CXC MEMBER CORNER

ARCHIVE

October 27, 2026

https://mailchi.mp/cxcskiing/usss-level-200-in-person-assessments

Level 200 Coach Certification and In-Person Assessment Opportunity

October 14, 2026

https://mailchi.mp/cxcskiing/cxc-member-corner-october-update-2026

CXC Academy Ski It Forward Grant **(Application is Open)**

Spring 2027 Junior Championships - CXC Trips Dates & Venues

U.S. Nationals: Another Junior Nationals Qualification Opportunity for U18 & U20 Athletes

The Art of Tucking (with Zak Ketterson)

September 23, 2026

https://mailchi.mp/cxcskiing/call-for-coaches-2027-cxc-junior-trips-18056849

Call for Coaches: Spring 2027 Junior Championship Trips **(Application is OPEN)**

August 8, 2026

https://mailchi.mp/cxcskiing/usss-level-100-coach-assessments

Bring A USS Level 100 Coach Assessment To Your Area

Next Level 100 Assessment – September 13

CXC Wayne Fish Coaches Conference & Level 200

July 23, 2026

https://mailchi.mp/cxcskiing/cxc-member-corner-july-update-18055225

2026 REG & Dream Camps

2027 U.S. National Championships Coming To Cable

2027 Wisconsin State Championships Venues

2026 Salomon CXC Cup Schedule

CXC Academy Ski It Forward Initiative

June 3, 2026

https://mailchi.mp/cxcskiing/cxc-member-corner-june-update-18053775

The 2026-27 Salomon CXC Junior Cup Schedule

CXC Academy Ski It Forward Fund

May 8, 2026

There is an opening for the Head Coach position for the Great Lakes Division Junior National Team.

CXC would like to thank Nick Reckinger for serving a two-year term as Head Coach. We are grateful for his leadership with the team and all the hard work that comes with this position.

Head Coach Responsibilities

- Oversee the Direction of the Divisional JN Team
- Represent the Divisional JR Executive Committee at the CXC annual meeting
- Act as chairperson for Divisional JRC
- Attend all meetings at JNs
- Seed athletes as required at JNs
- Sets weekly and daily schedule on the JN Trip in conjunction with other coaches
- Leads all team and coaches meetings
- Provide applicable quotes and content to CXC Social Media Staff, or delegate as appropriate

April 10, 2026

https://mailchi.mp/cxcskiing/2026-cxc-regional-elite-group-qualifiers

2026 CXC Regional Elite Group Qualifiers

March 27, 2026

https://mailchi.mp/cxcskiing/cxc-dream-camp-qualified-athletes-2026

Qualifiers for the CXC Dream Camp

April 1, 2026

https://mailchi.mp/cxcskiing/coaching-at-cxc-camps-18052050

Coaching at CXC REG and Dream Camps

Level 200 Certification Update

December 23, 2025

GLD Welcome Email and Scoring Updates

https://docs.google.com/document/d/1eQow6adxCrAjQpaF0UIgvZFGPoLh4PCCAMrKdtM7Gd8/edit?usp=sharing

November 21, 2025

https://mailchi.mp/cxcskiing/members-corner-november-2026

Salomon CXC Cup Registration Now Open for Duluth & Cable

World Cup Season Starts Nov. 28 - Don’t Miss the Action

U.S. National Championships

National Nordic Foundation Drive for 25 Starts Nov. 24th

World Cup Finals Tickets on Sale Now

Noname Custom And Semi-Custom Apparel

Training Tips & Technique Videos

October 19, 2025

https://mailchi.mp/cxcskiing/call-for-coaches-2026-cxc-junior-trips?e=6140be1bb1

Fall is here, and we're gearing up to build the Central Coaching Staff for the Spring 2026 Junior Trips! The Central Division will host several junior trips this spring and is now accepting applications from coaches across the region. **Due date is October 30th.**

September 22, 2025

https://mailchi.mp/cxcskiing/members-corner-september-2025

Junior Nationals Coming To Mt. Telemark Village

Wayne Fish Coaches Conference & Certification

Swenor CXC Rollerski Championships

Noname Custom And Semi-Custom Apparel

Time To Renew Your CXC Club Membership

Training Tips & Technique Videos

September 16, 2025

https://us20.campaign-archive.com/?u=f5e0fae9319d18609895ce2ee&id=eb95dc8422

CXC Coaches Conference Lineup

July 30, 2025

https://us20.campaign-archive.com/?u=f5e0fae9319d18609895ce2ee&id=ab38eabe6f

A Mid-Summer Update from CXC

July 27, 2025

https://mailchi.mp/cxcskiing/get-level-100-certified

Help Shape Young Skiers – Get Certified with Level 100

July 23, 2025

https://mailchi.mp/cxcskiing/members-corner-july-18046118

Salomon CXC Junior Cup Schedule

Practicing Starts with Jessie Diggins

CXC Youth Cup Schedule

Training Week Overview with Coach Grace Erholtz, Team Birkie

Zak's Eats, with Zak Ketterson, Team Birkie

Coach Certification Rule In Full Effect

Level 100 In-Person Assessment

June 10, 2025

https://us20.campaign-archive.com/?u=f5e0fae9319d18609895ce2ee&id=8891f7afbe

CXC Cup Junior Qualifiers (JQ)

Leveling Up: Starts, Downhills, And Finish Lines (Video)

Criteria and Selection

Get Ready for the 2025/26 Membership Season

Coach Certification Rule in Full Effect

May 12, 2025

https://mailchi.mp/cxcskiing/membership-update-may-18044281?e=5b7d405fcf

CXC Spring Congress

Certified Coaches Continuing Education

Regional Camps, Conferences and Events (Great Lakes)

April 12, 2025

https://us20.campaign-archive.com/?u=f5e0fae9319d18609895ce2ee&id=da148bfdd8

Qualifiers for the CXC REG Camp Announced

April 11, 2025

https://us20.campaign-archive.com/?u=f5e0fae9319d18609895ce2ee&id=5ae8a2324f

Coaching at CXC REG and Dream Camps

March 21, 2025

https://us20.campaign-archive.com/?u=f5e0fae9319d18609895ce2ee&id=88b0328448

Qualifiers for the CXC Dream Camp Announced

February 25, 2025

https://mailchi.mp/cxcskiing/membership-update-february-2025?e=6786ff3df8

CXC Youth Championships

CXC Names 2025 Central Region Championships Teams

CXC Summer Camps Dates

Training the Female Athletes FIS Webinar Series

FIS Nordic Ski World Championships

January 10, 2025

https://mailchi.mp/cxcskiing/membership-update-january-18041001?e=6140be1bb1

2025 CXC Central Region Spring Trips Staff Announcement

Salomon CXC Cup Registration Deadlines Approaching

CXC Youth Championships

In-Season Ski Racing Tips

Did You Know?

Hand Structure, Glide And Kick: Latest Wax Innovations

Mastering Waxing In All Conditions

Minor Athlete Consent Forms

Major U.S. Cross Country Ski Event Dates

November 1, 2024

https://mailchi.mp/cxcskiing/membership-update-november-18039069

CXC Superfit & Coaches Training at Pioneer Midwest

A Fresh Look at College Recruitment

Why I Wanted to Continue Skiing

Collegiate Skiing Opportunities

Core Strengthening For Skiers: On-Floor Exercises

October 10, 2024

https://mailchi.mp/cxcskiing/membership-update-october-2024?e=6140be1bb1
Call For Coaches

Elevating Coaching Excellence

Swenor CXC Rollerski Championships

Swenor Brand - Official Rollerski Of Team Birkie And CXC Rollerski Cup

New Continuing Education Framework

Major U.S. Cross Country Ski Event Dates

The Price She Pays

NNF Trail To Gold Coaching Grant Recipients

Safesport Training For Those Turning 18

Extra Blue

Save The Date

September 25, 2024

http://us20.campaign-archive.com/?u=f5e0fae9319d18609895ce2ee&id=f8e5d95b10

Call for Coaches: Spring 2025 Junior Championship Trips

With fall upon us, it's time to assemble the Central Coaching Staff for the Spring 2025 Junior trips! The Central Division will have several junior trips this spring that need staffing, and we invite interested coaches from across our region to apply!

September 3, 2024

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-september-17772573?e=6786ff3df8

2024-25 Salomon CXC Cup Schedule

Seeking Head Coach For Great Lakes Junior National Team

Team Birkie Champion's Corner

Fall Athlete Performance Evaluation Regional Initiative

Membership Season Is Open

Swenor CXC Rollerski Championships

Club Membership Season Is Open

What We Get From Our Training Groups

High-Volume Training: Am/Pm Sessions, Variety, & Performance Tests Over Intensity

June 11, 2024

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-june-17766698

2024-25 Salomon CXC Cup Schedule

Athlete Performance Evaluation / Regional Initiative

Air Quality Guidelines For Athletes

USSS Membership & Family Discount

Coach Education Update / Link to USSS Congress Recordings

NNF Summer Speaker Series

Team Birkie Champion's Corner

Essential Tips for New Cross-Country Ski Racers (with Karmen Whitham)

Thoughts On Training in June: Volume, Pace, Types of Workouts (with Renae Anderson)

New Threshold Podcast: An Institution Retires (with Chad Salmela and Cory Schwartz)

May 1, 2024

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-april-2024?e=6140be1bb1

Team Birkie / Junior Training Group

Athlete Performance Evaluation / Regional Initiative

CXC Cup / Request For Proposals

CXC Spring Congress / Accepting Agenda Items

Coaching at CXC Camps and Petitions For Discretionary Review

Coach Education Update / Zoom Meeting

U.S. Ski & Snowboard Club Excellence Conference and Congress

Thoughts On Training in May: Variety, Strength, Rollerskiing (with Renae Anderson)

New Threshold Podcast (with Chad Salmela and Bill McKibben)

April 9, 2024

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-february-17755830?e=[UNIQID]

CXC Cup Calendaring Meeting

Spring Congress

Coaching at Camps

U.S. Ski & Snowboard Criteria and Selection

Seasonal Shifts with Brian Gregg

Development Pipeline with Bryan Fish

Save the Date

February 6, 2024

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-february-17642197?e=[UNIQID]

CXC Names 2024 Midwest Division Championships Teams

WI State Meet Update

CXC Summer Camps Dates & Locations

Supporting Female Athletes FIS Webinar Series

U.S. National Championships

Home Team Energy (with Matt Whitcomb)

Threshold Podcast (with Chad Salmela and Rick Kapala)

Understanding Classic Technique Violations (FIS)

December 8, 2023

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-december-17624997?e=[UNIQID]

New FIS Waxing Rules

November 1, 2023

https://us20.admin.mailchimp.com/campaigns/show?id=17583237

Rollerski Event At Ariens Nordic Center

Ski Technique Progressions With Bryan Fish

Trade-In And Trade-Up Program From Pioneer Midwest

U.S. Ski & Snowboard Membership Requirements Reminder

U.S. Ski & Snowboard Congress - Save The Date

October 14, 2023

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-october-12467?e=6786ff3df8

Coaching Opportunities At CXC Spring Junior Trips

Cross Country Ski Regional Coaching Conference and Certification

Swenor CXC Rollerski Championships

Classic Ski Technique Tips

Stifel U.S. Cross Country Ski Team Announced

Personalized Coach Bib Update

2023 Virtual Central Regional TD/Official Seminar

2023 U.S. Ski & Snowboard Club Excellence Fall Summit

U.S. Ski & Snowboard Congress - Save The Date

September 28, 2023

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-september-17353202?e=[UNIQID]

Swenor CXC Rollerski Championships

V1 Skate Technique: Staggered Pole Plant and Timing

Top End Speed - Threshold Podcast (with Chad Salmela and Andy Newell)

Cross Country Ski Regional Coaching Conference and Certification

Membership Registration Deadline and Safe Sport

U.S. Ski & Snowboard Congress - Save The Date

August 10, 2023

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-august?e=[UNIQID]

Club Membership Season is Open

"Tailoring Ski Training To Life" With Brian Gregg

Uphill Stride, Run, Bound To Herringbone Progression

Confident Creative Coaching - Threshold Podcast (with Chad Salmela and Per Nilsson)

2024 Ski For Light International Event Applications

Do You Have A Camp, Clinic, Race, Or Event In Need Of Rollerskis?

July 20, 2023

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-july?e=[UNIQID]

Air Quality Guidelines For Athletes

"Tailoring Ski Training To Life" (with Brian Gregg)

Transitioning From [Youth Skiing] To Junior Racing (by Sverre Caldwell)

June 20, 2023

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-june-17034758?e=[UNIQID]

Central Region Cross Country Technical Delegates

Approaching Team Workouts Outside of the Training Plan - HR When Training In Hot Temperatures

SafeSport Quiz

Novie McCabe Gold Rush Award Winner

May 30, 2023

https://mailchi.mp/cxcskiing/clubs-and-coaches-update-may?e=[UNIQID]

2023-24 CXC Cup Schedule

Nordic Summer Training Camp at NMU

Call For Coaches: National Development Projects

Virtual Club Excellence Conference

May 15, 2023

https://mailchi.mp/cxcskiing/coaching-at-cxc-camps-17029714?e=6bd23efd37

Call For Coaches: National Development Projects

Virtual Club Excellence Conference

Coaching at CXC Development Camps