

# Ready 2 Race Schedule 2018/19

## First Session

**Sunday, December 2nd, 12:00-1:30pm:** Meet at the Service High School stadium to practice classic starts and finishes. We will start with a refresher on how to correctly kick wax skis, and then work on double pole starts and how to lunge.

**Sunday, December 9th 11:30am:** Hillside Classic AMH Cup. Meet at the Service High School gym at 11:30. Coaches will help with registration and waxing, and then lead a warmup ski beginning at 12:20. The youth distance races start at 12:40-45.

**Sunday, December 23rd, 12:00-1:30pm:** Glide Waxing Clinic at Kincaid Wax Bunker

**Friday, December 28th, 6:15-7:30pm:** Meet in the Kincaid Wax Bunker for a clinic on how to prepare for a race day. Kids and parents are welcome to come to learn about how to properly prepare and warm up for a race. Afterwards, kids will get a chance to get out and ski, and parents are welcome to stay and ask any questions if they have them!

**Friday, January 11th, 6:15-7:30pm:** Relay handoff and duathlon practice clinic at Kincaid (Bring Classic and Skate Gear). In order to prepare for the Hickok Duathlon, we will learn about tag zones and practice relay handoffs, and practice switching gear for any skiers doing a solo duathlon. Bring classic and skate skis and poles, and skate or combi boots.

**Sunday, January 13th 11:30am:** Hickock Duathlon/Relay. Meet at the Kincaid wax bunker at 11:30. Coaches will help with registration and waxing, and then lead a warmup ski beginning at 12:20. The youth distance races start at 12:40-45.

## Second Session

**Friday, January 25th, 6:15-7:30pm:** Classic transitions practice at Kincaid. When to stride, double pole, double pole kick, or herringbone.

**Sunday, January 27th 11:30am:** Moose's Tooth Classic. Meet at the Kincaid wax bunker at 11:30. Coaches will help with registration and waxing, and then lead a warmup ski beginning at 12:20. The youth distance races start at 12:40-45.

**Friday, February 8th, 6:15-7:30pm:** Learn about skate gears and how to use them at Kincaid. When should you V2 instead of V1? At this clinic, kids will learn about all the 'gears' that they might use, when to use them, and how to transition from one gear to another.

**Sunday, February 10th 11:30am:** AMH Sprint Relay and Ski Cross. Meet at the Kincaid wax bunker at 11:30. Coaches will help with registration and waxing, and then lead a warmup ski beginning at 12:20. The youth distance races start at 12:40-45. Jr Nordic is hosting this race, so any parent volunteers would be greatly appreciated!

**Friday, February 15th, 6:15-7:30pm:** Meet at Kincaid! Every skier has a 'dominant' side for V1, but it's important for injury prevention and comfort in longer races to be able to ski on both sides. In this clinic, we'll practice our V1 technique and start getting comfortable with skating on our non-dominant side.

**Sunday, February 17th 11:30am:** Sven Johansson AMH Cup. Meet at the Kincaid wax bunker at 11:30. Coaches will help with registration and waxing, and then lead a warmup ski beginning at 12:20. The youth distance races start at 12:40-45.

**Saturday, February 23rd:** Ski 4 Kids/End of Jr Nordic