intermountain Junior Qualifier Races:
 - Jan 15 & 16 in Jackson, WY
 - Jan 28 & 29 in Soldier Hollow, UT
 - Feb 12 & 13 in Sun Valley, ID
 - Junior Nationals
 - March 4 – 12 in Minneapolis, Minnesota
 - **Yellowstone Rendezvous.**
- There will be coaching support for Rec Team, Devo Team and Prep Team for the races specified below. The coaching and waxing fee for these races will vary depending on the distance to the race site. This fee assumes that the athlete is traveling and staying with their parents. An estimate for coaching fees is included below.
 - **Glacier Glide.** Coaching support includes waxing and warm-up and course preview. No additional fee.
 - **RMO Family Race Weekend in Essex.** Coaching support includes waxing, warm-up, course preview, dedicated Prep Team coach on site both days. Coaching fee \$25.
 - **Western States Carnival.** Coaching support includes waxing, warm-up, course preview, dedicated Prep Team coach on-site. Coaching fees will depend on whether this race is in town or out of town. Coaching fee to be determined when race location is set.
 - **The nearest JNQ race (Bozeman or West Yellowstone).** Coaching support includes waxing, warm-up, course preview, informational meetings. Coaching fees are higher to support a dedicated Prep Team coach on site. Does not include race entry fees, or skier’s room and board. Coaching fee is \$100 and includes coach’s fuel, room and board.
 - **JNQ Races at distant sites.** This assumes athlete is traveling and staying with their parents. Coaches will provide minimal support for athletes 13 years old or younger (they will be very busy with the older skiers). Support will include high fluoro race waxing, kick waxing, bib pickup, and team informational meetings. Coaching fee is \$25.