



2021/2022

Winter Program Guide

CRESTED BUTTE
NORDIC
TEAM

Mission Statement:

WE TEACH KIDS TO LOVE SKIING AND THE WINTER OUTDOORS. OUR MOTIVATED COACHES CREATE A SAFE ENVIRONMENT TO CULTIVATE TEAMWORK AND TO INSPIRE AND TEACH ATHLETES TO BE THE BEST PEOPLE AND SKIERS THEY CAN BE.

Offering
on-snow after
school programs in
Gunnison and Crested
Butte for athletes
ages five to
18.



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Crested Butte Programming

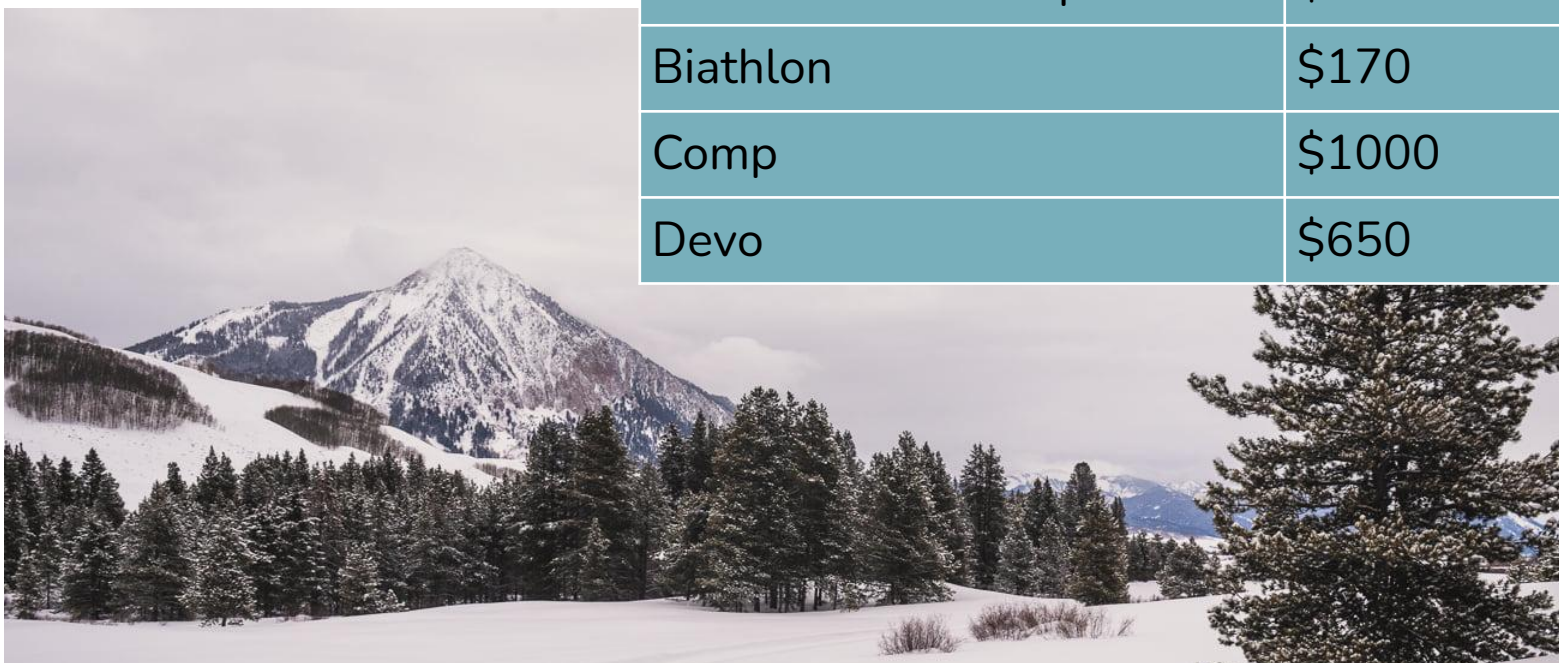
Program	Monday	Tuesday	Wednesday	Thursday	Friday
Mini Striders Dec 1			Ages 3+ 11:00 - 12:00		
Striders Jan 3	U6+ 4:00 - 5:00				
Gliders Jan 4		U8+ 4:00 - 5:00	U8+ 2:30 - 3:30		
Explorers Nov 29	Session 1 U10+ 4:00 - 5:30	Session 2 U10+ 4:00 - 5:30	Session 1 U10+ 2:30 - 4:00	Session 2 U10+ 4:00 - 5:30	
High School Explorers Nov 29	High School+ 4:00 - 5:30				High School+ 4:00 - 5:30
Challengers Dec 6	Session 1 U10+ 4:00 - 5:30	Session 2 U10+ 4:00 - 5:30	Session 1 U10+ 2:30 - 4:00	Session 2 U10+ 4:00 - 5:30	
Challengers Race Prep Dec 7		U10+ 4:00 - 5:30		U10+ 4:00 - 5:30	
Biathlon Dec 8			Ages 12+ 2:30 - 4:00		
Comp/Devo Nov 2		U14+ 4:00 - 5:30	U14+ 2:15 - 4:15	U14+ 4:00 - 5:30	U16+ 4:00 - 5:30

Gunnison Programming

Program	Monday	Tuesday	Wednesday	Thursday	Friday
Challengers Dec 7		Ages 7+ 4:00 - 5:30		Ages 7+ 4:00 - 5:30	
Challengers Race Prep Dec 6	Ages 9+ 4:00 - 5:30		Ages 9+ 4:00 - 5:30		

PROGRAM COSTS

Striders	\$300
Gliders	\$505
Mini Striders	\$300
Explorers	\$570
High School Explorers	\$570
Challengers/Race Prep	\$525
Gunnison Challengers	\$525
Gunnison Race Prep	\$525
Biathlon	\$170
Comp	\$1000
Devo	\$650



Age Group Guide

Birth Year	Age Group
2002 - 2003 (18 - 19)	U20
2004 - 2005 (16 - 17)	U18
2006 - 2007 (14 - 15)	U16
2008 - 2009 (12 - 13)	U14
2010 - 2011 (10 - 11)	U12
2012 - 2013 (8 - 9)	U10
2014 - 2015 (6 - 7)	U8
2016 - 2017 (4 - 5)	U6



GUNNISON PROGRAMS

Gunnison Challengers

Ages 8 – 15

December 7 – March 10

Tues/Thurs 4:00 pm – 5:30 pm

\$525

The Challengers Program is for athletes who have had some experience on skis and are looking to improve their technique and fitness, and who may also want to give racing a try while always having fun. Appropriate challenges, games and exciting relays will be the vehicles through which these athletes develop skills and improve their physical fitness. If the comp team seems a little too much at this point, this is the right program for you. Athletes will have multiple opportunities to try racing in a fun environment here in the Gunnison Valley.

Gunnison Race Prep

Ages 8 – 11

December 6 – March 9

Mon/Weds 4:00 pm – 5:30 pm

\$525

This program is specifically designed for young athletes who are interested in skiing fast. Athletes new to the sport or new to racing are encouraged to sign up for this program where the focus is on age appropriate development with a competitive focus. Structured technique sessions, introductions to fitness and strength training, the building of knowledge around race formats, waxing and gear, as well as the opportunity to race locally or state wide are all aspects of this program. Athletes should be self motivated and excited to pursue some racing.

TRAVEL TEAMS

Comp Team

Ages 14 – 18

November 2 – March 18

T, Th, F – 4 pm – 5:30 pm, W – 2:30 PM – 4:30 pm and most Sat & Sun

\$1000

The Competition team is for self-motivated athletes who are looking to improve their technique, fitness and race mindset to become better racers and better overall athletes. These students will receive individualized coaching and training plans, some one-on-one coaching, and, race support and waxing at all races. Video analysis, focused technique development, mental training and strength conditioning are part of this program as well as on snow training. Traveling to races is not required and does cost extra but is highly encouraged! Practices will involve interval training, drills and distance skiing but throughout the season we always find room for powder runs and a few games of speedball!

Devo Team

Ages 11 – 14

November 2 – March 18

Tues, Thurs – 4:00 pm – 5:30 pm and Weds – 2:30 pm – 4:30 pm

\$650

The Devo Team is the stepping stone to the Comp Team. The Devo program is for athletes ages 11 to 14 who are self-motivated, and excited to start traveling and racing regionally. This program focuses on technique, tactics, and fitness to help athletes become better racers and better overall athletes. These students will receive individualized coaching to help them meet their individual goals through appropriate levels of challenge. Practices will involve games based skill building, drills, agility, powder runs and some distance and interval training. Traveling to races is not required and does cost extra but we highly encourage it!

CRESTED BUTTE PROGRAMS

Challengers

Ages 8 – 15

December 6 – March 10

Session 1 – Mon 4:00 pm – 5:30pm/Wed 2:30 pm – 4:00 pm

Session 2 – Tues/Thurs 4:00 pm – 5:30 pm

\$525

The Challengers Program is for athletes who have had some experience on skis and are looking to improve their technique and fitness, and who may also want to give racing a try while always having fun. Appropriate challenges, games and exciting relays will be the vehicles through which these athletes develop skills and improve their physical fitness. If the comp team seems a little too much at this point, this is the right program for you. Athletes will have multiple opportunities to try racing in a fun environment here in the Gunnison Valley.

Challengers Race Prep

Ages 8 – 11

December 7 – March 10

Tues/Thurs 4:00 pm – 5:30 pm

\$525

This program is specifically designed for young athletes who are interested in skiing fast. Athletes new to the sport or new to racing are encouraged to sign up for this program where the focus is on age appropriate development with a competitive focus. Structured technique sessions, introductions to fitness and strength training, the building of knowledge around race formats, waxing and gear, as well as the opportunity to race locally or state wide are all aspects of this program. Athletes should be self motivated and excited to pursue some racing.

CRESTED BUTTE PROGRAMS

Explorers

Ages 8 – 15

November 29 – March 10

Session 1 – Mon 4:00 pm – 5:30pm/Wed 2:30 pm – 4:00 pm

Session 2 – Tues/Thurs 4:00 pm – 5:30 pm

\$570

The Explorers Program is for athletes interested in an encompassing winter sports program where uphill skiing, winter fort building, backcountry touring, avalanche awareness and other winter survival skills are all explored. Nordic Skiing is a part of the program with much less emphasis on technique and "training" and more on exploring different aerobic winter activities. This athlete should be comfortable on all types of skis.

High School Explorers

Sophomores – Seniors

November 29 – March 11

Mon/Fri – 4:00 pm – 5:30 pm

\$570

The High School Explorers Program targets an older group of athletes to create a more cohesive team environment. Much like the Explorers program, the group will explore uphill skiing, winter fort building, backcountry touring, avalanche awareness and other winter survival skills at a more advanced level. These athletes should have a high comfort level on all types of skis and may want access to a backcountry/AT set up. However, the Nordic Center will provide nordic touring gear for most occasions.

CRESTED BUTTE PROGRAMS

Striders

Ages 5-7

January 6 – March 9

Mondays, 4:00 PM – 5:15 PM

\$300

The Striders program is for our youngest athletes who may have no experience on Nordic Skis. Using game-based group instruction with a focus on fun these young athletes will develop basic skills so that they become comfortable and confident on Nordic Skis. These athletes will have the opportunity to race locally in a fun and casual environment and they will have a chance to ski with the older athletes for inspiration and motivation!

Gliders

Ages 6-8

January 6 – March 11

Mondays and Wednesdays, 4:00 PM – 5:15 PM

\$505

The Gliders program is for young athletes with some Nordic experience. Using game-based group instruction these athletes will begin learning the very basics of Nordic technique and athletic body position while having tons of fun on (and in) the snow. These energetic athletes will have the opportunity to race locally in a fun and casual environment. They will also have a chance to ski with the older athletes for inspiration and motivation!

CRESTED BUTTE PROGRAMS

Biathlon

Middle School and High School Students

December 8 – March 9

Wednesdays, 2:30 PM – 4:00 PM

\$170

This is an optional program for anyone already signed up for Session 2 of Challengers or Explorers. We highly encourage athletes to compliment Biathlon with another ski specific program to round out all their on snow skills. These athletes will learn the sport of biathlon racing through shooting technique, stadium etiquette, relays and other drills that simulate real biathlon. This program does include some skiing instruction, it is NOT just shooting. These athletes will have the opportunity to race biathlon as well.

Mini Striders

Ages 3–5

Dec 1 – Mar 9

Wednesdays 11:00 am – 12:00 pm

\$300

Mini Striders is our preschool aged program aimed at introducing our youngest athletes to the joys of cross country skiing. Our coaching staff designs fun obstacles courses and challenges that inadvertently teach the kids basic skills like starting, stopping, falling down, getting back up and running on skis.

Racing Opportunities & Events Schedule

U14 Race Series

A local race series aimed at introducing 13 year olds and younger to the atmosphere and effort of racing. With a fun, casual environment, we invite any and all athletes to put on a bib and put their skills and fitness to the test. Afterward we celebrate with awards and treats for everyone.

Citizens Series Races

Another local race series for all ages with appropriate race distances for the younger athletes. The citizens series races offers the energy of a regional race and the fun of a community event. Seasonal participate prizes are awarded at the end of the season.

U14 Championships

If you want to pick one race to travel to, this is it. For 13 and younger, this race weekend offers two different race formats, and is focused on FUN! We have had many athletes get hooked on the sport after racing at this event.

Junior National Qualifiers

These races occur four times a year in different towns in Colorado. They are our premier junior race series qualifying U16s and up to race at Junior Nationals. Races for all ages are held at these events and any athlete is welcome.

November

2 - Comp/Devo Start
20 - 28 - West Yellowstone Camp
28 - CSR #1
29 - Explorers Session 1/HS Explorers Start
30 - Explorers Session 2 Start

December

1 - Mini Striders Start
6 - Challengers Session 1/Gunnison Race Prep Start
7 - Challengers Session 2/Gunnison Challengers Start
8 - Biathlon Start
12 - CSR #2
18 - 19 - JNQ #1
18 - Jan 2 - Winter Break

January

3 - Striders Start
4 - Gliders Start
15 - U14 Race #1/CSR #3
16 - U14 Rac #2/CSR #4
22 - 23 - JNQ #2
30 - CSR #5

February

5 - Alley Loop
5 - 6 - JNQ #3
10 - CSR #6
18 - 19 - JNQ #4
20 - CSR #7
22 - CSR #8

March

6 - CSR #9
9 - CSR #10
27 - End of Year COmmunity Celebration

Citizens Series Race - CSR
Junior National Qualifier - JNQ

Program Policies



The Crested Butte Nordic Team is a [US Ski and Snowboard](#) (USSA) sanctioned club. For that reason we require all our coaches to be licensed by USSA, consequently going through a background check, [SafeSport](#) training and [Fast Start Coaching Course](#).



The Crested Butte Nordic Team will follow all COVID - 19 rules and regulations that the [Gunnison Watershed School District](#) puts in place. Where exemptions exist, county permission will be granted. The Nordic Center will be open to athletes and parents/guardians in a limited capacity this year. Plan to spend most of practice time outside, similar to last season. Group travel in vans will be limited.



The Crested Butte Nordic Team will follow the Standard Operating Procedures (SOP) of Crested Butte Nordic. Our current SOP is being revised and once it is updated, it will be published on our [website](#).