

CRESTED BUTTE NORDIC TEAM

PROGRAM GUIDE | WINTER 2023-2024



AGAIN THIS SEASON...

We are offering programs based on school grade and interest. We will offer a Nordic skills/play/fitness track and a backcountry skills/winter survival track. Follow our step-by-step guide to pick the right program for your athlete. All kids receive a CB Nordic season pass with their CBNT program registration.

Registration opens: **Thursday, September 7th at 10 am**

Register at: cbnordic.org/team



Nordic Track (PreK - 8th Grade+)

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 (5th Grade & Up)

Intro to Backcountry - This course offers an introduction to backcountry basics, avalanche awareness, winter travel, first aid skills, and fitness on nordic skis with friends.

Backcountry Skills - This course teaches backcountry safety, winter travel techniques, avalanche awareness, companion rescue, first aid skills, fitness, and camaraderie. Participants should plan to use a mix of nordic and backcountry equipment. Backcountry rental gear (skis w/ touring bindings or splitboard, boots, climbing skins, poles) will be available for occasional “hard gear” days for those who do not own equipment.

Girls Backcountry Empowerment through Avalanche Education - This course is all of the above with all girls and female coaches for a supportive educational environment.

Biathlon (5th Grade & Up)

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.

For Nordic, Backcountry, and Biathlon questions, contact Alex Riedman - alex@cbnordic.org.



Devo Program

The Devo Program is designed to help younger skiers pursue nordic skiing as self-motivated, fun-fostering members of the Crested Butte Nordic Team (CBNT). Devo represents a next step beyond our Nordic Skills track, allowing skiers interested in improving their technique and capabilities on skis to progress in peer groups of similar skill levels. The Devo program also offers an introduction to nordic skiing as a competitive sport, which skiers may choose to pursue at a local level (through our Citizen Race Series, free to all Devo skiers, and the Alley Loop), or across the state of Colorado (through Rocky Mountain Nordic races alongside the Comp Team).

Skiers will receive coaching to help them meet their individual goals through appropriate levels of challenge, and will be able to move fluidly between groups within the program based on their own goals, and input from CBNT coaches. Practices in our Devo Program often include skill-building games, agility obstacle courses, technique work, some powder skiing, and an introduction to age-appropriate intensity/interval training. Skiers on the upper-end of the Devo Program age group (U14) progress to the Comp Team, the CBNT U16+ program.

Devo Program - High School

New offering for U16+ skiers looking to improve in the sport of nordic skiing with like-minded peers who want to have fun on skis. The High School Devo Group acts as an extension of our Devo Program to support the continued development of skiers who want to progress their skills in a less competitive environment than is offered by the CBNT Comp Team. This is a perfect fit for older athletes who would like to cross over from another sport to learn to ski, are looking for an introduction to the types of techniques, drills, and adventures that skiers do to improve their skills on snow, and/or are looking for a way to get outside during the winter with others.

Skiers will ski two days a week with CBNT coaches, with fun skis, powder runs, and the occasional speedball game interspersed with some skill-focused technique work in both classic and skate styles. We also will strive to give flexibility to Devo skiers as they figure out what the best way to fit skiing into their sports routine is, including offering chances to hop in with the Comp Team for practices and/or join in on the Comp Team's competition schedule when they would like - including CB Nordic citizen races, the Alley Loop, or Junior National Qualifiers.

Competitive Team

The Comp Team represents the U16+ program of the Crested Butte Nordic Team (CBNT), and is designed to provide a dedicated team-oriented environment for skiers to pursue the sport competitively towards their self-driven goals, while fostering a love of skiing and the active lifestyle of an endurance athlete. The CBNT Comp Team provides a year-round, team-oriented structure for skiers to work on dedicated goals in competitive racing, while taking joy and meaning in the ins and outs of doing so as developing athletes, people, teammates, and members of a community.

CBNT seeks to provide an individual journey through nordic skiing in a team-centered program. The Comp Team looks to support skiers whether their ambitions mean competing at our local citizen races and/or gearing up for challenges like the Alley Loop or Grand Traverse, or look towards skiing competitively on a national or international level. Our competition schedule is centered around team trips to compete at Rocky Mountain Nordic's Junior National Qualifiers (JNQs), with additional race support offered for the US Cross Country Ski National Championships (Senior Nationals), and the US Cross Country Ski Junior National Championships (Junior Nationals). CBNT practices are designed to give athletes a knowledge of periodized endurance and strength training, with focused technique work, differentiated interval/intensity workouts, and race-specific preparation all featuring in on-ski time. There's also a whole lot of adventure days, powder runs, learning the complex art of ski waxing, a few games of speedball, and some team-led fun factored in as well!

****Need-based scholarships are available for the CBNT Devo and Comp Programs through the Crested Butte Snowsports Foundation (CBSF) and through a Team Support Fund created by Crested Butte Nordic Council and supported by generous local sponsors. Apply for the CBSF Scholarship through [this form](#) (Due Sept. 15th), and/or contact Head Coach Ben Theyerl, ben@cbnordic.org, for more information.****

NORDIC TRACK

Preschool (4 - 5.5 years old): \$325

- Wednesdays, 11:00 am - 12:00 pm
- November 29, 2023 - March 27, 2024

Kindergarten - 1st Grade: \$300 - 1 day/week or \$550 - 2 days/week

- Mondays, 4:00 pm - 5:30 pm **and/or** Wednesdays, 2:30 pm - 4:00 pm
- January 8, 2024 - March 25, 2024 **and/or** January 10, 2024 - March 27, 2024

2nd - 3rd Grade: \$600

- Tuesdays, 4:00 pm - 5:30 pm **and** Thursdays, 4:00 pm - 5:30 pm
- January 9, 2024 - March 28, 2024

4th - 5th Grade: \$720

- Tuesdays, 4:00 pm - 5:30 pm **and** Thursdays, 4:00 pm - 5:30 pm
- November 28, 2023 - March 28, 2024

6th - 8th Grade: \$720

- Tuesdays, 4:00 pm - 5:30 pm **and** Thursdays, 4:00 pm - 5:30 pm
- November 28, 2023 - March 28, 2024

Gunnison 2nd Grade & Up - \$450 - THIS PROGRAM MEETS IN GUNNISON!

- Tuesdays, 4:00 pm - 5:30 pm **and** Thursdays, 4:00 pm - 5:30 pm
- January 9, 2024 - March 7, 2024 (*this group does not observe February Break*)

BACKCOUNTRY

Intro to Backcountry (5th - 6th Grade): \$720

- Mondays, 4:00 pm - 5:30 pm **and** Wednesdays, 2:30 pm - 4:00 pm
- November 27, 2023 - March 27, 2024

Backcountry Skills (7th & Up): \$720

- Tuesdays, 4:00 pm - 5:30 pm **and** Thursdays, 4:00 pm - 5:30 pm
- November 28, 2023 - March 28, 2024

Girls Group (6th & Up): \$450

- Wednesdays, 2:30 pm - 4:30 pm
- November 29, 2023 - March 27, 2024

BIATHLON

5th Grade & Up: \$450

- Wednesdays, 2:30 pm - 4:30 pm
- November 29, 2023 - March 27, 2024
- *Biathlon can be added to 5th Grade+ athletes in another T/Th program for \$200.*

NO PROGRAMMING: 12/25/23 - 1/5/24 (HOLIDAY BREAK) AND 2/19/24 - 2/23/24 (FEBRUARY BREAK)

DECEMBER/JANUARY PRACTICES MAY WRAP AT 5 PM DUE TO LIMITED DAYLIGHT.

IN RESPONSE TO REQUESTS FOR CONTINUED PROGRAMMING, SOME AFTER SCHOOL SESSIONS IN MARCH HAVE BEEN EXTENDED.

COMPETITIVE

Crested Butte Nordic Team Devo Program (U8-U14 Skiers): \$700 (3 days) / \$575 (2 days)

- Tuesdays, 4:00 pm - 5:30 pm
- Wednesdays, 2:30 pm - 4:00 pm (race oriented skiers, group dependent)
- Thursdays, 4:00 pm - 5:30 pm
 - November 6, 2023 - February 29, 2024
 - No practices: 11/21/23 - 11/23/23 (Thanksgiving Camp Offered)
 - No practices: 12/25/23 - 1/5/24 (Holiday Break)
 - No practices: 2/19/24 - 2/23/24 (February Break)

Crested Butte Nordic High School Devo Group (U16+ Skiers): \$500

- Tuesdays, 4:00 pm – 5:30 pm
- Fridays, 4:00 pm – 5:30 pm
 - November 28, 2023 – March 1, 2024
 - No practices: 12/23/23 – 1/5/24 (Holiday Break)
 - No practices: 2/17/24 – 2/19/24 (February Break, MN World Cup)

Crested Butte Nordic Comp Team (U16+ Skiers): \$1,300

- Tuesdays, 6:30 am - 8:00 am (strength) **and** 4:00 pm - 5:30 pm
- Wednesdays, 2:30 pm - 4:00 pm
- Thursdays, 6:30 am - 8:00 am (strength) **and** 4:00 pm - 5:30 pm
- Fridays, 4:00 pm - 5:30 pm
- Saturdays, 9:00 am - 11:00 am
 - October 30, 2023 - March 17, 2024
 - No practices: 12/23/23 - 1/5/24 (Holiday Break)
 - No practices: 2/17/24 - 2/19/24 (February Break, MN World Cup)



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