

# Ready 2 Race Schedule 2021/22

**Please Remember: Locations are TENTATIVE. We will do our best to meet at the locations indicated in this schedule, but we may move around in order to find the best conditions. Updates and additional info will be sent out via email and Remind messages**

## First Session

### **Dec 5th, 12:30-2pm: Kincaid, Skate**

We will meet at Kincaid in the lower lot behind the scoreboard with skate gear. We'll be practicing relay transitions in preparation for the first AMH Cup! There will be a short outdoor parent meeting at 12:30.

### **Dec 12th, 12pm: Kincaid Freestyle Relay AMH Cup Race**

Meet in the Kincaid Stadium with **skate gear**. Coaches will help with registration, lead a warm up ski, and get kids on the startline. Bring warm layers for before and after the race! More details TBA.

### **Dec 19th, 12:30-2pm: Hillside, Classic**

Meet at the Service High School stadium (behind the school) 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.

### **Dec 26th, 12:30-2pm: Kincaid, Skate**

Meet at Kincaid with skate gear. Learn about skate gears and how to use them. 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.

### **Jan 2nd, 12:30-2pm: Russian Jack, Classic AND Skate**

Relay handoff and duathlon practice clinic at Russian Jack (Bring Classic and Skate Gear). In order to prepare for the Hickok Duathlon, we will be doing a refresher on 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

## Second Session

### **Jan 9th, 12pm: Hickok Duathlon AMH Cup Race**

Meet in the Kincaid Stadium with **skate and classic gear**. Coaches will help with registration, lead a warm up ski, and get kids on the startline. Bring warm layers for before and after the race. More details TBA.

**Jan 16th, 12:30-2pm: Russian Jack, Classic**

Meet at Russian Jack to practice our classic transitions. When to stride, double pole, double pole kick, or herringbone.

**Jan 23rd, 12pm: Wooden Ski Classic AMH Cup Race**

Meet in the Kincaid Stadium with *classic gear*. Coaches will help with registration, lead a warm up ski, and get kids on the startline. Bring warm layers for before and after the race. More details TBA.

**Jan 30th, 12:30-2pm: Kincaid, Skate**

Glide Waxing Clinic! Meet at the Kincaid Wax Bunker with skate gear.

**Feb 6th, 12:30-2pm: Kincaid, Skate**

We'll be meeting at Kincaid to practice more skate ski skills. 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. We're also going to have some fun working on our step turn skills with slaloms!

**Feb 13th, 12pm: TBA Fun Race!**

Meet in the Kincaid Stadium with *skate gear*. Coaches will help with registration, lead a warm up ski, and get kids on the startline. Bring warm layers for before and after the race. The details aren't fully worked out for this event, but it's going to be a fun one! **This race is sponsored by Junior Nordic, so we will need volunteers if any parents are available.** More details TBA.

**Feb 20th, 12pm: Sven Johansson AMH Cup Race**

Meet in the Kincaid Stadium with *skate gear*. Coaches will help with registration, lead a warm up ski, and get kids on the startline. Bring warm layers for before and after the race. More details TBA.

**Feb 27th, 12:30-2pm: Last Practice! Hillside, Skate**