

FALL/WINTER PRACTICE Schedule 2018-2019

★ Online Sign-up Begins October 1st

●PRACTICE BEGINNING DATES:

BEGINS Mon Nov 5th For those who skied with Peak Nordic last year - Includes Last Season's PN MS 8th Graders

BEGINS Mon Nov 12TH 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

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

Directions & Maps
on TeamSnap.com

Peak Nordic HS TENTATIVE Calendar 2018-2019



Date	Day	Event	Location	Time (Tentative)	Style
31-Oct	Wed	Used ski drop off	Bicycle Doctor Store Dousman	4 to 7PM	
5-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	
6-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	
7-Nov	Wed	Ski fitting - New HS Skiers	Bicycle Doctor Store Dousman	4PM to 7 PM new HS Team Members	
12-Nov	Mon	1st Practice ALL Skiers New to Peak Nordic	Wales Bike Trail	3:30 -5:00PM	
10-Nov	Sat	Ski Swap - Public Welcome!	Bicycle Doctor Store Dousman	10AM-3PM open to the public	
15-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.			

ALL IS SUBJECT TO CHANGE BASED ON WEATHER, TRAINING NEEDS, ETC!! LISTEN-UP! WATCH E-MAIL!

Peak Nordic HS TENTATIVE Schedule 2018-2019			PAGE 2 - TRAINING CAMPS & RACE SCHEDULE		
Date	Day	Event	Location	Time (Tentative)	Style
DECEMBER 2018:					
7-8-9 Dec	F,Sa,Su	Training Camp (lv after School Fri)	Manitowish, WI	Sat & Sun	Classic&Skate(Only High Schoolers)
15-Dec	Sat	Lodi Sprint Races	Lodi, WI	AM Sat	Skate & Classic Relay
15-16 Dec	Sa-Su	Houghton Junior Cup JNQ Races	Houghton, MI	Sat & Sun	Classic / Skate both
22-23 Dec	Sa-Su	Madison Junior Cup JNQ	Elver Park Madison WI	Sat & Sun	Ski Cross & Sprint
27-28-29Dec	Th,F,Sa	Christmas Camp	On snow SwedeTown/Houghton, MI	Th,F,Sa	Both Classic & Skate
JANUARY 2019:					
1-Jan	Tues	ManMade Snow CELEBRATION DAY!	Lapham Peak State Park	All Day	Count & Record Your Loops
2Jan→13Feb	7 Weds	Wed.Race nights when snow	Lapham Peak St Forest, Delafield WI	6PM WarmUp	Some Classic, Some Skate
4-5-6Jan	F,Sa,Su	Rhineland	CAVOC Ski Trails Rhineland	Sat & Sun	Classic & Skate
12 Jan	Sat	Wausau Snekkevik	Wausau 9 Mile Forest Recreation Area	AM	Snekkevic Classic
13 Jan	Sun	Iola Invite, Iola, WI	Iola Winter Sports Club	AM	Skate
19-20Jan	Sa-Su	Cable JNQ Races	Cable, WI	Sat & Sun	Classic / Skate both
19-Jan	Sat	Lapham Loppet	Lapham Peak	Sat AM	TBA?
19-Jan	Sat	Hinder Binder	Rib Lake, WI	Sat AM	Skate
26 Jan	Sat	Greenbush Challenge	Greenbush WI	AM	?TBA?
26-Jan	Sat	Badger State Games	Wausau WI 9 Mile Forest	AM	Classic and/or Skate
26-Jan	Sat	Invite South Conf Meet	Lapham Peak by Peak Nordic	AM	Skate
27 Jan	Sun	Iola Norseman	Iola Winter Sports Club Iola, WI	AM	Skate & Classic
31 Jan	Thurs	Invite South Conf Meet	Lapham Peak by Peak Nordic	after school-even	Skate
FEBRUARY 2019:					
2-Feb	Sa	Madison Team Relays/Sprints	Elver Park Madison WI	TBA Time	Skate
3-Feb	Sun	Madison IndividualSprints	Elver Park Madison WI	TBA Time	Classic
6+13Feb	Weds	Wed.Race nights	Lapham Peak St Forest, Delafield WI	6 PM WarmUp	Some Classic, Some Skate
7-8-9-10Feb	Thur-Sun	HS State Championships	Telemark, WI	Prepare Friday Race Sat Race Sun	Lv after school Thurs Miss School Friday Home Sun
16-17Feb	Sa-Su	JNQ Junior Cup JNQ Races	Wirth Park Minneapolis MN	Sat & Sun	Classic / Skate both
16or17 Feb	Sat or Sun	Greenbush Challenge	Greenbush WI	AM	?TBA?
21-Feb	Thur	Junior Birkie Youth Ski Race	Hayward, WI	About 11 AM	Ages 7 to 19
22-Feb	Fri	Kortelopet 28K/Prince Haakon 15K	Hayward, WI	10:45 AM/1:15 PM	Classic or Skate
23-Feb	Sa	Birkebeiner	Cable, WI	AM	Skate or Classic
27-Feb	Wed	Wed Ski League Banquet by Lapham Peak Friends	Hausmann Nature Center	evening Wed	Awards for Wed Evening Races
1-2-3Mar	F,Sa, Su	Squirrel Hill Pursuit	Minoqua Winter Park	AM	FUN FUN FUN
9-Mar	Sa	Great Bear Chase	Calumet, MI	AM Saturday	
22 Mar	Fri	Banquet Honor Athletes End of Season	Trecker Lodge at Lapham Peak	Evening Fri	Save this Date for Banquet!
Team Website is:		http://PeakNordic.Com	HS Schedule Events 2018-2019 season as of 2018-05-05AR ME hssnapshot		

Check with Coaches about JUNIOR CUP RACES

Pink=Team Overnights

Blue=TBA Date Not Certain

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