

Bay Nordic Rollerski Camp for High Schoolers & Middle Schoolers

August 8-10, 2025

Skier ages 10 to 18 years

[Bay Nordic - Camp Stonewall - Google Maps](#)

Bay Nordic is excited to again host a weekend camp that brings high school and middle school athletes together, as we all strive to grow on many levels in the great sport of cross-country skiing.

This will be a fun camp weekend of rollerskiing, technique work, running, swimming, playing games, campfires, and just getting a little off-season time to make friendships with other skiers from across the state! And remember, GREAT SKIERS ARE MADE IN THE SUMMER!!!

We welcome skiers and coaches from the Central Wisconsin Conference to make this a collaborative and fun way to connect area athletes and coaches who share the love of skiing. Guests from other teams need to have one coach/chaperone for every 5 skiers registered from that team. Note athletes should have some prior experience of rollerskiing.

Campers and families will be responsible for managing their own camping equipment; however, we do have an extra tent or two if you need one. Meals will be coordinated by Bay Nordic. Snacks will be provided; however, athletes may want to bring their favorite snacks or recovery food/drinks. While the Camp Stonewall household will be able to accommodate some showering, the Legion Pool has showers for Saturday. Outdoor porta potties & hand wash station will also be provided.

Requirements

Campers must have nordic skiing experience and access to skate rollerski equipment. Bay Nordic has some rollerskis available to borrow--Talk to Kory. Bring classic rollerski equipment if you have it, although not required.

Cost

Early Bird Registration (by June 15, 2025)

Camp Athletes: \$65 per skier

Parent Chaperone Meal Plan: \$30

Late Registration (after June 15, 2025)

Camp Athletes: \$80 per skier

Parent Chaperone Meal Plan: \$40

Registration will close on July 11th, or when camp fills.

REGISTRATION LINK

All skiers will need to have an [Ariens Nordic Center Annual or Daily Pass](#), which is recommended to be purchased at the time of camp registration to ensure RFID cards are prepared prior to our arrival.

Questions? Email camp director.

Camp Director: Kory Derenne, klderenne@uwalumni.com, 920.530.9870

Head Coaches: Collaboration of Coaches

Camp Schedule (subject to change)

Friday

- 3:30-4:30 pm Check-in and set up
- 4:45 pm Classic Technique / Distance
- 7:00 pm Group dinner
- 8:00 pm Intro, Expectations, Games, & Campfire
- 9:30 pm Quiet Time (10:00 Lights Out)

Saturday

- 7:30 am Morning Movement
- 8:00-8:35 Breakfast
- 8:35-9:00 Transport to Ariens
- 9:15-10:00 Time Trial (Skate)
- 10:00-10:15 Snack Break
- 10:15-11:00 Technique (V1, V2, V2A)
- 11:00-11:50 Skate Distance
- 12:00-12:30 Transport from Ariens
- 12:30-1:15 Group Lunch
- 1:55 pm Transport to Altmayer
- 2:00-3:00 Agility
- 3:00-3:45 Rollerski (3.5 - 5 mi) Fox River Trail back to Base Camp
- 3:45-4:15 Ice Cream Social
- 4:15-5:30 Rest and/or Games
- 5:30 pm Dinner
- 6:40 pm Transport to Legion Swimming Pool
- 7:00-8:00 Swimming (Pool w/ Diving Boards & Inflatables)
- 8:00 pm Transport to Base Camp
- 8:15 pm Games & Campfire
- 9:30 pm Quiet Time (10:00 Lights Out)

Sunday

- 7:30 am Morning Movement
- 8:00 am Breakfast
- 8:45 am Over Distance Ski
- 12:00-1:00 Group Lunch
- 1:00-2:00 Final group game
- 2:00-2:30 Pack up & camp goodbyes

Additional Information for Transportation Purposes

Camp Stonewall (Base Camp)

3943 Stonewall Drive, De Pere, WI 54115

Ariens Nordic Center (26 min drive)

1111 Round Lake Rd, Potter, WI 54110

Agility - Susie C Altmayer Elementary

3001 Ryan Rd, De Pere, WI 54115

Swimming – Legion Swimming Pool (10 min drive)

1212 Charles St, De Pere, WI 54115

Over Distance Ski - Out-and-Back on Fox River scenic Cty ZZ with Recreational Shoulder

Start: Base Camp

Turnback: Mueller Park, 660 Washington St, Wrightstown, WI 54180

- Hydration/refueling station location

Distance Options:

10 mi (if start at ZZ / Old Military Intersection, newer athletes)

15 mi (start at Base Camp, middle schoolers)

25 mi (start at Base Camp, high schoolers)

Weekend Meal Plan

Friday Dinner—Spaghetti & garlic bread with campfire s'mores later

Saturday Breakfast—Bagels & donuts, fruit, oatmeal, granola, yogurt

Saturday Lunch—Brats, hot dogs, burgers, baked beans, salads, chips, and veggies

Saturday Dinner—Taco Bar with campfire s'mores later

Sunday Breakfast—Bagels & donuts, fruit, oatmeal, granola, yogurt

Sunday Lunch—Sandwiches, salads, chips, and veggies

Gear List

Skate rollerskis & boots, poles, hi-vis shirt, helmet, water bottle/water belt

Classic rollerskis & boots (bring them if you have either of them)

Swimsuit, hat, and sunglasses

Tent, sleeping bag, and pillow

Hammocks (if you have them)

Camp Chair

Sunscreen and bug spray

2023 – Camp Stonewall Photo (Participants - ANST, Bay Nordic, Iola, NKMN, Peak, Wausau)



2024 – Ariens Photo (Participants - Bay Nordic, Hayward, Iola, Peak, Spooner, Wausau)

