

FALL/WINTER PRACTICE Schedule 2017-2018

★ Online Sign-up Begins October 1st

●PRACTICE BEGINNING DATES:

BEGINS Mon Nov 6th For those who skied with Peak Nordic last year - Includes Last Season's PN MS 8th Graders

BEGINS Mon Nov 13TH For ALL SKIERS NEW to Peak Nordic (PN) High School (HS) TEAM

●HS DRYLAND PRACTICE (Before SNOW) REQUIRED: Helmut, Flasher & High Visibility Reflective Vest

3 afternoons - rollerski – Wales,Wi. area roads and bike trail 3:30-5:00pm

One Day - dryland – Lapham Peak State Park,Waukesha,Wi. 5:00-6:30pm

FRI - FUN FRIDAY - Practice time & place TBA by Captains

SAT - Captains Practice - Roller Ski - Time & Place To Be Announced by Captains

●HS ON SNOW PRACTICES (When SNOW) - Usually at Lapham Peak State Park, Delafield, WI (Late December or Early January)

3 afternoons - 4:00 - 5:30 PM Lapham Peak State Park, Delafield, WI.

One Day - Dryland 5:00-6:30 PM Lapham Peak State Park Delafield, WI.

SAT - Races as Scheduled in Calendar below

●ALTERNATE ON SNOW PRACTICE SITES HS: MINOOKA PARK, WAUKESHA, WI

NAGA-WAUKEE GOLF COURSE, DELAFIELD, WI

NASHOTAH PARK, NASHOTA, WI

Directions & Maps
on TeamSnap.com

SOUTHERN KETTLE MORAIN STATE FOREST - SCUPPERNONG TRAILS, NORDIC TRAILS, MCMILLER

Peak Nordic HS TENTATIVE Calendar 2017-2018

17 Oct Tues Informational Meeting Evergreen Shelter Lapham Peak 7PM
1 mile south of I-94 on County Hwy C Delafield WI

Date	Day	Event	Location	Time (Tentative)	Style
1-Nov	Wed	Used ski drop off	Bicycle Doctor Store Dousman	4 to 7PM	
6-Nov	Mon	1st Practice Returning Peak Nordic Skiers in Grades 9-12 - Includes Last Season's PN MS 8th Graders	Wales Bike Trail	3:30-5:00PM	
7-Nov	Tues	Ski fitting - Returning HS Skiers - Includes Last Season's PN MS 8th Graders	Bicycle Doctor Store Dousman	4PM to 7PM returning HS skiers	
8-Nov	Wed	Ski fitting - New HS Skiers	Bicycle Doctor Store Dousman	4PM to 7 PM new HS Team Members	
13-Nov	Mon	1st Practice ALL Skiers New to Peak Nordic	Wales Bike Trail	3:30 -5:00PM	
11-Nov	Sat	Ski Swap - Public Welcome!	Bicycle Doctor Store Dousman	10AM-3PM open to the public	
16 Nov	Thurs	PARENT INFO NIGHT - REQUIRED	Evergreen Shelter Lapham	5:30 PM to 6:30PM	
Nov-Dec-Jan		Practices occur most days of the week after school and Saturday Mornings. Roller ski or dry land or Snow skis.			

Peak Nordic HS TENTATIVE Schedule 2017-2018			PAGE 2 - TRAINING CAMPS & RACE SCHEDULE		
Date	Day	Event	Location	Time (Tentative)	Style
DECEMBER 2017:					
8-9-10 Dec	F,Sa,Su	Training Camp (lv after School Fri)	Manitowish, WI	Sat & Sun	Classic&Skate(Only High Schoolers)
16-Dec	Sat	Lodi Sprint Races	Lodi, WI	AM Sat	Skate & Classic Relay
16-17 Dec	Sa-Su	Houghton JNQ Races	Houghton, MI	Sat & Sun	Classic Sat / Skate Sun
28-29-30Dec	Th,F,Sa	Christmas Camp	On snow SwedeTown/Houghton, MI	Th,F,Sa	Both Classic & Skate
JANUARY 2018:					
1-Jan	Mon	ManMade Snow CELEBRATION DAY!	Lapham Peak State Park	All Day	Count & Record Your Loops
3Jan→14Feb	7 Weds	Wed.Race nights when snow	Lapham Peak St Forest, Delafield WI	6PM WarmUp	Some Classic, Some Skate
5-6-7Jan	F,Sa,Su	Rhinelande	CAVOC Ski Trails Rhinelande	Sat & Sun	Classic & Skate
13 Jan	Sat	Wausau Snekkevik	Wausau 9 Mile Forest Recreation Area	AM	Snekkevic Classic
14 Jan	Sun	Iola Invite, Iola, WI	Iola Winter Sports Club	AM	Skate
20-21Jan	Sa-Su	Cable JNQ Races	Cable, WI	Sat & Sun	Classic / Skate both
20-Jan	Sat	Lapham Loppet	Lapham Peak	Sat AM	TBA?
27 Jan	Sat	Greenbush Challenge	Greenbush WI	AM	?TBA?
27-Jan	Sat	Badger State Games	Wausau WI 9 Mile Forest	AM	Classic and/or Skate
28 Jan	Sun	Iola Norseman	Iola Winter Sports Club Iola, WI	AM	Skate & Classic
27-28-Jan	Sa-Su	Duluth JNQ Races	Duluth, MN	Sat & Sun	Classic / Skate both
FEBRUARY 2018:					
1 Feb	Thurs	Invite South Conf Meet	?WHO-WHERE? ?Hosts at Lapham Peak	after school-even	Skate
3-Feb	Sa	Madison Team Relays/Sprints	Elver Park Madison WI	TBA Time	Skate
4-Feb	Sun	Madison IndividualSprints	Elver Park Madison WI	TBA Time	Classic
7+14Feb	Weds	Wed.Race nights	Lapham Peak St Forest, Delafield WI	6 PM WarmUp	Some Classic, Some Skate
8-9-10-11Feb	Thur-Sun	HS State Championships	Telemark, WI	Prepare Friday Race Sat Race Sun	Lv after school Thurs Miss School Friday Home Sun
17-18Feb	Sa-Su	Mt Itasca	Northern MN	Sat & Sun	Skate Sat / Classic Sun
22-Feb	Thur	Junior Birkie Youth Ski Race	Hayward, WI	About 11 AM	Ages 7 to 19
23-Feb	Fri	Kortelopet 28K/Prince Haakon 15K	Hayward, WI	10:45:00 AM/1:15	Classic or Skate
24-Feb	Sa	Birkebeiner	Cable, WI	AM	Skate or Classic
28-Feb	Wed	Wed Ski League Banquet by Lapham Peak Friends	Hausmann Nature Center	evening Wed	Awards for Wed Evening Races
2-3-4Mar	F,Sa, Su	Squirrel Hill Pursuit	Minoqua Winter Park	AM	FUN FUN FUN
10-Mar	Sa	Great Bear Chase	Calumet, MI	AM Saturday	
23 Mar	Fri	Banquet Honor Athletes End of Season	Trecker Lodge at Lapham Peak	Evening Wed	Save this Date for Banquet!
Team Website is:		http://PeakNordic.Com	HS Schedule Events 2016-2017 season as of 2017-06-20AR ME hssnapshot		
ALL IS SUBJECT TO CHANGE BASED ON WEATHER, TRAINING NEEDS, ETC!! LISTEN-UP! WATCH E-MAIL!					
Check with Coaches about JNQ Races			Pink=Team Overnights	Blue=TBA	Date Not Certain