



CRESTED BUTTE
NORDIC
TEAM

program
guide



Winter 22/23

What's New?

For the winter of 22/23 we are offering programs based on school grade and interest. We will offer a nordic skills/play/fitness track (similar to Challengers, Striders and Gliders) and a backcountry skills/winter survival track (similar to Explorers). Follow our step by step guide on page 4 to pick the right program for your athlete.

*Registration Opens
Sept. 16th @ 9 am*

Register online at cbnordic.org/team

Nordic Track

This track is for athletes interested in cross country skiing. They will learn skills that will allow them to grow towards being a competent nordic skier and put them on a track to pursue nordic racing, if they want. These athletes will focus on building nordic technique, general fitness, agility, balance, and coordination that will benefit them in all the sports they play.

Backcountry Track

This track is for athletes interested in all the winter outdoors has to offer. Opportunities to learn backcountry skiing skills and safety, avalanche awareness, winter survival skills and general movement in the winter outdoors will be included in program curriculum. These athletes will primarily use cross country skis (from the Nordic Center) to accomplish these goals.

Biathlon

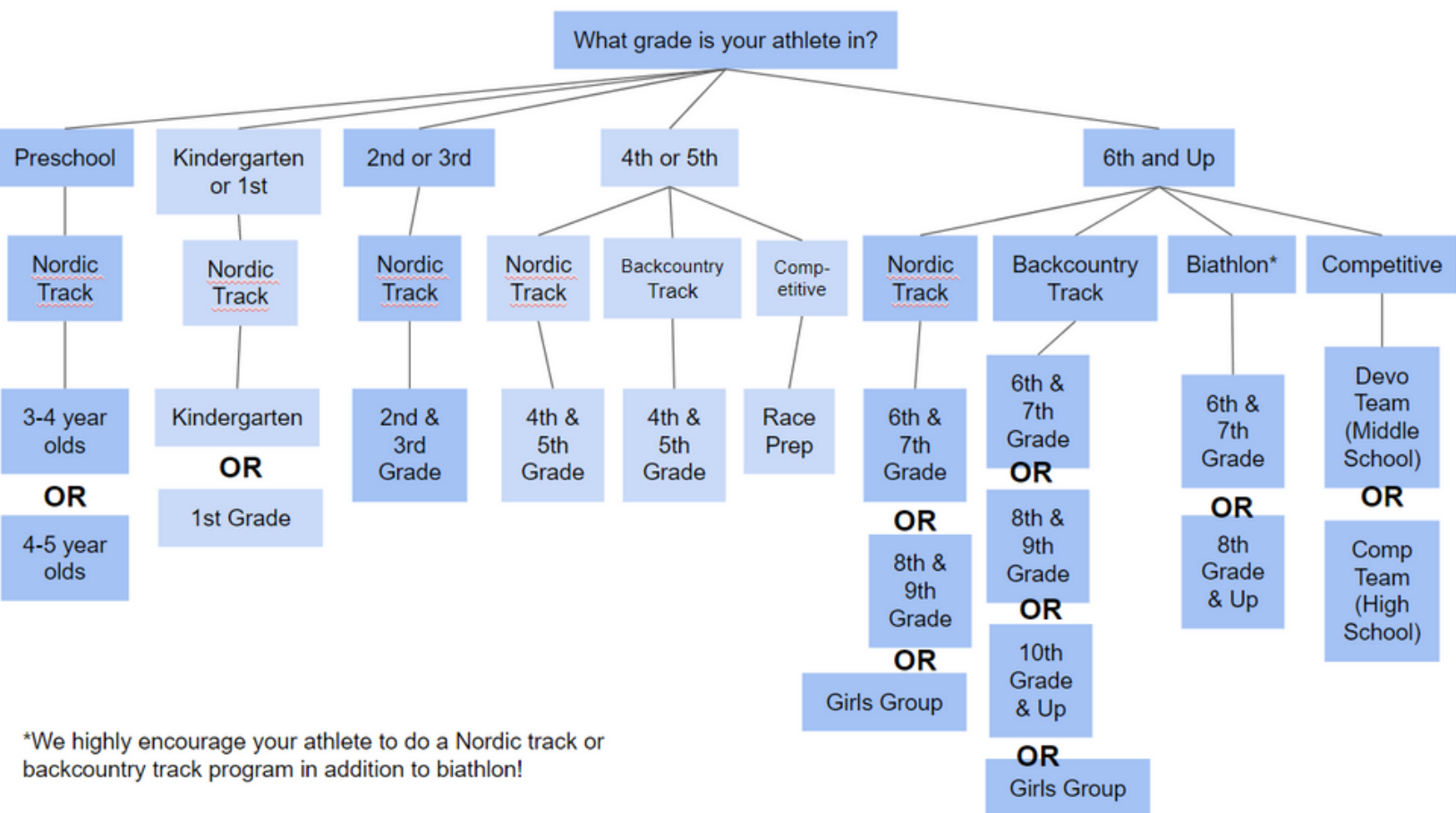
CBNT offers an introductory biathlon program for those athletes interested in this unique sport. Using air rifles and bb guns, athletes learn key skills like marksmanship, controlling heart rate and other unique aspects of the sport. We encourage athletes to sign up for a backcountry or nordic based program in addition to biathlon.

Competitive

This track is for athletes who want to race competitively both in local races and at the state level. The focus of these programs is on race tactics, fitness, technique, strength and includes some individualized training as well. Athletes must be self motivated and excited to work hard and commit to a more intense schedule including weekend racing.

Pick the right program for your athlete!

Follow this step by step guide to pick a program based on your athlete's age and interest!



Schedule

Program Track	Group	Session	Monday	Tuesday	Wednesday	Thursday	Friday
Nordic	Preschool	3-4 years old			9-10 am		
		4-5 years old			11-12 pm		
Nordic	Kindergarten	16 kids	4-5:30 pm				
Nordic	1st Grade	16 kids			2:30-4 pm		
Nordic	2nd and 3rd Grade	16 kids	4-5:30 pm		2:30-4 pm		
Nordic	4th and 5th Grade	16 kids	4-5:30 pm		2:30-4 pm		
Nordic	6th and 7th Grade	16 kids		4-5:30 pm		4-5:30 pm	
Nordic	8th and 9th Grade	16 kids		4-5:30 pm		4-5:30 pm	
Nordic	Girls Group (all ages)	8 kids					4-5:30 pm
Backcountry	4th & 5th Explorers	16 kids	4-5:30 pm		2:30-4 pm		
Backcountry	6th & 7th Explorers	16 kids		4-5:30 pm		4-5:30 pm	
Backcountry	8th & 9th Explorers	16 kids		4-5:30 pm		4-5:30 pm	
Backcountry	Girls Explorers (all ages)	8 kids			2:30-4 pm		
Backcountry	10th & Up Explorers	10 kids	4-5:30 pm				4-5:30 pm
Biathlon	6th & 7th Biathlon	8 kids					4-5:30 pm
Biathlon	8th & Up Biathlon	8 kids			2:30-4 pm		
Competitive	Race Prep (4th & 5th)	8 kids		4-5:30 pm		4-5:30 pm	
Competitive	Devo Team (6th - 8th)	8 kids		4-5:30 pm	2:30-4 pm	4-5:30 pm	
Competitive	Comp Team (9th & Up)	10 kids		4-5:30 pm	2:30-4 pm	4-5:30 pm	4-5:30 pm
	Comp Team (9th & Up)	10 kids		6:30-8 am		6:30-8 am	

Program Start Dates

Track	Group	Start Date	End Date
Nordic	Preschool (3-4 or 4-5 years old)	11/30/22	3/15/23
Nordic	Kindergarten	1/2/23	3/13/23
Nordic	1st Grade	1/4/23	3/15/23
Nordic	2nd and 3rd Grade	1/2/23	3/15/23
Nordic	4th and 5th Grade	11/28/22	3/15/23
Nordic	6th and 7th Grade	11/29/22	3/16/23
Nordic	8th and 9th Grade	11/29/22	3/16/23
Nordic	Girls Group (all ages)	12/2/22	3/17/23
Backcountry	4th & 5th Grade Explorers	11/28/22	3/15/23
Backcountry	6th & 7th Grade Explorers	11/29/22	3/16/23
Backcountry	8th & 9th Grade Explorers	11/29/22	3/16/23
Backcountry	10th Grade & Up Explorers	11/28/22	3/17/23
Backcountry	Girls Explorers (all ages)	11/30/22	3/15/23
Biathlon	6th & 7th Grade Biathlon	12/2/22	3/17/23
Biathlon	8th Grade & Up Biathlon	11/30/22	3/15/23
Competitive	Race Prep (4th & 5th Grade)	11/29/22	3/16/23
Competitive	Devo Team (6th - 8th Grade)	11/1/22	3/16/23
Competitive	Comp Team (9th Grade & Up)	11/1/22	3/17/23

Nordic Track

Preschool, Ages 3-4 - **\$325**

Wednesdays, 9:00 am - 10:00 am

11/30/22 - 3/15/23 (No practices 12/21/23, 12/28/23, 2/22/23)

Preschool, Ages 4-5 - **\$325**

Wednesdays, 11:00 am - 12:00 pm

11/30/22 - 3/15/23 (No practices 12/21/23, 12/28/23, 2/22/23)

Kindergarten - **\$325**

Mondays, 4:00 pm - 5:30 pm

1/2/23 - 3/13/23 (No practice 2/20/23)

1st Grade - **\$325**

Wednesdays, 2:30 pm - 4:00 pm

1/4/23 - 3/15/23 (No practice 12/22/23)

2nd and 3rd Grade - **\$525**

Mondays 4:00 pm - 5:30 pm and Wednesdays 2:30 pm - 4:00 pm

1/2/23 - 3/15/23 (No practices 2/20/23 and 2/22/23)

4th and 5th Grade - **\$575**

Mondays 4:00 pm - 5:30 pm and Wednesdays 2:30 pm - 4:00 pm

11/28/22 - 3/15/23 (No practices 12/19/22, 12/21/22, 12/26/22, 12/28/22, 2/20/23 & 2/22/23)

6th and 7th Grade - **\$575**

Tuesdays 4:00 pm - 5:30 pm and Thursdays 4:00 pm - 5:30 pm

11/29/22 - 3/16/23 (No practices 12/20/22, 12/22/22, 12/27/22, 12/29/22, 2/21/23 & 2/23/23)

8th and 9th Grade - **\$575**

Tuesdays 4:00 pm - 5:30 pm and Thursdays 4:00 pm - 5:30 pm

11/29/22 - 3/16/23 (No practices 12/20/22, 12/22/22, 12/27/22, 12/29/22, 2/21/23 & 2/23/23)

Girls Group - all ages - **\$350**

Fridays 4:00 pm - 5:30 pm

12/2/22 - 3/17/23 (No practices 12/23/22, 12/30/22 & 2/24/23)

Backcountry

4th and 5th Grade Explorers - **\$600**

Mondays 4:00 pm - 5:30 pm and Wednesdays 2:30 pm - 4:00 pm

11/28/22 - 3/15/23 (No practices 12/19/22, 12/21/22, 12/26/22, 12/28/22, 2/20/23 & 2/22/23)

6th and 7th Grade Explorers - **\$600**

Tuesdays 4:00 pm - 5:30 pm and Thursdays 4:00 pm - 5:30 pm

11/29/22 - 3/16/23 (No practices 12/20/22, 12/22/22, 12/27/22, 12/29/22, 2/21/23 & 2/23/23)

8th and 9th Grade Explorers - **\$600**

Tuesdays 4:00 pm - 5:30 pm and Thursdays 4:00 pm - 5:30 pm

11/29/22 - 3/16/23 (No practices 12/20/22, 12/22/22, 12/27/22, 12/29/22, 2/21/23 & 2/23/23)

10th Grade & Up Explorers - **\$600**

Mondays 4:00 - 5:30 pm and Fridays 4:00 - 5:30 pm

11/28/22 - 3/17/23 (No practices 12/19/22, 12/23/22, 12/26/22, 12/30/22, 3/20/23 & 3/24/23)

Girls Group Explorers - **\$380**

Wednesdays 2:30 pm - 4:00 pm

11/30/22 - 3/15/23 (No practices 12/21/23, 12/28/23, 2/22/23)

Biathlon

6th and 7th Grade - **\$200**

Fridays 4:00 pm - 5:30 pm

12/2/22 - 3/17/23 (No practices 12/23/22, 12/30/22 & 2/24/23)

8th Grade & Up - **\$200**

Wednesdays 2:30 pm - 4:00 pm

11/30/22 - 3/15/23 (No practices 12/21/23, 12/28/23, 2/22/23)

Competitive

Race Prep - 4th and 5th Grade - **\$575**

Tuesdays 4:00 pm - 5:30 pm and Thursdays 4:00 pm - 5:30 pm

11/29/22 - 3/16/23 (No practices 12/20/22, 12/22/22, 12/27/22, 12/29/22, 2/21/23 & 2/23/23)

Devo Team - Middle School - **\$700**

Tuesdays 4:00 pm - 5:30 pm, Wednesdays 2:30 pm - 4:00 pm, Thursdays 4:00 pm - 5:30 pm

11/1/22 - 3/16/23

Comp Team - High School - **\$1,200**

Tuesdays 6:30 am - 8:00 am & 4:00 pm - 5:30 pm, Wednesdays 2:30 pm - 4:00 pm, Thursdays

6:30 am - 8:00 am & 4:00pm - 5:30 pm, Fridays 4:00 pm - 5:30 pm, Saturdays 9 am - 11 am

11/1/22 - 3/17/23

