

CXC MASTERS TEAM

Technique Sessions in Milwaukee Area

Chapter Meetings Schedule:

- May 10-11, 2014
- June 7-8, 2014
- July 12-13, 2014
- August 16-17, 2014
- September 27-28, 2014
- October 11-12, 2014
- November 8-9, 2014
- December 13-14, 2014

Meeting location: River Hills Police Department Parking Lot
7650 N Pheasant Ln
River Hills, WI 53217

Map: <http://bit.ly/17hcuHk>

Note: *During the snow season, training session location changes depending on snow coverage. If interested in attending a clinic, please email info@cxcskiing.org for further details on Chapter meetings.*

Training Session Schedule:

May 10th/11th: Body Position and the Fundamentals of Nordic Skiing

June: 7th/8th: Balance

July: 12th/13th: Essentials of Double Polling

August 16th/17th: Skating, Developing Glide

September 27th/28th: Classic Striding

October 11th/12th: V1 Skate Technique

November 8th/ 9th: Transition to Snow from Rollerskiing, Things to consider

December 13th/14th: On snow technique

Chapter Coach:

Andrew Poffenberger - CXC Sports Manager

After a racing career at Stillwater and Gustavus Adolphus College, Andrew graduated with a degree in Health Fitness and took on the Head Coach position at Lakeville South High School. During his two years at Lakeville, he also worked as the Midwest Sales and Tech Rep for Boulder Nordic Sport. Andrew signed on with CXC in 2013 as their Sports Manager, tasked with a new mission in Club Development and some wax tech work for the elite team. He is now moving into the Head Coach position for the CXC Paralympic Team for 2014.