



## MadNorSki Winter 2018

Coaches Jay Sween, Nick Underwood, Karmen Whitham, Brenda Baker, Carly Ziegler

Nordic Kids	Middle School	High School
Ages 5-12	U12/U14	U16, U18, U20
December 10 <sup>th</sup> -February 25 <sup>th</sup>	November 6 <sup>th</sup> - March 1 <sup>st</sup>	
Mondays 5:45 - 6:45pm Optional races on Tuesdays	Monday and Wednesday 5:30-7:00 pm	Monday, Tuesday, Wednesday, Thursday 5:30-7:00 pm
Elver Park 1250 McKenna Blvd, Madison, WI 53719		
\$160	\$260 + \$40 CXC Membership	\$400 + \$40 CXC Membership
Equipment available for rental - contact us for info		

Whether you are new to the sport or a seasoned skier, we would love to have you join us this winter to improve technique, build aerobic capacity, and foster a strong endurance base, all while having fun. We prepare our athletes for when the snow flies, whether they choose to ski for fun and recreation or to compete in races. Come and be a part of the Nordic Ski community in Madison and have fun with your peers.

**Kick Off Meeting  
with Coaches November 5<sup>th</sup>  
at Trek Middleton, 6pm**

For more information, visit [www.madnorski.org](http://www.madnorski.org) or contact Carly Ziegler at [carly@madnorski.org](mailto:carly@madnorski.org)