

Iola Winter Sports Club (IWSC) Ski Team

ATHLETE EXPECTATIONS

IWSC offers a competitive cross country ski program for high school and middle school, grades 5 through 12.

The program is open to all area high school and middle school students. Athletes are not required to have skiing experience to join the ski team, but must have a desire to learn and compete on a traveling racing team.

New incoming 5th graders are not required to attend all high school and middle school practices or race at travel meets (*See below practice and race expectations).

Gaining an appreciation for skiing as a life-long sport is the aim of IWSC. Athletes will have the opportunity to enjoy the winter outdoors, sharing camaraderie with new friends and having fun skiing in an individual & team sport.

IWSC

- IWSC offers a lighted trail system, grooming and the use of the lodge for ski team events.
- IWSC provides a trained coaching staff for all levels of athletes.
- IWSC coaches coordinate registrations and racing events.
- IWSC supplies a racing uniform for high school & middle school athletes.
- IWSC coaching staff provides athletes and parents with all necessary information for ski camps, travel ski meets, organizing parent volunteer drivers, and renting/purchasing necessary ski equipment & accessories.
- IWSC offers a limited amount of skis that are available on a first come-first served basis for a nominal yearly deposit.
- IWSC coaching staff offers waxing clinics to teach athletes & parents how to wax skis and maintain equipment.
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Athlete Practice & Race Expectations

- Practices are held Monday, Tuesday and Thursday evenings from 5:15-6:45. Athletes are strongly encouraged to attend all practices, but inevitably situations arise which make it difficult to make each practice. A minimum of 2 practices per week is expected.

- Athletes are asked to arrive 10 minutes ahead of the scheduled start of practice to kick wax skis, dress & have boots on and equipment prepared.
- All communication will be done via TeamSnap. Athletes are expected to check TeamSnap for practice and race updates.
- Athletes are asked to notify a coach by TeamSnap when they know ahead of time that they will not be attending a practice or race. This will help the coaching staff plan accordingly. *(Several or all coaches will be present at practices, but may alternate based on availability)
- Athletes are expected to participate in at least five full practices after November 30th before being issued a uniform or being entered in a race (dry-land training counts as a practice).
- High school and middle school athletes will compete in both classic and skate technique races at home and travel meets.
- Athletes must compete in at least three races, and at least one of classic and one of skate technique, to be entered into the State Championship meet.
- Incoming 5th graders are expected to attend at least one practice per week and encouraged to race the three races held at IWSC.
- Athletes will be expected to wax for both skate and classic technique, maintain their own equipment and purchase basic waxes for their use.
- Practice being an ACE! Display positive Attitude; Courtesy of being on time, respecting teammates, listening to coach instruction; Effort to work hard in practice and races.
- Demonstrate a commitment to becoming a better skier.

Parent Responsibility & Expectations

- All communication will be done via TeamSnap. Parent email address should be listed under athlete's profile
- Parents will be responsible for securing both classic & skate equipment for their athlete (skis, boots, bindings, poles).
- Purchasing basic waxes for both skate & classic skis.
- Arranging transportation and sharing in the driving of their athlete to practice and travel

events (parent contact list will be made available for carpooling).

- *(IWSC coaches cannot take responsibility for supervising athlete)
- Assistance in hosting team events.
- Other volunteer tasks are appreciated such as helping to organize camps and travel meets, media, fund-raising, media, etc.

IWSC & Ski Team Activity Fees

- High school ski team activity fee is \$50 per athlete. Middle school ski team activity fee is \$35 per athlete. (IWSC pays race entry fees with athlete activity fees).
- All athletes must also join IWSC at a family rate of \$100.

Wisconsin High School Nordic Ski League (WNSL) & Central Cross Country Ski Association (CXC)

The IWSC Ski Team adheres to the rules and regulations set forth by the WNSL. This organization of all ski teams in Wisconsin runs the State Meet and qualifying races.

Central Cross Country Ski Association (CXC) is the regional governing body for cross country skiing and runs the Junior National Qualifying races. CXC offers training to youth through camps, and junior development opportunities. See www.cxcskiing.org for more information.

IWSC Coaching Staff 2016-7

IWSC coaches are long-time skiers and racers, and are all volunteers. Coaches have gained experience and training through the CXC Association and various other coaching camps and youth instruction.

For more information, please contact any of the below coaches.

Gary Weier, Head Coach (gweier@wi-net.com) 715.824.2807 cell 715.498.0196

Jake Barnes, Coach (trim@wi-net.com) 715.824.2145 cell 715.498.2582

Todd Williams, Coach (toddjen@charter.net) cell 715-630-0727

Jenny Vater, Middle School Coach (jvater@tds.net) – phone 715-445-4181

Phil Mahoney, Middle School Coach (nordicbut46@gmail.com)