



WISCONSIN NORDIC SKI LEAGUE

On the Glide Newsletter

Issue #3

November 15, 2024

*The **On the Glide Newsletter**, will be an official WNSL newsletter. It will be published monthly, to provide information and updates to teams and clubs, to promote growth of Wisconsin skiing, to promote our schedule of events and sponsors, and to provide updated information.*

Greeting WNSL Coaches, Families, and Nordic Fans,

The **WNSL webpage** is an excellent tool for promoting the league, as well as your individual teams and clubs. **Please look it over closely, and update your specific team page** with rosters, pictures, coach contact information, and event schedules.

- Charlie Keller: charlie.keller@gmail.com // Bruce Manske: brucemanske20112@gmail.com

The **WNSL calendar link is awesome:** <https://www.wisconsinxcski.org/>

- December 2024 is packed full of great events – review the calendar; if your event needs a registration link or **waiver link** added, let us know ASAP. Most clubs / venues are including their **waivers** on their website and invitation emails.
- The State Championship links are **slowly** being updated
- **The Salomon Youth Cup / JNQ schedules** for Midwest & Great Lakes are set: <https://cxcskiing.org/pages/events/cxc-junior-cup.html>
- Consider adding your Club Ski Swaps to the Calendar
- Spring Meeting: April 6, 2025 – details coming soon.

TWO Awesome Athletic Scholarship Opportunities

- **Kortie Scholarships via the Wisconsin Nordic Network (WINN)**
 - The Kortie is not a WNSL race, but rather a post-season event that is **important** to Wisconsin skiers and supported by WNSL and ABSF.
 - If you or others would like to donate and increase the number of skiers we can offer scholarships, you can go to [our website](#) and **make a donation**.
- **Foundation for the Endowment of the American Birkenbeiner**
 - Schwartz Miller Scholarship Fund
 - The Schwartz Miller Endowment will offer scholarships to high school seniors who are members of a ski team but for whom the entry fee is a challenge.
 - <https://endowment.birkie.com/birkie-legacy-funds/schwartz-miller-scholarship/>



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50/50 Sponsorship for the State Championships

- The WNSL 50/50 Sponsorship Program is **a great way for teams to take ownership** of the State Championship Events and to raise some money for their individual team too.
- **PROCESS:** Individual clubs secure sponsorship monies, which are split 50/50 between WNSL and the fundraising club. Sponsors or clubs send the money to the WNSL treasure, who will pass along a check for ½ of the total amount to the fundraising club.
- **Last year**, Iola (Schwab) and Peak Nordic (Lapham Peak) were two awesome examples!
- **This year**, we will add 50/50 Sponsor logos and hyperlinks to the WNSL website and within the *On the Glide* newsletter, along with additional exposure at both venues.
- **The top 2024-25 WNSL 50/50 Sponsorship team will receive Toko gifts for your team.**

Coaches Corner

- Videos by Andy Newell
 - Improve Uphill Stride: <https://youtu.be/S1sMypakXDs>
 - Bounding: <https://youtu.be/1ewThzG3kOc>
 - V1 Timing: <https://youtu.be/tTFe8iZEkrk>

2025 STATE CHAMPIONSHIPS Volunteer **Signup is now Open**

- **Please share with your Nordic Friends and Families**
- **SPRINT WEEKEND:** February 1-2, 2025 / Ariens Nordic Center / Brillion, WI
https://docs.google.com/spreadsheets/d/1HBvXjCrLyLtJ0C_lfVnsRmqkfmU5rrD8oLmN8foYQeU/edit?gid=0#gid=0
- **DISTANCE WEEKEND:** February 8-9, 2025 / Birkie Trailhead / Cable, WI
<https://docs.google.com/spreadsheets/d/1h7AhRDSEqGd6CONwvmcmb7SXqPQBNTqd949leV0r3Lk/edit?gid=0#gid=0>

2025 Friends of the Wisconsin Nordic Ski League

- **Donations link is now Live:** <https://www.wisconsinxcski.org/support/>
- **Please share with your Nordic friends, families, and alumni athletes & coaches**



2025 WNSL Official Apparel: Northwest Design



WISCONSIN NORDIC SKI LEAGUE

USSS Membership / Level 100 Certification

Basic Membership Requirements:

Step 1 – Register for your U.S. Ski & Snowboard COACH Membership -
<https://usskiandsnowboard.org/membership>

Step 2 – Sign in on the SEA using your current U.S. Ski & Snowboard membership username and password – : <https://academy.usskiandsnowboard.org/>

Step 3 – Register for the Sport Education Academy at the required GOLD subscription tier for \$80.00. Once you are enrolled in the Sport Education Academy Complete all of the [Safety Requirements](#) - Mandatory

- Avalanche Awareness (which is a short course with updated content from the Introduction to Avalanche Course you may have taken previously)
- First Aid & CPR – confirm annually (you do not need to retake these courses if you have current certifications, you just need to confirm you have current certifications by entering in date of completion, organization, expiration date, and acknowledge that what you entered is true. Should take 5 mins or less if you have current certs. Recommended online training below if you do not have current certs.
 - [American Red Cross](#)
 - [National CPR Foundation](#)
 - [American Heart Association](#)
- Concussion Training – confirm annually - same process as first aid and cpr. Recommended online training below if you do not have current certs.
 - [HEADS UP Concussion Training](#)
 - [NFHS Concussion in Sports](#)

LEVEL 100 CERTIFICATION:

- Complete the 3 required Coaching Fundamentals Modules – Roles and Responsibilities, Ethics and Philosophy, Training Environment
- Enroll in the level 100 certification course: [Coach Certification](#)>[Sport Specific Certifications](#)>[Cross Country](#)> Choose Level 100 > Hit ENROLL
- Complete the level 100 online coursework: Level 100 Modules and Review the clinic assessment process documents.
- Book the in-person assessment: 2024-25 Cross Country L100 – Book the date of your choosing, answer all registration questions. The in-person assessment is an additional \$50.00 booking fee.
- Complete post assessment survey.
- USSS L100 Assessments schedule:
 - Saturday, November 30, 2024 – Turkey Birkie, Cable, WI
 - Friday, December 13, 2024 – SuperTour, Cable, WI
 - Sunday, April 6, 2025 – WNSL Spring Meeting



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Check out Borah Teamwear for your club apparel and uniforms

<https://borahteamwear.com/>

“Borah Teamwear is the sponsor of the 2025 WNSL Champions Award Bibs”



2024 Wisconsin State DISTANCE Championship



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2023 Wisconsin State PURSUIT Championship

WNSL Board - through October 2025

- Dale Fanney - Secretary
- Tamara Bryant - Treasure
- Ben Popp - President
- Andrew Johnson - Vice President
- Bruce Manske - League Administrator

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What is Bruce working on this month?

- Seeking & updating league sponsor
- Promoting the Friends of WNSL membership
- Setting up the Organizing Committees for the both State Championships
- Setting up social media accounts: FaceBook & InstaGram
- MileSplit forms for the State Meet registration coming soon
- Updating the Guest Class and forming a committee to review the guest class format.
- Promoting WINN
- Joined Midwest coaching staff going to Canmore in March

Please send me ideas / topics and questions that interest you for future newsletters. The newsletter is simply a supplement to the WNSL website – which is our primary mode of communication. The ***On the Glide*** newsletter will be published in a PDF format, making it easy to forward to families and friends.

Happy Training,

Bruce

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TOKO

www.tokous.com

Rex

<https://www.rexwax-usa.com/>



SHOP: New Moon Bike & Ski

<https://www.newmoonski.com/>