

Wausau Nordic Ski Club

FEBURAR 2010



Greg Kresse's Musings Post Race 2/14

It is early Sunday morning, the landscape is white and the sun has not yet risen. I feel like it has been days since I sat down. Our Nordic Nation in Wausau, WI just completed its first WI State High School and Middle School Race in 15 years. I'm a transplant from Milwaukee, but have been a race director or otherwise active in ski races since I've arrived, but yesterday was like no other venue for me.

Perfect and I mean PERFECT blue skies and winter temps and of course easy wax conditions!!! Great tracks and firm skating lanes. The athletes, coaches, parents, and most important volunteers were ready for "the games to begin".

But race reflection is not about results, the athletes, or maybe even skiing. It is about humility and gratitude. The timing gets stuck, results are at issue, delays occur, and emotions rise.

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WI HS/MS NORDIC SKI CHAMPIONSHIPS

State Championships for High School and Middle School X-Country Skiers took on our home turf at 9 Mile on February 13th. There were 16 girls' teams and 15 boys' teams competing as well as a total of 125 middle school athletes from various teams, schools, and clubs. The trails were in excellent condition for the races. Temps were perfect for classic in the AM at around 15 degrees and great for skate at 25 degrees in the afternoon with very sunny skies all day. The stadium was beautiful with the red picket fences and feather flags – a site to behold. Wausau was represented by 5 teams: Wausau East Girls, Wausau West Girls, Wausau East/West Boys Combined, and Wausau Newman/Marawood Girls and Boys.

State Champions this year were Matt Nichols, a junior from Wausau West and Deedra Irwin from Ashwaubenon.

The East/West Boys had 4 podium athletes in the Pursuit - Matt Nichols (1st), Adam Martin (3rd), Chris Nichols (7th), and Mark Hugus (8th), they also secured the Team State Championship. The Wausau West Girls were 4th out of 16 Teams and had one Pursuit podium athlete – Ashlee Marshall (5th). Wausau East girls' team was 7th, Newman/Marawood boys' team was 7th, and Newman/Marawood girls' team was 13th. Top finishers for Newman/Marawood in the Pursuit were Steve Wenzel (21st) and Paul Dau (24th).

Wausau Night Gliders (middle school division) had 17 athletes compete (10 girls/7 boys). Anna Paulson was the top NG finisher in the classic race with a 10th place finish. The boys had a 9th (Steven Studinski), a 10th (Mark Wenzel), and an 11th (Andrew Studinski) in the classic race. Best finishes in the skate were a 13th by Mark Wenzel and a 15th by Kelsi Anderson. (Middle School does not use a Pursuit format). Complete Results can be found at www.performancetiming.com

Congratulations to all our high school and middle school athletes!!

WANTED: New Board Member

Please contact an existing board member if interested.

2009-2010 Board Members

	HOME	WORK
Jeanne Alexejun (Media) jallexejun@charter.net	359-7578	848-2020
Scott Anderson cottinwisco@yahoo.com	845-5121	
Mary Calmes momcalmes@yahoo.com	536-7613	
Perry Dau (Editor and Webmaster) perry@RevelSports.com	355-7529	297-7477
Rachel Kresse Interim President gkresse@dwave.net	355-0821	
Dan Leider(Treasurer) dleider7@gmail.com	446-2942	842-2121
Barb Maguire dbmag@verizon.net	675-4817	
Anne/Mike Marshall anneski2@gmail.com	845-0109	
Tom Wald tomwaldmd@gmail.com	571-5102	

Newsletter and Communications
Perry Dau (Newsletter Editor and Web Master) 355-7529
Perry@RevelSports.com
Rachel Kresse (Newsletter Assistant)
Jeanne Alexejun (Media) 359-7578

Website Contact
 Perry Dau Perry@RevelSports.com
 The website name is
www.WausauNordic.com
 CHECK IT OUT! It is updated often.
 Please submit updates, suggestions, and trail reports



Teague,
 the 3 yr
 old at our
 JO race
 and our
 future
 Nordic
 star.

Ski Programs at 9 Mile

Again this year, the Wausau Nordic Ski Club sponsored the Snow Striders program. Approximately 70 kids participated in this program, that was offered over a five week period. This year we had kids ages 3 through 10 participating, and we were able to offer both instruction of both classic and skate techniques. The focus this year was on the use of ski games (tag, sharks and minnows, scooters, obstacle courses, etc) to develop balance and agility on skis. Angel and I were very pleased with the level of energy and participation from the kids in this program. We would like to thank all volunteer coaches, parents, and the staff at the Nine Mile Chalet for there assistance this season. It is always nice to end a program, with both the kids and parents asking for more. ~ Scott Anderson Coordinator

(Continued from page 1)

The young athletes stay smiley and upbeat – but us older ones start losing our excitement. Anxieties set-in and some start losing their grip (and I’m not talking wax). In the end it is still a precious and beautiful day with champions and first time competitors sharing podiums and hugs. What a sight to be seen outside in God’s country.

Hopefully, not lost in these musings, is the theme of humility and gratitude. Two words often lost on an otherwise perfect day that is struck by reality. Thank you to whomever you believe governs in helping me remember my place and our Nordic Nations place in this Universe.

Night Gliders

We have had a great Night Glider season (5th-8th grade skiers). We had 31 participants this year, of which 4 were what we are calling our Junior Night Gliders. These were 8 year olds who had good ski technique and were ready to challenge themselves. Three were siblings of Night Gliders so we said – Let’s try it since big brothers were already on the team! They have done an excellent job improving their technique and stamina and just having fun. We have been skiing since December and only missed a couple of practices due to the weather. This is one tough group of skiers as they have the longest program season of any of the groups! We will continue until the snow goes away as spring is a great time to learn balance skills and be playful in the light and warm temps. They say skiers are born in spring and summer as we build toward the next year. We want to thank all the volunteer coaches and coach dads who are instrumental in managing this large of a group. We were fortunate to have two young women coaches this year that the girls on the team really enjoy- Coach Ellie Eckert (senior at East) and Coach Megan Marshall (freshman at UWMC). Other coaches who so generously give of their time and talents were Coach Sween, Coach Cavanaugh, Coaches Sue and Mark Parman and many “dad” helper/coaches. They are a fun group and never come to practice without their enthusiasm! This year we had 7 middle school boys and 11 girls participate at the State Meet on home ground. This is the most participation ever and we are proud of everyone who gave it their best. We will be losing 15 of them as they move on to high school next year– so we need help recruiting some more 10 & 11 year olds!! Thanks again to all the parents who support the program by getting the kids there and we look forward to working with you again next year!

Bulletin Board

Thank You to all the Badger State Games Concession Volunteers. I heard you were busy every minute feeding all the athletes. This is a major fund raiser for the club and we appreciate all your hard work. We are waiting to hear what happens for next year.

The March 8th Awards meeting will count as our club’s annual report meeting. Financial status of the club will be shared with members.

WINN Scholarships to ski the Korteloppet at the Birkie this year went to: Mark Wenzel from Night Gliders, Steve Wenzel and Charlotte Keleske from Newman/Marawood, and Stephanie Sippl from Wausau West

A Simple "Thank You" Goes Far

A Simple "Thank You" Goes Far (reprinted from Ski Post)

By: Justin Easter
Editor - SkiPost
Head Coach - Summit Nordic Ski Club, CO

It sometimes amazes me how far a simple "thank you" goes.

I haven't been coaching ski racers for too long, but in the last two years I have learned a tremendous amount about sport, sportsmanship, eloquence, success, and failure. I think many of the lessons I've learned are lessons that I am only now starting to realize I learned a long time ago when I was racing. One thing that keeps coming up is how important it is to stop and think through all of these lessons, and express your appreciation to those around you.

Over several years of racing I had many people who were there to teach me all of the important lessons of being a competitor. One of my favorite lessons was taught to me by my High School Ski Coach, Mike Simoneau (Olympian, Dan Simoneau's brother). His saying to us, his athletes, was to always, "be humble in victory and graceful in defeat." The truth is, that little lesson has stuck with me since I first heard it. I know that at times I probably could have been more humble, and more graceful, but it was always there in the back of my mind.

Since I started coaching, I'm not sure if I've said any one thing that is going to stick with my athletes forever (apart from maybe the aforementioned statement that I don't take credit for making up). But, on a regular basis these skiers have taught me how powerful saying "thank you" can be. At the end of each practice, or when we leave after a ski race, or go our separate ways after a weight training session there are several athletes who say "thank you" to the coaches.

At first this little tradition made me feel a little uneasy. I didn't know what I had done that necessarily deserved thanks. I had shown up, I had done my job to the best of my ability, but I didn't know how that was worthy of thanks. Of course I hope that each time I see these skiers I have taught them something, and maybe made some impression. I just didn't know what it was that elicited that sort of reaction, but over time it made me feel like all of us were doing something right. The outcome was, and still is, that I try harder every day to be a good coach and mentor the next time I see these skiers.

The gesture sure carries a lot of weight.

These two words have made me stop and think about who I was as an athlete. I know many people have given me a chance to explore my athletic abilities, many people have been there to teach me lesson upon lesson about who I want to be as a person, and many people could have heard "thank you" from me a lot more.

I think the skiers I am so lucky to have the chance to work with are the ones teaching me, and each other, one of the most valuable lessons in life - which carries over to sport. They have taught me that very few things have a greater impact than a simple gesture of gratitude. They have taught me that I have a lot of people who I need to be sure know I thanked them for their advice. Most importantly, they have taught me, and each other, that we are a team of people who care about one another enough to be grateful for every opportunity to be together, working hard, and having fun!

I guess this doesn't have a lot to do with skiing, but there are life lessons in all the things we choose to do. If you know someone is doing something to make your life or your experience (skiing or otherwise) better, I can attest to the fact that telling them you appreciate it will have a bigger impact than you can imagine.

My advice is simple: Ski well, have fun, and be humble as well as graceful along the way.

Anyone for “CRUST SKIING”?

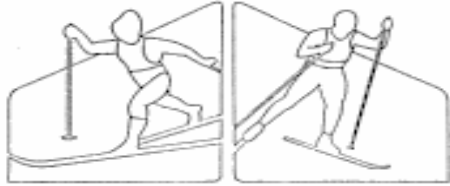
Adults too should not give up skiing too early as March is such a great month of fast snow and comfortable temps – there is also crust skiing where you go cross country over swamps and bogs and have to finish your work-out before the sun slushes the snow. Ask Greg or me about it – Minocqua has great crust skiing over the bogs and off the Lake Marie Trail. Sometimes just going on farmer’s fields around here is a hoot. If you haven’t done it - you have missed a great ski experience. Also we attended Eric’s End of Season party at ABR last year and it was a very fun day (free food and free beer for the adults) and grooming/skiing was perfect. His spring party this year is Saturday, March 27th. If you think you had fun on the bus trip to ABR – try out the spring party.

JUNIOR OLYMPICS

Four Wausau athletes secured spots on the Junior Olympics Midwest Team this year and will be going to the Junior Olympics competition being held in Presque Isle, Maine from March 7th-13th... Ben Hugus, repeats from last year, and is skiing as a freshman for Northern MI University and is an OJ (Older Junior) on the team. Ashlee Marshall who also repeats this year (Junior from West) and will be skiing in the J1 division. Two newbies this year are Adam Martin (sophomore from East) and Matt Nichols (junior from West) who will be going for the first time. They will both be skiing in the J2 division. All athletes had to earn enough points at Junior Olympic qualifying races in order to secure a berth on the team (the JO Qualifier that was held at Greenwood Hills in December was just one of many races they had to compete in, most involving long car trips to Minnesota). This is no small feat as the Midwest is very competitive. We wish them well. Ski hard and have fun. Junior Olympics is the week of March 7-13th if you are interesting in following the results, you can access through www.excskiing.org Other High School athletes who competed at the Junior Olympic (JO) Qualifying races were: Mark Hugus, Chris Nichols, and Hailey Feltz.

Wausau Nordic Ski Club

P.O. Box 1813
Wausau, WI 54402-1813



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WAUSAU NORDIC SKI CLUB

We, as Wausau Nordic Skiers, are volunteer-diverse people with a common interest in the sport of cross country skiing. We are both competitive racers and weekend social skiers - a complete spectrum of individuals consisting of families, singles, youths and seniors from all social spheres.

The Wausau Nordic Ski Club was formed in 1972 to establish, maintain and promote safe cross country skiing through projects contributing to growth and advancement of the sport.

Upcoming Ski Club Events

**LAST CLUB MEETING FOR THE SEASON!
ANNUAL AWARDS AND POTLUCK NIGHT is MARCH 8th!!!**

Come join us at Nine Mile on Tuesday, **March 8th** for the last Bash of the season.

6:00 Dinner

7:15 Program – Club Awards, High School Scholarship Presentations, Night

Glider

Recognition

You won't want to miss out on this evening of fun, food, and friends. The club will be providing a variety of meats (brats, hot dogs, turkey), buns/bread, and beverages. We ask that you bring an item that corresponds with the 1st letter of your last name:

R-Z **Hors d'oeuvres**
H-P **Salads/Vegetables/ Side Dishes**
A-G **Desserts**

A board member will be calling you for your RSVP so we know how much food and beverages will be needed. Looking forward to seeing everyone to wrap up the season.