

# MEMBERSHIP NEWSLETTERS

ARCHIVE



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**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/1eQow6adxCrAjQpaF0UlgvZFGPoLh4PCCAMrKdtM7Gd8/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=\[UNIQID\]](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=\[UNIQID\]](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=\[UNIQID\]](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=\[UNIQID\]](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=\[UNIQID\]](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=\[UNIQID\]](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=\[UNIQID\]](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

## **May 30, 2023**

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