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BUILDING A LEGACY.

20  
24

# USCSA NORDIC TEAMS GUIDE



*Created June 2024-October 2024 by student volunteers of the Nordic Teams Index Project and MCSA Nordic.*

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\* Indicates an Associate Team competing under USCSA Rule 2.1.3.1 (subject to limited exceptions).

Information in this Guide was provided by USCSA Nordic Teams as of September 2024.

For a live list of institutions competing with the USCSA in 2024-25, refer to the USCSA's [Member Institutions Page](#).

This page will update as Nordic Teams register themselves for the coming season.

You can also confirm a Nordic Team's registration via the contact information listed in this Guide.



# Introduction



## Welcome To Your College Ski Team

You have an important decision to make. We want skiing to be part of it.

At the United States Collegiate Ski & Snowboard Association (USCSA), we believe students shouldn't have to choose between rigorous academics, focused career development, and competitive ski racing. Whether you're seeking a varsity-level program or a community-oriented club, **we have a USCSA Nordic ski team that's right for you.**

Our Nordic athletes attend over 35 schools across the United States. They study at flagship public universities, leading research institutions, and small, private colleges. They race at intercollegiate events, and at world-renowned citizen events. They are elite-level competitors and recreational skiers. And, there are more of them each year: the USCSA has added over 15 Nordic programs since 2020.

**USCSA Nordic teams authored each of the pages in this Guide.** The information they provided is accurate to the 2024-25 season, and **focused on recruiting you.**

Starting college shouldn't mean ending your time on skis. As you choose your path in higher education, contact a USCSA Nordic program.

## We Are *The* Federation For Collegiate Team Ski Racing

Each of the USCSA's three Nordic Regions—East, Midwest, and West—support robust, inclusive, interstate competition throughout the winter season. Teams and individuals who excel in Regional-level racing qualify to compete at the U.S. Collegiate Ski & Snowboard National Championships each March. The National Championships bring together top-tier athletes from each of the USCSA's sport divisions (Alpine, Nordic, Snowboard, and Freeski): 621 athletes representing 71 colleges competed at the 2024 Championships.

**The USCSA is a distinct alternative to the National Collegiate Athletic Association (NCAA).**

Since 1974, the USCSA has believed that student-athletes of all levels and abilities should have access to a quality and exciting venue of competition. Our organization also recognizes "student" comes before "athlete," and for our members to be successful individuals, academics should take priority. Today, we support roughly 5,000 snowsport student-athletes across over 140 schools.

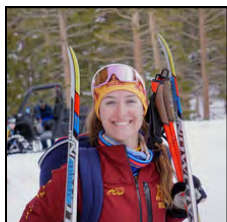
If your institution does not have a USCSA Nordic program, we can help you get one started. To learn more, visit <https://www.uscsa.org/>.

# Acknowledgements



USCSA Nordic programs submitted the information listed on each page. However, USCSA student volunteers were the driving force behind this project.

They contacted teams, tailored survey questions, collected responses and photos, collated and polished details, and created each team's unique pages. Their energy, focus, and persistence are to thank for this Guide—and are emblematic of the student initiative and excellence prioritized by the USCSA.



## EMMA REINEKE: PROJECT LEADER

*Co-President, University of Minnesota-Twin Cities Nordic Ski Club  
Nordic Student Coordinator & Midwest Nordic Assembly President, MCSA  
Nordic Student Representative, USCSA*



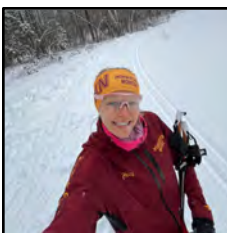
## JUSTIN ARNDT: WESTERN REGION LEADER

*Coach, PSIA-AASI Cross-Country National Team  
Instructor, Aspen Snowmass Ski & Snowboard School  
Co-Founder & Past President, Colorado State University Nordic Ski Club*



## JEFF HODGSON: EASTERN REGION LEADER

*President, Cornell University Nordic Ski Team  
Nordic Student Representative, USCSA*



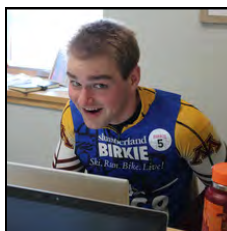
## HADLEY JENSEN: MIDWEST REGION LEADER

*Treasurer, University of Minnesota-Twin Cities Nordic Ski Club*



## BEN MARTIN: MIDWEST REGION VOLUNTEER

*University of Wisconsin-Madison Nordic Ski Club*



## LUKE DYKOWSKI: PROJECT ADVISOR

*Nordic Coordinator, MCSA  
Founder, MCSA Nordic Division*

# Eastern Region

## Eastern Collegiate Ski Conference (ECSC)



*By Torin La Liberte & John Thompson*

ECSC Nordic covers USCSA Nordic racing for all of New England and New York, with over a dozen schools representing 200 athletes across six states and Quebec!

Our season typically consists of five to six race weekends in January and February, with the first three or four comprising our regular season, and the latter two serving as our Divisional and Regional Championships. Unique to the ECSC, all but one of our race weekends are standalone ECSC races, hosted and attended entirely by our member schools. We do include some New England Nordic Ski Association (NENSA) programming into our schedule each year, with this season including the White Mountain Classic and Jackson Jaunt hosted by Jackson Ski Touring Foundation.

Thanks to running our own series, we can be quite creative in what races we host every weekend. While we aim to include each of the USCSA National Championship formats (Sprints, 7.5k, 15k, and Sprint Relays) at least once throughout the regular season, we also race Skiathlons, Criteriums, and Cross-Country Cross (XCX) races during our season. Additionally, at Divisionals we celebrate the funner side of skiing with everyone's favorite event of the year, the Three-Legged Ski Race!

The ECSC is allocated spots for five Men's Teams and five Women's Teams to qualify for the USCSA National Championships, with qualification based on the results of our Regional Championships (typically including Sprints and a 7.5k Individual Start). We also have allocations for up to 6 individuals each from our Men's and Women's fields who place in the top-20 at our Regional Championships.

### **ECSC Website:**

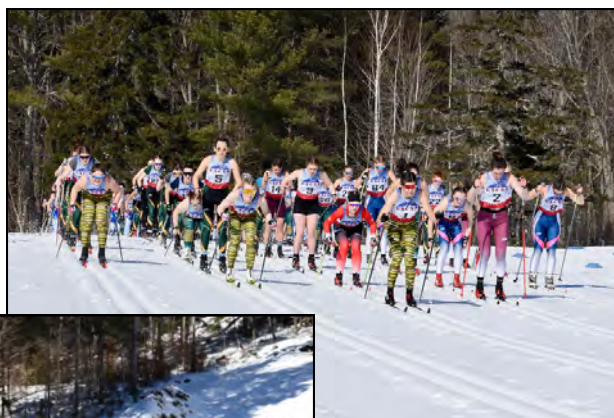
<https://sites.google.com/site/ecscnordic/home>

### **Contact:**

Torin La Liberte: ECSC Nordic Co-Coordinator

John Thompson: ECSC Nordic Co-Coordinator

[ecscnordic@gmail.com](mailto:ecscnordic@gmail.com)





Clarkson  
University

## General Information

**Team Name:** Clarkson Nordic Skiing

**Location:** Potsdam, NY

**Team Size:** 15-25

**Conference:** Eastern

**Contact:** [tliberte@clarkson.edu](mailto:tliberte@clarkson.edu)

At Clarkson University, we pride ourselves in providing student-athletes with the skills they need to succeed in the classroom, on the trail, and in the workforce. As a nationally competitive USCSA program, our men's and women's teams have combined for 39 overall podium places including 9 overall victories at USCSA Nationals, along with dozens of individual and event podiums as well. While we accept skiers of all abilities, we are a competitive program so expect a fast learning curve.



## Team Structure

We are a Full Time, NCAA Division III Varsity Team with two paid Coaches, a Head coach, and a Graduate Student Assistant. Torin La Liberte is the Head Coach.

All abilities welcome (no previous skiing experience required)

## Notable Mentions

Founded in 1964 and having been a member of the USCSA since at least 1985, and have been a national power ever since! We share a coaching staff with the Cross Country running team, so multi-sport athletes are more than welcome!

Men's Team 2024 USCSA National Champions plus 3 Overall All-Americans;

# Clarkson Nordic Skiing

## Practices

Starting Sept 7: 1-2 formal practices a week plus 1-3 captain-led through mid-October, then 4-6 official sessions a week until Nationals in March. Twice a week Lifting starting in September. Suggested training plans sent out Late-May through August

September-October: Flexible attendance for Captains practices, mandatory official. In-Season - Mandatory unless valid reason for absence (class schedule conflict)



## Trips/Events

December training camp to Mont-Sainte-Anne, QC. Typically host a race each season.

## Race Schedule

At least 6 race weekends starting in Mid-January, mostly ECSC/USCSA races. When able, 1-2 USSS races (Lake Placid JNQ/Super Tour or SLU Carnival) per year

All races are required.



## Joining the Team

Race entry, lodging, travel, Mt. Van Hoevenberg Season Pass, and wax service included. Some apparel purchase expected but not required. No team fees are required. No Athletic Scholarships are available as a Division III Varsity Team.





# Cornell University

## General Information

**Team Name:** Cornell Nordic

**Location:** Ithaca, NY

**Team Size:** 20-35

**Conference:** East/Mideast

**Contact:** [jwh293@cornell.edu](mailto:jwh293@cornell.edu)

Previously, one-half of the 1995 NCAA-licensed Cornell Ski Team, Cornell Nordic, is now committed to instructing recreational skiing and ski racing to athletes of all abilities. We welcome all people to visit us at our regularly scheduled practice in the Fall and at Ski Camp, which takes place in Winter, the week before the session resumes.



## Team Structure

Cornell Nordic is entirely student-run! This year, we have nine captains, each of whom is filling a unique role, including president, vice president, training chair, social chair, gear manager, recruitment chair, social media, logistics, and website.

All abilities welcome (no previous skiing experience required)

## Notable Mentions

Founded in 1934, Cornell Ski team added a women's team in 1975 and joined USCSA in 1994.

In the 2024 season our women's team took home first place in the regional competition while our men earned third place. Both teams finished sixth at nationals in Lake Placid, NY.

We are entirely student run, and as such are able to make our own training plans and incorporate more new skiers into our team. Over the past 4 years, around half of our team only started skiing in College, and we have a good number of brand new skiers every year. We routinely achieve our ultimate goal of allowing someone new to skiing in College to attend Nationals after only a few years on the team.

# Cornell Nordic

## Practices

During the fall semester, we usually have four weekly practices: two roller ski practices, a cross-training day, and the always anticipated frisbee Friday. During the spring semester, we organize on-snow training at local ski areas (weather permitting).



## Trips/Events

Ski Camp! We go to Mont Sainte Anne near Quebec City, Canada, every year for a week-long training camp. We also host many other social events that are shared with team members throughout the year, including pumpkin carving, waxing potlucks, and Fordic (Nordic formal).

## Race Schedule

UVM Invitational @ Sleepy Hollow  
ECSC @ Prospect Mt Sprint Weekend  
ECSC @ Paul Smith's VIC  
ECSC Divisonals @ Jackson Ski Touring  
ECSC Regionals @ Paul Smith's College  
USCSA National Championships



## Joining the Team

\$30 Social dues  
Membership fees cover travel and racing costs  
The team can help cover the cost of ski camp and all regular-season race weekends are free for everyone.

President Jeff Hodgson: [jwh293@gmail.com](mailto:jwh293@gmail.com)  
Vice President Anna Cerosaletti: [ac2535@cornell.edu](mailto:ac2535@cornell.edu)  
Join our email list (list-serv) by sending an email to [nordic-l-request@cornell.edu](mailto:nordic-l-request@cornell.edu) with the subject line of "join" and the rest of the email blank. This notification system will address all information relating to the club in the fall while also distributing our training and events schedule throughout the year.





# Dartmouth College

## General Information

**Team Name:** Dartmouth Club Nordic

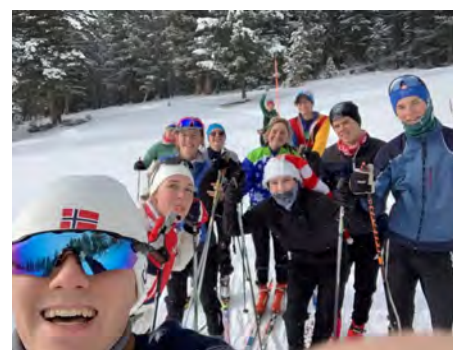
**Location:** Hanover, NH

**Team Size:** ~25 racers

**Conference:** Eastern

**Contact:** [john.e.deforest.25@dartmouth.edu](mailto:john.e.deforest.25@dartmouth.edu)

LEARN BY DOING: A dancing team with an ice cream eating problem -- From racers to newbies, we all just enjoy getting some time on skinny planks of wood and using our own might to explore nature. Whether you want to learn to classic or skate, race (competitively or in a banana suit) or play in the woods and then eat s'mores, there is something for you!



## Team Structure

Dartmouth Club Nordic is entirely student-led, as we are a subclan of the Dartmouth Outing Club, but we also have two awesome college advisors for gear and finances! Participation is totally voluntary (just stay up to date in our GroupMe and join any of our events!). We often provide wax and gear but you are more than welcome to use your own -- we also help members navigate ski-swaps, teach beginner lessons, and run more advanced workouts and longer ski expeditions as well! Free membership, trail access, and access to ski gear are part of our deal!

## Notable Mentions

Dartmouth Club Nordic was refounded out of the ashes in 2015 and has grown quickly from a small group of friends to an ice cream-motivated mob of skiers of all skill levels. We love to bring top-tier flair and music to our favorite USCSA collegiate races, throwing down big performances on (and just to the side of) the trails, including Stefano's "I'm on a Roll". We make sure even the most serious of competitors enjoy some mid-race banter just as they are green with jealousy for our speed-enhancing race costumes (banana suits optional).

We have qualified athletes to USCSA Regionals and National Championships every year that there has been interest! Informally we believe we are annual podium contenders for Best Race Swag.

# Dartmouth Club Nordic

## Practices

We host near-daily winter skis, both morning and afternoon -- usually running two dedicated beginner lessons during the week, and two to four more advanced and free-form ski sessions. More experience skiers offer technique tips and tricks for those interested in dialing in their stride. There is no practice requirement, and we provide free skis/boots/poles for anyone who wants to borrow! In the fall and spring we host beginner rollerski lessons and easy jogs and hikes, and provide a mini training group for those interested in intensity endeavors. We also attend a local rollerski race and hold an intro meeting for interested people. Often we will also try out other fall club sports - soccer, cycling, running, triathlon, frisbee, etc to supplement our dryland preparations!



## Trips/Events

Each year we go on a week and a half long "Winterim" training/adventure/frolicking trip in December before the start of the winter term in January. Past destinations have included West Yellowstone, MT (2023) and Lillehammer, Norway (2022). The trip is absolutely not required but it is a super fun way to bond with other nordic enthusiasts! Expenses are partially covered by college support. We also host a Full Moon Ski where we toodle around under the stars and crash into each other despite headlamps, as well as an end-of-season Ski Banquet, where we feast on s'mores and snacks around a campfire after an evening ski! We have also run no-poles handball, capture the flag, and sharks-and-minnows games as well.

## Race Schedule

Expected Winter Race Schedule (all are mix of skate and classic, and all are optional!): 2-3 ECSC Invites (Locations TBD - nearby ECSC colleges, Sprints/Relays/5k/10k/15k), ECSC Divisionals (Sprints/Relays/5k/10k/15k), ECSC Regionals (Sprints/Relays/5k/10k/15k), Craftsbury Marathon (Craftsbury, VT, 25k/30k/50k), Oak Hill Silver Fox Trot (Hanover, NH, 6k), Stowe Derby (Stowe, VT, 20k), and USCSA National Championships

Transport, Lodging, and Race fees are provided for and coordinated by the Captains, and total cost per race usually comes out to \$15-40 after college subsidy! ECSC/USCSA are collegiate races, the rest are citizen/open.



## Joining the Team

All Dartmouth students are welcome to join! Free membership, free trail access and free usage of our gear, and minimal race fees if you decide to race (total travel/lodging/food/race fees usually are only \$15-40/race after college subsidies!).

Reach out to [john.e.deforest.25@dartmouth.edu](mailto:john.e.deforest.25@dartmouth.edu) and he will add you to our GroupMe chat and answer any/all questions! Also check out the website and instagram for more.



# McGill University

## General Information

**Team Name:** McGill Nordic Ski Team

**Location:** Montreal, Québec, Canada

**Team Size:** ~15 USCSA racers, ~40 skiers

**Conference:** Eastern

**Contact:** [mcgillnordicskiteam@gmail.com](mailto:mcgillnordicskiteam@gmail.com)

The McGill Nordic Ski Team is a club aimed at promoting and facilitating all levels of nordic skiing at McGill.

We're proud to have skiers from many different skiing backgrounds and levels, ranging from those just getting into the sport, to those who train and compete at the university level. We have a storage and waxing space in the McGill gym, and hold practices on the ski trails around Mount Royal. We are united by our love for skiing, and our priority is to make the team as much fun as possible for everyone who joins!



## Team Structure

We are a completely student-run club, with experienced members of the team generously giving their time to organise logistics for races and other events. Leadership on the team takes the form of an exec committee, nominated at the end of each season, which is structured:

- President
- VP Internal/External
- VP Finance
- VP Fundraising
- VP Competitive
- VP Social
- VP Alumni

Skiers welcome (some previous skiing experience required)

## Notable Mentions

Whether you're an expert or a beginner, hoping to ski competitively, recreationally, or anywhere in between, we've got what you're looking for! Since we are a club team, as opposed to varsity, we have lots of freedom both in terms of how the team is run, and how members can be involved with the team. In addition, since we are a relatively small, completely student-run club, team members have a unique opportunity to be closely involved with the management and direction of the team. This means that anyone who joins the team has a lot of control over their experience with the team, and is able to curate it however they like.

**Notable Awards:**

- Canadian Triple Ski Challenge
- Canadian Ski Marathon Gold
- Canadian Ski Marathon Bronze

# McGill Nordic Ski Team

## Practices

We hold 3-5 official team practices each week, which are planned and run by members of the exec committee. Half or more of all practices required. They take place right in the middle of the city on the Mount Royal ski trails, which are a 5 minute walk from the McGill gym where we store our skis and waxing supplies. Practices run from early September until the snow runs out. Most of the Fall semester is devoted to dryland training, consisting of running, ski-bounding, and strength training, as well as our Fun Friday practices. As soon as we have snow on the ground, we start skiing practices, with a mix of technique, distance, and intensity training.



## Trips/Events

The team holds three training camps throughout the year, one during the fall semester and two during the winter. These are super fun weekends devoted to skiing (or sometimes trail running in the Fall), bringing the team together, and enjoying the outdoors, and are definitely highlights of the year!

## Race Schedule

### Typical Comp Season Schedule:

January 11-12: USCSA 1 - 5-15km, collegiate race, New England  
January 18-19: USCSA 2 - 5-15km, collegiate race, New England  
January 25-26: USCSA 3 - 5-15km, collegiate race, New England  
February 1-2: USCSA 4 - 5-15km, collegiate race, New England  
February 8-9: Canadian Ski Marathon - 20-160km, loppet, Montebello, QC  
February 15-16: Gatineau Worldloppet - 10-50km, loppet, Gatineau, QC



## Joining the Team

**Recreational team:** \$50CAD (access to team room, unlimited waxing supplies, access to team events)

**Competitive team:** \$500CAD (access to team room, premium waxing supplies, all USCSA regular season races (transportation/lodging/race fees), Canadian loppet races (transportation/lodging), 2/3 annual training camp weekends (transportation, lodging, food, trail passes))

We are not able to offer any scholarships to team members. Financial support for skiing is available from our partner organization, the Redbirds Ski Club, to team members who are competing at events not covered by the team (ex. nationals).



# Middlebury College

## General Information

**Team Name:** Middlebury Club Nordic

**Location:** Middlebury, Vermont

**Team Size:** 25-45

**Conference:** Eastern

**Contact:** [skiga@middlebury.edu](mailto:skiga@middlebury.edu)

Also known as MCN, we are Middlebury's club ski team for new and old skiers alike. We welcome anyone who's interested, whether or not you have any skiing experience. We have rental gear for club members to loan, and we would love to teach you how to ski! We offer weekly practices in the fall and winter, and have a competitive race season from January to mid-February. We race in the ECSC (Eastern Collegiate Ski Conference), which is a subgroup of the USCSA (United States Collegiate Ski Association). We also offer opportunities for more social skiing and races, such as citizens biathlon and ski cross.



## Team Structure

Our club team is entirely student-led with a men's and women's captain, a treasurer, a race coordinator, a training coordinator, social media and social chairs, a wax tech, and a ski lessons liaison. Students are nominated to these positions by members of the club at the end of each year.

All abilities welcome (no previous skiing experience required)

## Notable Mentions

Many of our members teach ski lessons at Rikert over J-Term. This is a fun and lowkey way to give back to the community while also getting a PE credit! We also have members volunteer as mentors for the Stride Foundation each year, which seeks to provide skiing opportunities to disadvantaged elementary school girls

Established in 2019:

1x All American

Regional Champions

Multiple Junior Nationals Qualifiers

1x World University Games Qualifier

# Middlebury Club Nordic

## Practices

We host practice three times a week Tuesday-Friday in the Fall and Winter. We have afternoon practices where we run or rollerski (no prior experience required) in the Fall and ski at the Rikert Nordic Center during J-Term. Practices are led by our captains and are completely optional. An optional training plan is provided each week with the schedule for practice as well as workouts for non-practice days.



## Trips/Events

We do not have an organized trip, but members of the club have organized trips in the past to Mont-Sainte-Anne over February break.

Our team typically races the USCSA circuit, although there will be opportunities to race in Eastern Cups and other races for those that are interested. We also will typically attend beginner biathlon races during J-Term which take place during the week in Jericho, VT.

## Race Schedule

12/21/24 - 12/22/24 Craftsbury Eastern Cup - Craftsbury, VT, citizen  
1/11/25 - 1/12/25 USCSA - collegiate  
1/18/25 - 1/19/25 USCSA - collegiate  
1/18/25 - 1/19/25 Lake Placid Eastern Cup - Lake Placid, NY, citizen  
1/25/25 - 1/26/25 USCSA - collegiate  
2/1/25 - 2/2/25 USCSA - collegiate  
2/8/25 - 2/9/25 USCSA - collegiate  
2/15/25 - 2/16/25 USCSA - collegiate  
2/15/25 - 2/16/25 Rikert Eastern Cup - Ripton, VT, citizen  
3/5/25 - 3/11/25 USCSA Nationals - collegiate  
3/18/25 Stowe Derby - Stowe, VT, 20k, citizen



## Joining the Team

There are no fees required to take part in the team and attend practices but members who wish to race in the USCSA will have to pay for their own USCSA membership (\$20) as well as race fees for citizens/Eastern cup races. We also ask that members who participate in overnight races contribute to housing and food costs. USCSA race fees, wax, and gas are all covered by the club and skis and other equipment can also be borrowed from the club.





# Northeastern University

## General Information

**Team Name:** HUski Nordic

**Location:** Boston, MA

**Team Size:** ~25

**Conference:** Eastern

**Contact:** [huskinordic@gmail.com](mailto:huskinordic@gmail.com)

HUski Nordic is Northeastern's first collegiate Nordic skiing club! Created in 2023, this new student group provides novice and experienced skiers with the opportunity to get out on the snow and improve their skills. Our club participates in an intercollegiate racing league traveling across New England to test our skills against other schools, but encourage beginners and skiers of all levels to get involved!



## Team Structure

Our club is completely student run! The club works with Northeastern's center for student involvement for transportation and funding, has a faculty advisor, and all leadership positions are student filled. All abilities are welcome, no previous skiing experience is required to join. Less than half of practices are required, and races are entirely optional (but highly encouraged)!

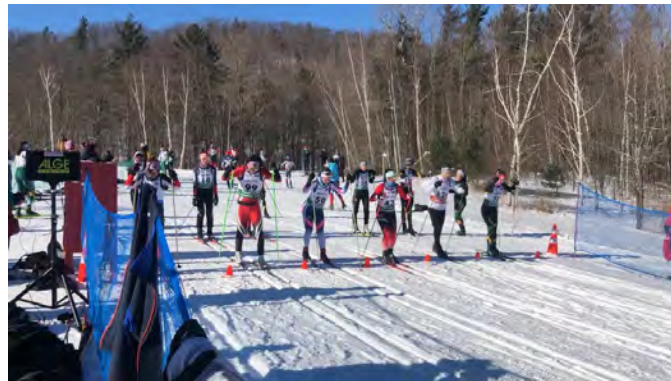
## Notable Mentions

Our team was recently founded because Northeastern did not have a Nordic ski team. Many schools in the Boston area do not have a team. Due to this, our mission is to promote and give more students access to cross country skiing in the Boston area. Our club allows for both competitive skiing and recreational, even to those who have never skied before! Our team has nearly doubled since its establishment in 2023, and joining the USCSA in 2024. On our team, we have both first time skiers and skiers who placed in the top half of USCSA races.

# HUski Nordic

## Practices

Our practices are held once a week during the school year, and during the ski season we have one ski practice along with one day at Weston Ski Track for on-snow practice (weather permitting). We also have off season summer practices that consist of dryland and strength training along with rollerskiing around the Boston area. Less than half of the practices are required for the team, and all abilities are welcome!



## Trips/Events

Our team has taken two trips that are outside the normal race schedule. This past year our team took a trip to Minnesota for the World Cup race, and this coming year our team will be taking a trip to Wisconsin for the American Birkebeiner. These trips are all student lead and are funded for by the individual but organized by our student leadership. There are opportunities as well to have ski weekends during the school year around the East Coast that does not include racing.

## Race Schedule

Our races fluctuate depending on what USCSA puts out as its race schedule for the year. Normally, its every weekend during the winter, with Saturday and Sunday classic and skate races. Our team attends as many races as possible with skiers being able to choose which weekends and races they want to compete in.



## Joining the Team

All abilities are welcome and racing is no requirement! There is a \$10 practice fee, a \$45 racing fee, and the \$180 USCSA registration fee is split between team members. The fees cover practice and most travel fees, and most race prices are \$10 per race. To join reach out to [huskinordic@gmail.com](mailto:huskinordic@gmail.com)!



# Paul Smith's College

## General Information

**Location:** Paul Smith's, NY

**Team Size:** 20-30

**Conference:** Eastern

**Contact:** [mdougherty@paulsmiths.edu](mailto:mdougherty@paulsmiths.edu)

Paul Smith's College is the official training center for Sport and Education for both USA Nordic and USA Biathlon. Allowing athletes the opportunity to pursue both sport and education at a world class level. The college's Nordic program provides full support and coaching to athletes in Biathlon, Nordic Combined, Ski Jumping and Nordic. The program competes in the USCSA for Nordic skiing which allows the college to support athletes more holistically in pursuit of their athletic endeavors.



## Team Structure

The team has a Varsity team with a Full Time Coach and Two Assistant Coaches, We hire Wax Techs for Nationals to assist and we also work with specific coaches to add depth for technique and strength as needed. Matthew Dougherty is the Director of Nordic Sports; John Thompson is the Assistant Coach.

There is no performance criteria for joining the team, but there are tryouts to be able to race. All practices and races are required.

## Notable Mentions

Founded in 1950 and joining the USCSA in 2008, Paul Smith's is a powerhouse team. We've had rapid growth with full support from the institution with a Nordic center on campus with FIS trails and over 45k of skiing right from our dorm rooms.

Some accomplishments include: USCSA National Champions 2022, US Biathlon Team National Champions 2023, both men and women's team have been on the final podium at USCSA Nationals the last three years.

# Paul Smith's College

## Practices

We run a full program with year round training support, including summer training opportunities, camps, and full time coaching from August till May. Practices are 5-6 days a week.

## Joining the Team

There are no annual membership fees. Travel and racing costs are covered by the team.

For Biathletes, there are performance grants available.

## Race Schedule

We compete in the ECSC for a full collegiate season but we also run races on the USSA calendar and US Biathlon schedule racing from November till the end of March.

## Trips/Events

We do training camps throughout the world and US.



The graphic features a dark green background with three logos at the top: the United States Biathlon logo, Paul Smith's College logo, and the USA Nordic logo. Below the logos, the text "NORDIC SKI TEAM" is written in large, white, bold letters. The central part of the graphic is a collage of three action shots: a biathlete in a yellow and black striped suit aiming a rifle, a skier in mid-air performing a jump, and a skier in a yellow and black striped suit racing down a slope. At the bottom, the text "JUMP. SHOOT. SKI. All in one place." is displayed in white, followed by "2022 USCSA Men's National Champions, Women's National runner-up" and "The official higher education partner of USA Nordic and United States Biathlon". A QR code is located in the bottom right corner.



# Smith College

## General Information

**Team Name:** Smith College Nordic Ski Club

**Location:** Northampton, MA

**Team Size:** 30 skiers, ~9 USCSA racers

**Conference:** Eastern

**Contact:** [nordicskiclub@smith.edu](mailto:nordicskiclub@smith.edu)

This organization provides the opportunity for interested Nordic skiers to gather and share stories of trips on the trails, bond while watching World Cup races, and race at a community and collegiate club level (USCSA) while representing Smith College. This club will promote a positive community and love for the outdoors as well as a growth mindset in increasing Nordic skiing competition participation in our Five College community and skill sets.



## Team Structure

The Smith College Nordic Ski Club is a fully student-athlete-led team. We organize all racing arrangements, practices, waxing, equipment supplies, training, skills, housing, and traveling accommodations. There are no requirements to being on the racing team expect starting at least one race on the USCSA racing schedule, however a small number of races are required to be on the team. All abilities are welcome, there is no previous skiing experience required and all practices are optional. Wax is provided by the team for races.

## Notable Mentions

The Smith College Nordic Ski Club was founded in the spring of 2022 and had it's first established in 2022 and joined the USCSA in 2023. In the winter of 2023/24, there were 9 members of the USCSA racing team and 30 total club members. In the past winter, all three skiers who competed at the USCSA National Championships were Academic All-Americans

# Smith College Nordic Ski Club

## Practices

Practices are student-led as there are no formal coaches, and all practices are completely optional. The Smith College Nordic Ski Club practices 1-3 times a week in the winter season, dependent on weather and snow availability. Off-season and summer training is encouraged but not performed as a team.



## Trips/Events

As a new team, there are no historic team trips. But that being said, the Smith Nordic Ski Club plans to start hosting an annual community race at Notchview beginning in the winter of 2024-2025.

## Race Schedule

The Smith College Nordic Ski Club plans to race at all Eastern Conference USCSA races, as well as most citizen races hosted in Western Massachusetts and Southern Vermont (Notchview and Prospect) in the upcoming winter of 2025.



## Joining the Team

Everyone is welcome to join the club, no skiing experience is necessary. All practices are optional and less than half of races are required. There is an annual membership fee of \$20 which covers all registration fees for the year and partial racing costs. Depending on the number of participants, accommodations and additional race fees may be also covered as well as classic fish scales. If interested in joining, reach out to [nordicskiclub@smith.edu](mailto:nordicskiclub@smith.edu)!



# United States Military Academy at West Point

## General Information

**Team Name:** Army West Point Nordic Ski

**Location:** West Point, NY

**Team Size:** ~15

**Conference:** Eastern

**Contact:** [laura.mosher@westpoint.edu](mailto:laura.mosher@westpoint.edu)

The Army West Point Nordic Ski team is committed to cadet development in the areas of fitness, endurance, and determination. Team members carry out that commitment by competing against other college-level ski teams while representing West Point at events held by the Eastern Collegiate Ski Conference of the United States Collegiate Ski and Snowboard Association.



## Team Structure

The Army West Point Nordic Ski team is a cadet-led effort club. Managing the membership, practices, and competitions gives cadets the opportunity to hone their leadership skills and enhance their interpersonal and social development and teamwork abilities. The team is a hobby club organized under the Directorate of Cadet Activities and is open to all cadets regardless of class or level of skiing experience. They are supported by volunteer faculty/staff chaperones when traveling. Half of races and practices are required.

## Notable Mentions

The Army West Point Nordic Ski team is designated as a "Hobby Club" at West Point, and is one of many extra-curricular activities in which cadets may participate. In keeping with the mission of West Point as a leadership development institution, every cadet on the team has an important role to play. Cadets make all arrangements for practices, competitive events to attend, equipment purchase/maintenance, uniform purchase/upkeep, team facilities management, and travel, thus preparing themselves to be competent leaders for their future Army careers.

During the 2024 season, two skiers qualified for the USCSA National Championships, and both earned Academic All-American!

# Army West Point Nordic Ski

## Practices

Cadet life is busy! Priority is given to academics and military training overall, with club activities like Nordic Ski rounding out a cadet's physical pursuits. Practices take place at irregular intervals during the semester, and consist of roller-skiing practice and cardio/running during designated Club meeting hours (generally Tuesday nights after dinner). Half of practices are required.



## Trips/Events

During each season, the West Point Nordic Ski Team arranges a trip to Camp Ethan Allan, VT, to train with the Coordinator for the Vermont National Guard Biathlon team. In 2023 the National Guard Biathlon Championships were held at Camp Ethan Allen, and the cadets all had the chance to observe the competitors skiing, racing and firing rifles during the competition. All the cadets gathered with the coach of the Wyoming National Guard team for some shooting tips and experience. The biathlon teams from across the country were welcoming and supportive of the cadets, and we spoke with many Guardsmen from Michigan, Colorado, Wisconsin, and Montana about skiing, shooting, and Army service. The cadets greatly benefited from the interaction with the nation guard teams.

## Race Schedule

During a typical season, the Army West point Nordic Ski team competes at 4-5 Eastern Collegiate Ski Conference events in NY, VT, NH, and ME. Our most recent season included:

Clarkson Invite, Lake Placid NY, USCSA race  
Ethan Allen Training Center, VT National Guard, Jericho NY, ski training  
Paul Smiths invitational, Paul Smiths NY, USCSA race  
ECSC Divisionals, Jackson NH, USCSA race  
ECSC Regionals, Paul Smiths NY, USCSA race  
Local Rail trail rollerski trip, training  
USCSA Nationals, Lake Placid NY, USCSA race



## Joining the Team

Individual skiers register for the season with USCSA; all travel and race fees for events during the season are paid out of the team budget. Cadets receive a meal allowance for meals they miss while on event trips. There are generally no out-of-pocket expenses for cadets during event trips, with the possible exception of a \$15.00 transportation fee if the designated portion of the team's budget cannot cover that cost. Team members are able to raise funds to cover transportation fees by staffing the concession booths at Army sports events. Prospective skiers should reach out to [laura.mosher@westpoint.edu](mailto:laura.mosher@westpoint.edu)!





# University of Maine Farmington

## General Information

**Team Name:** UMF Nordic

**Location:** Farmington, ME

**Team Size:** ~3

**Conference:** Eastern

**Contact:** [merit.bean@maine.edu](mailto:merit.bean@maine.edu)

UMF provides students with meaningful and positive experiences that are integral to their holistic education through participation in varsity athletics. We welcome skiers of all abilities and focus on having fun, improving technique and helping each skier reach their individual and team goals.



## Team Structure

We are a fully-funded Varsity team that enjoys great support from our Snowsports Director and Athletic Director. We are coached full time by Buzz and Sally Bean who have coached for 40 years. All waxing is done by the coaches who LOVE waxing, especially klistar! Buzz Bean, in his 5th year at UMF, is joined by Sally Bean, who assists in all aspects of the team and is the team chef as well as wax tester. Ski experience is required, as well as all races. All practices are tailored around academic schedules but are essential to success. Team size has varied from year to year based on interest.

## Notable Mentions

Established and joining the USCSA in 2008, UMF Nordic has put up some impressive skiers, including a recent skier placing top ten overall at Nationals. UMF Nordic is sending a skier to represent the U.S. at the World University Games in Torino, Italy in January of 2025. Along with individual successes (including multiple Academic All-Americans), in 2024 UMF Nordic was 8th as a team at the USCSA National Championships.

The team functions in a family-type atmosphere where we offer each other a lot of individual attention and support. We like to set goals, work hard, have fun and enjoy being together, especially for good food and ice cream!

# UMF Nordic

## Practices

Practices are tailored around academic schedules but are essential to success. We begin roller skiing two days a week in early fall, based around academic schedules. Athletes train 3-4 other days on their own. We have a 3 day training camp down east on the coast of Maine where we roller ski, hike, bike and eat lobsters and clams! Once snow arrives we ski daily at Quarry Road, Titcomb Mountain (5 minutes from campus with lights) and the Sugarloaf Outdoor Center. We have the most reliable snow in the East! Athletes train all through the summer individually.



## Trips/Events

We often have fun at Sugarloaf practicing fast GS type turns on the Alpine trails. We enjoy skiing on non-traditional Nordic trails and have a lot of fun team dinners after skiing at the coach's trails at their home.

## Race Schedule

We do local NENSA Eastern Cup races in the early season as well as the Bates or Colby NCAA D1 Carnivals. We travel to New Hampshire, Vermont, and New York for USCSA races 5 weekends a year and race everything from sprints to 15KM. We travel in team vans (with great music!) and stay in rental homes where we eat delicious meals tailored to individual needs. We also travel to the USCSA National Championships every year.



## Joining the Team

There are no membership fees. The team is fully funded and the college pays for all race fees, waxes, travel, and other expenses. Athletes only provide their equipment. Athletes may contact Buzz Bean at [Merit.bean@maine.edu](mailto:Merit.bean@maine.edu) as well as by phone at 207-331-6233 if they are interested in joining!



# University of Vermont

## General Information

**Team Name:** UVM Club Nordic

**Location:** Burlington, VT

**Team Size:** More than 50 with ~40 racers

**Conference:** Eastern

**Contact:** [uvmnsc@gmail.com](mailto:uvmnsc@gmail.com)

The UVM Nordic Ski Club strives to provide inclusive, accessible, and affordable nordic skiing opportunities to students at the University of Vermont. We offer all levels of fun and competition (although who would want less fun?), and pride ourselves in being one of the few fully student run teams within the USCSA, as well as one of the largest (and most fun.)



## Team Structure

UVMNSC is a ski club completely run by students. These elected members handle everything from finances, to accommodations during race weekends, to practice plans, to making sure the only thing anyone else has to worry about is having fun. We also have an alumni who acts as a coach to newer skiers, a wax tech, and a general “hype-machine”. All practices and races are optional, and all abilities are welcome!

## Notable Mentions

UVMNSC is a huge part of the ski community in the Eastern conference. In just the last 4 years, we have grown from ~15 active racers to over 40. We pride ourselves in being the loudest, arguably the most fun, and still competing at the top. Our student leaders work to organize fundraising events across the Burlington area in order to fund our season. In the fall, we work with local families to help with their yard-work, garden clean-up, and other various tasks. We give to the community, and the community gives back (sometimes with bonus brownies)!!

# University of Vermont

## Practices

Practices are optional, but participation is encouraged! We hold chill evening runs in the fall, and start bringing members to ski at our very own Sleepy Hollow Ski Center, 3 days a week, an hour and a half each night, as the winter ramps up. Our officers work to create a training plan for members who are interested in being more competitive to follow.



## Trips/Events

We have a winter ski camp! The past two years, we spend the last week of winter break in Mont Sainte Anne (2023) and Mont Tremblant (2024) having lots of fun, lots of skiing (with optional training), and lots of team bonding.

Each year UVMNSC hosts a home race at Sleepy Hollow!

During the fall the team goes on hikes, trail runs, and other bonding activities to get us outside and spending time together.

## Race Schedule

A typical season begins the first weekend back from winter break, mid January. We will often travel on Friday night, or early Saturday morning, and travel back to Burlington by Sunday evening. These weekends are fabulous, fun, and full of good memories.

The season is 5 consecutive weekends of 2 day races, with a week of USCSA Nationals racing capping off the season at the beginning of March. All races are optional, but those wishing to be considered for the Nationals team must compete in 2 race weekends.

Races range from 1.5k to 15k. Each weekend consists of 1 skate race, and 1 classic race.



## Joining the Team

As already stated, there is no ski experience requirement. To join, members have to pay registration dues. The \$100 dues in the fall covers race housing, food, race registration, USCSA registration, practice ski passes, and van transportation. There is a separate fee for ski camp which covers nearly the whole trip. Membership fees cover all travel and racing costs. Those interested in joining the team should reach out to [uvmnsc@gmail.com](mailto:uvmnsc@gmail.com)!!





# Wellesley College

## General Information

**Team Name:** Wellesley Nordic Ski Team

**Location:** Wellesley, MA

**Team Size:** 20-35

**Conference:** Eastern

**Contact:** [eh109@wellesley.edu](mailto:eh109@wellesley.edu)

Wellesley Nordic Ski Team teaches Nordic skiing to the Wellesley community through regular practices, promotes a community based on a mutual appreciation for stress-relieving exercise, and take responsibility for the growth and development of skiers, both in terms of leadership ability and technical skills.



## Team Structure

Wellesley College Nordic Ski Team is run by 2 presidents, 1 coach, and 6 other leadership members. There are no formal coaches for the team. All abilities are welcome, there is no previous skiing experience required to join the team.

## Notable Mentions

None listed.

# Wellesley College

## Practices

There are 3 practices per week January-March, and 2 dryland practices per week October-December. Ski practices take place at the Weston ski Track. Half or more of all practices required.



## Trips/Events

The team has historically taken trips such as a retreat to Woodstock, Vermont, and attend clinics and ski with Olympians.

## Race Schedule

Wellesley's race schedule varies depending on the year. We compete in the Eastern Collegiate Ski Conference and race within those races.



## Joining the Team

Participation in the team is fully funded by Wellesley, however, membership fees do not cover travel or racing costs. Prospective skiers should reach out to [eh109@wellesley.edu](mailto:eh109@wellesley.edu).



# Midwest Region

## Midwest Collegiate Ski Association (MCSA)



*By Luke Dykowski*

The Midwest is the heartland of U.S. Nordic skiing, and the Midwest Collegiate Ski Association (MCSA) embraces its dynamism and community spirit. From the shores of Lake Superior to the American Birkebeiner's Main Street finish-line, MCSA athletes represent their teams at the largest Nordic ski races on the continent and at close-knit, intercollegiate events. Their schools include the flagship universities of Wisconsin, Minnesota, and Michigan, as well as private liberal arts colleges nestled throughout the region's dense forests and rolling hills.



The MCSA's schedule is dominated by citizen ski marathons. While individual teams may compete in a wider selection of competitions, the MCSA's Midwest Collegiate Cup includes four weekends of races, all longer than 20k, and culminating with the Birkie—the most popular race in the Western Hemisphere. This unique format allows teams to represent their universities on an international stage, while building lifelong connections with race hosts, volunteers, and their fellow competitors.

The MCSA Regional Championships include two days of racing in Rhinelander, Wisconsin. These are the only college-only races of the season, and qualify up to five Men's Teams and five Women's Teams (as well as high-scoring individuals) for the USCSA National Championships. The MCSA Regional race formats replicate the USCSA National formats, and will include a Sprint and a 15k in 2025.



The MCSA also stands out as the only Nordic region governed entirely by its athletes. All but one of the MCSA's Nordic programs are student-led. Student directors make financial decisions, organize travel, and coach practices for their teams, and collaborate with one another to set schedules and make rules for the MCSA as a whole. This crucible of cooperation cultivates lifelong leadership skills, and gets real racing results. Founded in 2019, MCSA Nordic concluded the 2023-24 season with record National Championships results—boasting no fewer than ten All-American finishers in each day of racing, six Individual and seven Team single-day podiums, and two Individual and Team overall podiums. In scarcely longer than the time it takes an athlete to graduate, the MCSA has become an energetic artery pumping dozens of new teams and hundreds of new competitors into the USCSA.

**MCSA Website:**

<https://www.skimcsa.com/nordic>

**Contact:**

Luke Dykowski: MCSA Nordic Coordinator

[lukedykowski@gmail.com](mailto:lukedykowski@gmail.com)

Emma Reineke: MCSA Nordic Student Coordinator & Midwest Nordic Assembly President

[reine368@umn.edu](mailto:reine368@umn.edu)







# Carleton College

## General Information

**Team Name:** Carleton Nordic  
**Location:** Northfield, MN  
**Team Size:** ~20 racers  
**Conference:** Midwest  
**Contact:** [lentferl@carleton.edu](mailto:lentferl@carleton.edu)

Carleton Nordic supports athletes in their love for Nordic skiing at every level of participation and competition. Skiers find in Carleton Nordic an incredibly determined, warm, and vibrant team culture, year round training opportunities, and incredible competition opportunities including silly home course relays, community races around the state such as an epic 10k across a frozen lake by sunset, and MCSA Collegiate level competitions including the Birkie.



## Team Structure

Carleton Nordic is a club team organized by a group of enthusiastic and passionate student officers and captains, as well as an incredible part time coach. These leaders are able to set and meet ambitious goals for both the race team and the more casual, beginner-oriented PE classes. In regards to the race team, the captains are responsible for planning and supporting the team's attendance at competitions, establishing a serious training routine in the off-season, and building the social aspect of the team. For the club team, the captains support new members of the team through offering fun practices to introduce skiing through low-stakes silly races. All skiing levels are welcome on the team and all races are optional!

## Notable Mentions

Carleton Nordic existed as a varsity team between 1939 and 2002. In 2002, the club team was established, and in 2021 we joined the USCSA. Being a new(er) racing team, the team has been growing rapidly in the past few years. With now having a coach, the race team has been doing better and better every year and is becoming more competitive within the Midwest. For those who are more interested in just having a grand old time on skis - whether as a seasoned skier or wanting to learn - we have a solid crew of people!

# Carleton Nordic

## Practices

Half or more of all practices are required. In season our race season hosts four to five official practices a week - one long ski, two coached workouts, a lift session and one day of relays and games open to the entire club. There's also often a race or some other club/team event of our off days or weekends we aren't racing that spontaneously pop up. We also offer PE classes and workshops for new skiers and group skis for all who want to join!

Off season training is a bit more variable but includes one to three practices a week of roller skiing, lifts, runs, or whatever adventures we scheme up.



## Trips/Events

While we're still getting our traditions set in stone, recent team adventures include trips to a biathlon camp in Duluth, MN, mock biathlon races open to the community, trips to roller ski on the most obscure trails we can find, and many a wild and weird relay on campus either by moonlight in costume or both on campus.

## Race Schedule

All races are optional but encouraged!

On Campus Community Race | 10k-15k Skate or Classic  
Half Noquemanon | 24k Skate or Classic | Marquette, MI  
Mt. Ashwabay | 30k Skiathlon | Bayfield, WI  
Book Across the Bay | 10k Skate or Classic  
Vasaloppet | 48k or 34k Skate | Mora, MN  
MCSA Regional Championships | Various | Rhinelander, WI  
American Birkebeiner | 50k Skate or Classic | Hayward, WI  
USCSA National Championships



## Joining the Team

There is no ski experience requirement to join and no team fee! However, fees exist for those interested in racing, and equipment is not provided. Prospective athletes should reach out to the current President, Linnea, at [lentferl@carleton.edu](mailto:lentferl@carleton.edu)!



# College of Saint Benedict and Saint John's University

## General Information

**Team Name:** CSB/SJU Nordic Ski Team

**Location:** Colledgeville, MN

**Team Size:** ~15

**Conference:** Midwest

**Contact:** [Nordic@csbsju.edu](mailto:Nordic@csbsju.edu)

The club strives to promote Nordic skiing and foster a competitive athletic spirit amongst members. Head coach Ion Senchea provides training plans for skiing, core, weights and any other winter or summer areas of focus. Those plans are tailored toward an athlete's reasons for being part of the team and helping them achieve their individual goals.



## Team Structure

Our team has a full time coach who meets for practice 4 days a week. He provides technique coaching, as well as a training plan. We also have multiple student captains that help lead, facilitate, and plan practices. They also host captains practices in the fall. The coach is Ion Senchea.

All abilities welcome (no previous skiing experience required)

Half of practices required

## Notable Mentions

Having joined the USCSA in 2024, CSB/SJU Nordic is completely free to members and is new to the MCSA.

# CSB/SJU Nordic Ski Team

## Practices

Our practices are formally coached and take place in the Saint John's Arboretum, which has over 20km of groomed classic and skate trails. Practices are 4 days a week Monday through Thursday, with Friday being an optional captains practice with a fun activity. We have some off season training in the form of captains practices starting early November.



## Trips/Events

We have gone to Giants Ridge and Yellowstone in past years (Giants Ridge last year). Also, in past years we have hosted the Langlauf ski race at the Saint John's arboretum trails.

## Race Schedule

- Michigan Tech Pre-Nationals CXC Cup (5k/10k distance race, sprint race) (collegiate)
- Half-Noquemanon Ski Marathon (24k classic and skate)(collegiate)
- Mt. Ashwabay Ski Race (25k skiathlon)(collegiate)
- Pre-Birkie (42k or 26k, classic or skate)(citizen)
- American Birkebeiner (50k skate, 55k classic)(citizen)



## Joining the Team

There is no annual team membership fee. Ski equipment is mostly provided by individuals, though we have some available for new skiers. Travel and racing costs are covered for members.



# St. Olaf College

## General Information

**Team Name:** St. Olaf Nordic Ski Team  
**Location:** Northfield, Minnesota  
**Team Size:** approximately 20-22 skiers  
**Conference:** Midwest  
**Contact:** [hanson27@stolaf.edu](mailto:hanson27@stolaf.edu)

The St. Olaf Nordic Ski Team challenges athletes to refine their technique, knowledge, and passion for the sport, fostering a lifelong dedication under the guidance of coaches and fellow teammates.



## Team Structure

St. Olaf is supported by a head coach and an assistant coach(es). The coaches are supported by 2-4 captains for both men's and women's. During race weekends, athlete parents often graciously volunteer their time and support. The coaches and occasional parent or captain are responsible for waxing and testing for the race weekends.

## Notable Mentions

We are a youthful team with many up-and-coming athletes who are enthusiastic about making a splash in the ski world as well as their local community. Via member involvement from supporting each other on race weekends to community support events, moderated by the team's St. Olaf Athletic Advisory Board liaisons, our athletes leverage their abilities to improve their environment. Some of our recent awards include:

- Women's 2022-2024 National Champions and President's Award
- Men's 2nd 2020, 6th 2023, and 5th 2024 Nationals

# St. Olaf Nordic Ski Team

## Practices

Practices are in the afternoons Monday-Friday from 3:30-5:30 with occasional morning practices/lifts before 8 am classes. We also have 2 guided lifts a week. Saturday practices are typically 8:30 am-11:30 am.



## Trips/Events

The athletes organize a yearly Thanksgiving trip either out west around Yellowstone or east to Michigan. This is an athlete-funded trip where they cook, organize workouts, and transport themselves. Participation is not required by any means but athletes always have a blast!

## Race Schedule

### 2024-2025 Proposed Schedule

Dec 14-15: Cable Supertour/JNQ

Dec 21-22: JNQ Coleraine

Jan 2-7: Senior Nationals\*

Jan 18-19: CCSA GB Ariens

Jan 25-26: JNQ MPLS\*\*

Jan 25: USCSA Half Noquemanon\*\*

Feb 1-2: CCSA CSS Duluth\*\*

Feb 1-2: USCSA Mt. Ashwabay Skiathlon, North End Sprints\*\*

Feb 8: USCSA Vasaloppet and Dala (skate only)

Feb 15-16: USCSA Regionals Rhinelander

\*Race participants determined by coaches

\*\*Double-booked weekends determined by coaches



## Joining the Team

Joining the team is free but you must purchase your licenses if on the racing team and maintain your own equipment. The membership fees cover travel and racing costs. There are no performance criteria for joining the team, but there are 'try outs' to race. If you're interested, reach out to [hanson27@stolaf.edu](mailto:hanson27@stolaf.edu) (preferably by the fall of senior year in high school).



Michigan  
Technological  
University

# Michigan Technological University

## General Information

**Team Name:** Michigan Tech Nordic Ski Club

**Location:** Houghton, MI

**Team Size:** 40-50 members with 10-15 racers

**Conference:** Midwest

**Contact:** [rygmille@mtu.edu](mailto:rygmille@mtu.edu)

The Michigan Tech Nordic Ski Club's mission is to promote a cross-country skiing community at Michigan Technological University



## Team Structure

The MTU ski club is entirely student-led. As a student organization at MTU, there are club officers as well as a faculty advisor. There is no skiing experience required to join, and all practices and races are optional. There are around forty to fifty members of the club each year, and a racing USCSA team of ten to fifteen.

## Notable Mentions

Our club is relatively small; despite this, our men's team has placed 4th and 5th overall in the MCSA in recent years. We are a small team, but MTU has many talented club skiers who are competitive in the MCSA. The club team joined the USCSA with the establishment of MCSA Nordic in 2019. One of the most important characteristics of club skiing at MTU is the ease of access to the Tech Trials, a world-class competition trail system just up the hill from campus. The ski club has a room for waxing and ski storage at the trailhead.

# MTU Nordic Ski Club

## Practices

The club has a group ski once a week in the winter and a weekly training run or roller ski in the fall. There is no coach, so practices are organized by the club. All practices are completely optional and fun to attend!!



## Trips/Events

The MTU Nordic Ski Club has a yearly training trip on MLK weekend in January. The club typically travels to Cable, Wisconsin, or Ironwood, Michigan, for a long weekend of skiing. The club has also historically done trips on Thanksgiving weekend to find early-season snow.

## Race Schedule

All races are completely optional!

### 2025 Race Calendar:

Noquemanon Ski Marathon, 24k, Collegiate  
Mount Ashwabay Summit Ski Race - Skiathlon, Collegiate  
MCSA Regionals, Collegiate  
The American Birkebeiner 50k, Collegiate  
Great Bear Chase, Calumet, MI Citizens



## Joining the Team

There is a \$20 season club due for using the wax room. Expenses not funded by the University, like food when on trips, are split between attending members. The University pays for travel expenses like gas and lodging, as well as some race fees in smaller collegiate races. Prospective skiers should reach out to [rygmille@mtu.edu](mailto:rygmille@mtu.edu)!





# Northern Michigan University

## General Information

**Team Name:** NMU Club Nordic Ski Team

**Location:** Marquette, MI

**Team Size:** 14 members with ~7 racers

**Conference:** Midwest

**Contact:** [nmunordicclub@gmail.com](mailto:nmunordicclub@gmail.com)

The NMU Club Nordic Team is made up of a group of students who are passionate about skiing. We aim to provide a fun atmosphere for all of our skiers and competitive opportunities for those who are interested. Skiers of all abilities are welcome on our team, from first-time skiers to lifelong skiers.



## Team Structure

NMU Nordic Ski Club is a student-led organization. There is an officer board made up of about two to five students who are in charge of running practices and doing all the behind-the-scenes work that make the team possible. No coaches or wax-techs are employed by our club though more experienced team members are always happy to help with both coaching and waxing. All abilities are welcome to join, and all practices and races are optional!

## Notable Mentions

While our team is small and new (joining the USCSA in 2022), we have seen continuous growth every year and we are very excited to see that growth continue. This past season our team size nearly doubled! This past season we started volunteering with the Ishpeming Ski Club. We volunteered as a team at the Annual Ski Jumping Tournament and we had several individuals volunteer as coaches for their youth ski program. This volunteer work is very fun and fulfilling and we are looking forward to continuing with it.

# NMU Nordic Ski Club

## Practices

NMU Nordic Ski Club holds practices anywhere for 4-6 days a week depending on interest, conditions, scheduled races, and club officer availability. Practices are led by any of our club officers. Informal dryland practices begin in early November, with official practices usually beginning at the start of our 2nd (Winter) Semester. The majority of our practices take place at Forestville Trailhead (about 15 minutes off campus). We have no formal coaching, so skiers often create their own training plans and ski with others of similar ability. All practices are optional.



## Trips/Events

Every year the city of Marquette hosts the Noquemanon Ski Marathon, the first race of the MCSA season, with the finish line at the NMU football stadium. This race is super fun and high energy for our skiers since it is our home race and many NMU students and Marquette locals come out to show support.

## Race Schedule

### 2025 Season:

Half Noquemanon | 24k Skate or Classic | Marquette, MI  
Mt. Ashwabay | 30k Skiathlon | Bayfield, WI  
Vasaloppet | 48k or 34k Skate | Mora, MN  
MCSA Regional Championships | Various | Rhinelander, WI  
American Birkebeiner | 50k Skate or Classic | Hayward, WI  
USCSA National Championships

All races are optional!



## Joining the Team

Individual dues are \$35 and racing fees are \$60 a season. Individual fees goes towards USCSA team dues, waxes, and team expenses. Race and transportation fees are covered either out of pocket or by fundraising. Prospective skiers should contact [nmunordicclub@gmail.com](mailto:nmunordicclub@gmail.com) or [vhard@nmu.edu](mailto:vhard@nmu.edu)!



# University of Michigan

## General Information

**Team Name:** Michigan Nordic Ski Club

**Location:** Ann Arbor, Michigan

**Team Size:** ~20

**Conference:** Midwest

**Contact:** [aljean@umich.edu](mailto:aljean@umich.edu)

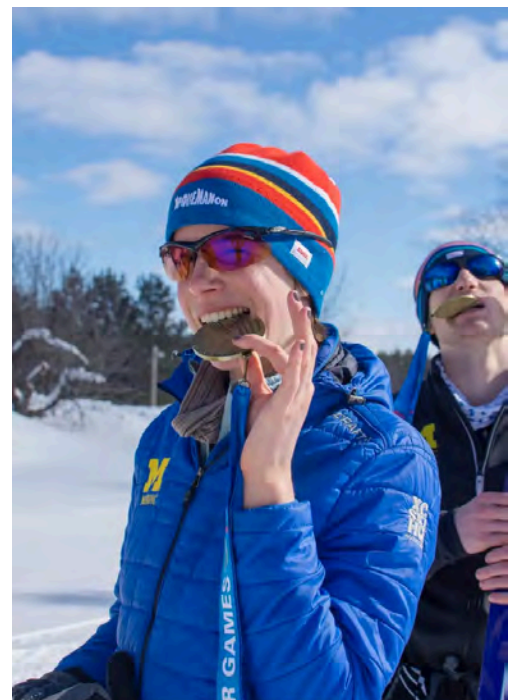
The Michigan Nordic Ski Club at the University of Michigan aims to promote access to nordic skiing at the University of Michigan. The club's purpose is to provide a network to share a passion for Nordic skiing, as well as an outlet to share knowledge and experience about training and competition and to have fun.



## Team Structure

Our club team is entirely student-led, and our positions are as follows:

- President
- Vice President
- Treasurer
- Travel
- Coordinator Apparel



# Michigan Nordic Ski Club

## Practices

Our optional practices are not formally coached but serve as a way to stay active in a group setting. We typically have 1-3 practices per week which begin when school starts and last the entire school year.



## Trips/Events

We take a trip over MLK weekend every year where we travel to Northern Michigan to ski.

## Race Schedule

Right now we only participate in citizen races: (all are optional)

- Frosty Freestyle- Brighton, MI, 12-15k
- Krazy Klassic- Brighton, MI, 10-12k
- Cote Dame Marie- Grayling, MI, 13/26k
- Boyne Vistas- Boyne, MI, 11k
- Noquemanon- Marquette, MI, 12-50k
- White Pine Stampede- Mancelona, MI, 20/40k
- Forbush Classic- Frederic, MI, 10k
- North American Vasa- Traverse City, MI, 10-25k
- MI Cup Championships- Grayling, MI, 14/16k
- Birkie- Cable, WI, 24/50k
- MI Cup Relays- Grayling, MI, 6k



## Joining the Team

All abilities welcome (no previous skiing experience required)! The membership fee is \$60 which covers all travel for races/trips, food, lodging, and some team events (bonfires, etc). Contact Arielle for more information: [aleajn@umich.edu](mailto:aleajn@umich.edu) or (231)313-3736



# University of Minnesota Duluth (UMD)

## General Information

**Team Name:** UMD Nordic Ski Club

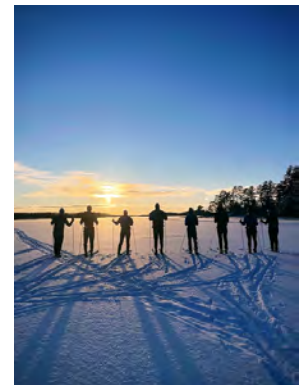
**Location:** Duluth, MN

**Team Size:** ~30 with around 15-25 coming to races

**Conference:** Midwest

**Contact:** [nordicskiclub@d.umn.edu](mailto:nordicskiclub@d.umn.edu)

Our mission is to create a network of cross-country skiers that strive to share the passion of our sport both on campus as well as throughout the Duluth community. We aim to create a fun-loving community for all levels of Nordic skiers who can ski together and enjoy themselves. Specific goals can range from having a fun year practicing, to completing a longer race, to competing competitively at the local or even national level!



## Team Structure

Our team is part of the MCSA (Midwest Collegiate Ski Association) and all races and practices are optional. We are part of the Recreational Sports and Outdoor Program at UMD. Our club is 100% student led and does not currently have any official coaches. Anyone can be an officer if they want to be involved, and the main positions are president, vice president, secretary, and treasurer. Transportation and lodging (with the exception of the ironwood trip) for races is covered by the club but race entry fees are covered by each skier.

## Notable Mentions

The UMD Nordic Ski Club started in the mid 1990's after the NCAA ski team was cut. This team went on to nationals multiple times in the 90's. There were some ups and downs through the 2000's and more recently in 2018 the team was a founding member of the Nordic skiing portion of the Midwest Collegiate Ski Association (MCSA) which is part of USCSA. Over the past few years our men's team has won 3 collegiate cups and our women's team has consistently been in the top 5 both for the collegiate cup and at regionals. This past year we went to USCSA Nationals and garnered a few individual all American finishes!

# UMD Nordic Ski Club

## Practices

All practices are optional for our club. Usually we start a few weeks into September with one day a week roller skiing and maybe a day of weight room time. Then, once the snow flies we typically practice 3 times a week (except when we have to leave for a race on a Friday when practice would normally be). The practices are chill with some people doing the suggested workout and some just skiing around.



## Trips/Events

Our main trip of the year (other than USCSA Nationals) is the Ironwood/Sisu Ski Fest trip. At the end of our winter break we go to Ironwood for an extended weekend skiing at ABR, Wolverine, hanging out, and racing the Sisu Ski Fest.

Other main events besides racing and practices are different volunteering opportunities at local running, rollerblading, and skiing races in the Duluth area.

## Race Schedule

Ironwood Trip and Sisu Ski Fest | 15k or 29k | citizen race in Ironwood, MI  
Half Noquemanon | 24k Skate or Classic | Marquette, MI  
Mt. Ashwabay | 30k Skiathlon | Bayfield, WI  
Vasaloppet | 48k or 34k Skate | Mora, MN  
MCSA Regional Championships | Various | Rhinelander, WI  
American Birkebeiner | 50k Skate or Classic | Hayward, WI  
USCSA National Championships



## Joining the Team

Any student at UMD is welcome to join! The membership fee is currently \$120 and the club covers hotel costs and gas to each event. Skiers have to pay for the races themselves (and the Ironwood trip has a fee attached to it in addition to the race). To join the team just join the email list and come to any meeting or just show up to a practice and introduce yourself. A good place for more info is our website here:  
[sites.google.com/d.umn.edu/umdnordicskiclub/home](https://sites.google.com/d.umn.edu/umdnordicskiclub/home)



# University of Minnesota - Twin Cities

## General Information

**Team Name:** Minnesota Nordic

**Location:** Minneapolis, MN

**Team Size:** More than 100 with ~50 racers

**Conference:** Midwest

**Contact:** [nordic@umn.edu](mailto:nordic@umn.edu)

The Minnesota Nordic Ski Club strives to provide University of Minnesota students with a convenient and inexpensive opportunity to pursue cross-country skiing both competitively and recreationally. Whether you've skied your whole life or are wanting to start skiing, there is a place for you with Minnesota Nordic.



## Team Structure

Minnesota Nordic is fully run by an awesome officer board of around 14 students. These students handle everything on the team from finances and traveling to coaching and cooking. While Minnesota Nordic does not have a designated coach, we have two officers who design plans for anyone interested in a training plan. They also run weekly practices during both snow season and the off season. For races, the team provides wax and guidance on applying wax, but most skiers do their own wax. There is no requirement for attending practices and races, but participation is encouraged because of how much fun skiing is! The one requirement to join Minnesota Nordic and participate in travel and lodging is to pay the Student Services Fee, which is a required fee for full-time students. This fee is where the team's funding comes from, and can only be used by members who pay the fee.

## Notable Mentions

Minnesota Nordic has existed as a ski club at the University of Minnesota since at least the 1970s, and joined the USCSA when MCSA Nordic was created in 2019. Minnesota Nordic has been the driving force in scheduling, governance discussions, and more within the Midwest region. We have had some of the largest participation numbers in the nation for a number of years.

The Women's team has won the MCSA Collegiate Cup three out of the five seasons the MCSA has existed, and taken second place the other two years. The Men's team has won the Cup twice in those five years, and taken second twice as well.

Nationally, nearly all of our athletes at the USCSA National Championships have been Academic All-Americans, and we have proudly had individuals make All-American in numerous races. In the past two seasons, our Women's team has taken home fourth (2023) and fifth (2024) place in the USCSA.

# Minnesota Nordic

## Practices

We coordinate carpool transportation for our members to Theodore Wirth Park from 3:00-5:00 pm and 6:00-8:00 pm Monday through Thursday. The team also hosts an organized workout practice on Tuesday nights during our 6:00-8:00 practice time. Practices are optional but encouraged for all members as vehicle space allows. We host offseason training practices in the fall semester including swimming, rollerskiing, and our infamous Frisbee Friday!



## Trips/Events

Every year, the team takes a weeklong training trip to the American Birkebeiner Trailhead in Cable, WI before the start of the spring semester. Additionally, the team goes on camping trips and participates in school events during the offseason.

## Race Schedule

### 2025 Season Calendar

Half Noquemanon | 24k Skate or Classic | Marquette, MI  
Mt. Ashwabay | 30k Skiathlon | Bayfield, WI  
Vasaloppet | 48k or 34k Skate | Mora, MN  
MCSA Regional Championships | Various | Rhinelander, WI  
American Birkebeiner | 50k Skate or Classic | Hayward, WI  
USCSA National Championships

All races are optional! Transportation and lodging is organized and provided by the team. The Noquemanon, Mt. Ashwabay, Vasaloppet, and American Birkebeiner are all citizen races the team competes in, while Regionals and Nationals are college-only races.



## Joining the Team

Any student or faculty of the University of Minnesota is welcome to join Minnesota Nordic! Individual dues are \$55, and this includes a season pass to Theodore Wirth Park and access to all practices. To travel and race with the team, members pay a small traveling fee per race to cover gas (\$10-40).

To get in touch with a team leader, reach out to [nordic@umn.edu](mailto:nordic@umn.edu). You can also visit our website or socials to learn more!





# University of Notre Dame

## General Information

**Team Name:** Nordic Ski Club of Notre Dame  
**Location:** South Bend, Indiana  
**Team Size:** ~20  
**Conference:** Midwest  
**Contact:** [xcski@nd.edu](mailto:xcski@nd.edu)

Notre Dame's Nordic Skiing Club strives to expose students to the sport of Nordic skiing in an initially non-competitive, educational environment giving adventurous high school athletes the opportunity to invest themselves in a beneficial extracurricular. The overall goal of the club is to form an athletic team that can compete with other colleges in the Midwest to eventually become a successful, competitive club. We welcome and provide opportunities for those who raced at a high level in High School and those looking to learn a life-long sport!



## Team Structure

Notre Dame Nordic is a fully student-led club team with a President, Vice President and Treasurer.

All abilities welcome (no previous skiing experience required), and all races are optional.

## Notable Mentions

We are a club that offers opportunities to both high schoolers who raced at a high level and those who have not skied before! While our team may be small, we put up some competitive skiers at the Regional level in the MCSA.

# Notre Dame Nordic

## Practices

Weekend practices at local park when snow availability allows, only during season. All practices are optional.



## Trips/Events

The team provides lodging and reimbursements for race weekends.

## Race Schedule

Noque full and half distance Citizen/Collegiate  
Vasa Ski Race in Traverse City 27k, 12k, and 6k Citizen  
Birkie full and Korte distance Citizen/Collegiate



## Joining the Team

There is an \$85 racing fee which includes full transportation, meals, race fees, and lodging during weekend races.

There is a \$10 non-racing fees which includes transportation to the local ski area. Membership fees cover travel and racing costs



# University of Wisconsin - Eau Claire

## General Information

**Team Name:** Blugold Nordic

**Location:** Eau Claire, WI

**Team Size:** 10-15

**Conference:** Midwest

**Contact:** [robertce3359@uwec.edu](mailto:robertce3359@uwec.edu)

The UWEC Cross Country Ski Team provides opportunities for university students to pick up a new sport or continue their development through organized team practice and competition. The team seeks to teach technique and develop endurance to those interested, regardless of their personal experience levels. They practice multiple times a week and travel to citizen's races most weekends from mid-December to late February.



## Team Structure

The Blugold Club Nordic Ski Team is a student run organization that is led by an executive officer board of 5 students. These board members coordinate practices, races, waxing, fundraisers, and more! Team members are encouraged to speak up and share creative ideas on how to make each season the best one yet! Although Blugold Nordic does not have an official coach, the officer board members work to create an effective practice schedule for optimal ski training. Additionally, the team provides wax and help with applying wax. All practices and racing is optional, but encouraged.

All abilities welcome (no previous skiing experience required)

## Notable Mentions

Joining the USCSA in 2022, Blugold Nordic is very involved in the community of Eau Claire. Many of our members volunteer coach with a youth ski program in Eau Claire throughout the ski season. We also volunteer in local events such as "The Amazing Eau Claire Cleanup" and the Eau Claire Marathon!

As a small team, we are proud of our Women's team placing in the top 5 teams of MCSA regionals in the past 2 years. We hope to continue our team growth!

# Blugold Nordic

## Practices

Practices are informal, but goal focused! During the winter, practice is held at various county parks in Eau Claire 3-4 days a week in the evenings. Students are able to carpool for these practices. Outside of the ski season, cross-training practices such as running, rollerskiing, and lifting are held 1-2 times per week. The team also strives to incorporate fun activities into the practice schedule. Some previous team bonding activities include pasta dinners, game nights, bouldering, group fitness classes, and volunteering!



## Trips/Events

Over winter break our team takes a training trip to Ironwood, Michigan to ski the beautiful ABR and Wolverine trails of the UP! Typically, this trip is 4-5 days long and filled with lots of skiing and team bonding.

Additionally, the team hosts the Tower Ridge 10K Race annually in late January. This race is open to citizens and students and is a great community event and fundraiser for the club.

## Race Schedule

Half Noquemanon | 24k Skate or Classic | Marquette, MI  
Mt. Ashwabay | 30k Skiathlon | Bayfield, WI  
Vasaloppet | 48k or 34k Skate | Mora, MN  
MCSA Regional Championships | Various | Rhinelander, WI  
American Birkebeiner | 50k Skate or Classic | Hayward, WI  
USCSA National Championships

All races are optional! Transportation and lodging is organized and provided by the team. The Noquemanon, Mt. Ashwabay, Vasaloppet, and American Birkebeiner are all citizen races the team competes in, while Regionals and Nationals are college-only races.



## Joining the Team

Team membership fees are \$20. This covers practices, waxing supplies, transportation, and lodging for races. Members must pay for their own race registration costs.



# University of Wisconsin - Madison

## General Information

**Team Name:** Wisconsin Nordic

**Location:** Madison, WI

**Team Size:** ~70 members

**Conference:** Midwest

**Contact:** [uwnordic@gmail.com](mailto:uwnordic@gmail.com)

Wisconsin Nordic is a team comprised of all ability levels, having both club members and league competitive skiers. We welcome members of all abilities and experience levels; practices and races are as relaxed or competitive as you choose to make them!



## Team Structure

Wisconsin Nordic is a club ski team composed of members of all abilities. Members sign up individually for races they want to ski, and the team provides lodging, meals, and transportation for the weekend. Races are a great way to get out and ski during the winter, and socialize with your fellow team members! Races range from sprints to 56k, and members can choose to ski either classic or freestyle techniques at each race. We welcome members of all abilities and experience levels; practices and races are as relaxed or competitive as you choose to make them! All races and practices are options. The team is fully student led. The team is run by two student directors, as well as a board of various positions. Wisconsin Nordic is under the UW-Madison Hoofers Organization, which is a collective of outdoor clubs.

## Notable Mentions

Wisconsin Nordic has existed since 2006 and was one of the founding members of the MCSA in 2019. As a team, we have been a dominating force in the Midwest and have recently been growing our presence nationally. In 2024 the Women's team placed 2nd overall at the USCSA National Championship. At the Regional level, the Women's team has been on the podium every year and the Men have made it up to the podium three times of the 5 years.

We also engage heavily with the community, volunteering and participating in local events such as the Madison Ironman and the Madison Marathon. Members of our team also work with youth ski organizations throughout the winter season.

# Wisconsin Nordic

## Practices

All practices are completely optional! Before snow falls, we usually have around 2-3 dry land practices a week with optional strength sessions. During the winter, we have around 3-4 practices per week with team transportation to and from practice venue. Our team has a student practice captain who creates and plans all workouts for practices throughout the year



## Trips/Events

In early January, our team hosts a training trip in Cable, Wisconsin at Birkie trailhead for about 3 full days and nights. It's a great time to socialize and get to know the team before the race season starts!

## Race Schedule

### 2025 Season Calendar

Half Noquemanon | 24k Skate or Classic | Marquette, MI  
Mt. Ashwabay | 30k Skiathlon | Bayfield, WI  
Vasaloppet | 48k or 34k Skate | Mora, MN  
MCSA Regional Championships | Various | Rhinelander, WI  
American Birkebeiner | 50k Skate or Classic | Hayward, WI  
USCSA National Championships  
Great Bear Chase

All races are optional! UW-Madison will follow the MCSA schedule as best as possible but the team may go to multiple races at the same time because a proportion of our team is not part of the MCSA. Transportation and lodging is organized and provided by the team.



## Joining the Team

All abilities are welcome to join Wisconsin Nordic! Membership fees are \$300 and they cover travel fees. Our ski club is under the UW Hoofers Organization, which is a collective of outdoor clubs and offers scholarships for membership fees. Prospective skiers interested in joining should reach out to [uwnordic@gmail.com](mailto:uwnordic@gmail.com) or [crlong3@wisc.edu](mailto:crlong3@wisc.edu).

# Western Region

## Rocky Mountain Conference (RMC)



*By Christi Boggs & Tyler Hippchen*

*Note: Currently, all USCSA Nordic Teams competing in the Western Region are members of the Rocky Mountain Conference.*

The Rocky Mountain Conference includes nine teams dispersed across three states. Athletes travel throughout the incredible Rocky Mountains to some of the most beautiful venues in the world.

The RMC's consistent goal is to provide high-quality races without sacrificing the joy of skiing.

Our season consists of four weekends, each including two days of racing, to a total of eight RMC races per season. Each weekend is hosted by a different RMC member team. Within this schedule, there are usually two Individual Sprints, one Team Sprint, and a range of USCSA National Championship-format distances (5k to 15k). Our schedule also includes the famous Alley Loop Nordic Marathon in Crested Butte, Colorado, which provides the opportunity for our competitive racers to ski against each other and nationally-ranked athletes in a mass-start 20k. The Alley Loop includes other distances and formats — some of which highly encourage costumes!

Outside of RMC racing, many teams or individuals also compete at the Rocky Mountain Nordic Junior National Qualifiers, RIMSA/FIS, SuperTour Races, US Senior Nationals, and the World University Games.



Rather than having a weekend designated as the RMC Regional Championships, the RMC takes into account results from all Conference races to qualify athletes for the USCSA National Championships. Each team automatically qualifies their top three Men and Women, so long as they complete two classic and two skate races. Teams may also qualify additional athletes if they race under the predetermined points threshold using a modified USSA points system in at least one race.

As one of the smaller conferences in the USCSA, our athletes, coaches, and supporters share a great sense of community that is uncommon in the sporting world. Teams often host social events at their invitational races for athletes to get to know each other better, and it is certainly not uncommon to see athletes from different teams cooling down together or cheering side by side on the race trails. The RMC provides opportunities to race for skiers of all abilities, from those just learning to ski, up to those who are competing for National titles. We welcome all levels of skiers and all types of teams.

Come and join us!

**RMC Website:**

<https://rmcnordic.weebly.com>

**Contact:**

Christi Boggs: RMC Nordic Coordinator

[CBoggs@uwyo.edu](mailto:CBoggs@uwyo.edu)







**COLORADO  
COLLEGE**

# Colorado College

## General Information

**Team Name:** Colorado College Club Nordic Ski Team

**Location:** Colorado Springs, CO

**Team Size:** 10-25

**Conference:** Rocky Mountain

**Contact:** [o\\_beland@coloradocollege.edu](mailto:o_beland@coloradocollege.edu)

The Colorado College Nordic Ski Team is comprised of members from a range of backgrounds and ski experience levels. Our team members span nationally competitive racers to those taking their first classic strides. We strive to have fun as a team while encouraging the diverse personal goals of each of our members.



## Team Structure

Our club team is entirely student led. We elect captains every year who manage training, race registration and paperwork, as well as ensure we meet Colorado College's club sport guidelines.

All abilities welcome (no previous skiing experience required)  
Some practices (less than half) required  
All races optional

## Notable Mentions

Our team nearly doubled in size from the 2022-23 season to the 2023-24 season. We also have always held inclusivity as one of our top values as a team. Each year we accept people who have never Nordic skied before, teach them, and encourage them to race with us.

3rd place, conference women, 2023  
3rd place, conference team men, 2023  
2nd place, conference team women, 2023  
3rd place, conference team men, 2024

# Colorado College Club Nordic

## Practices

During the fall semester leading up to the race season, we run as a team twice a week. This typically consists of a long run and a workout. We also hold a team lift once a week. These practices are largely informal and are open to every skill level. When there is enough snow, we train on skis at Woodmoor Nordic Center. Additionally, we host a training weekend in December to ensure we can get on snow before the season starts. During the off-season we keep the team together by joining intramurals and holding more fun-driven practices.



## Trips/Events

We take a training trip to either Snow Mountain Ranch, CO or Steamboat Springs, CO in December. We stay for the weekend, ideally getting 2 full days of training on snow. Recently we have begun incorporating intramural sports into our training.

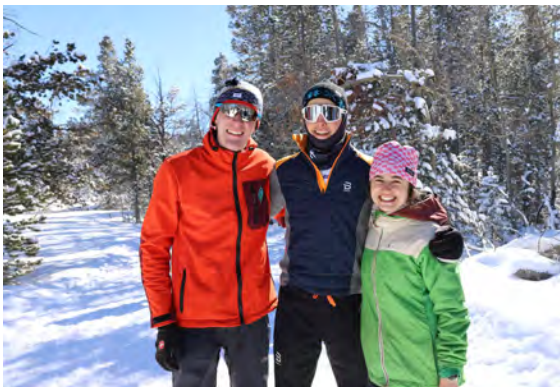
## Race Schedule

Colorado Mesa University Invitational: Snow Mountain Ranch, CO. 2 races: 15k classic (collegiate), 1k - 1.5k skate sprint (collegiate)

Western State University Invitational: Crested Butte, CO. 2 races: 21k skate (citizen), 5k classic (collegiate)

Colorado State University Invitational: Leadville, CO. 2 races: 9k skate (collegiate), 9 by 1k classic relay (collegiate)

University of Wyoming Invitational: Laramie, WY. 2 races: 1.5k classic sprint (collegiate), 19k skate (citizen)



## Joining the Team

We have no official team fees, but we do ask members who attend races to cover a part of travel, food, and housing expenses for the races they attend. These costs typically are around \$15 - \$30 per race weekend. Colorado College covers race registration fees. Membership fees do not cover travel or racing costs. No ski-specific scholarships are available.



**CROSS COUNTRY  
SKIING**

# Colorado Mesa University

## General Information

**Location:** Grand Junction, CO

**Team Size:** ~8

**Conference:** Rocky Mountain

**Contact:** [mwiesiolek@coloradomesa.edu](mailto:mwiesiolek@coloradomesa.edu)

Our mission is to focus on the development and success of our student-athletes. We prioritize skill development to help each athlete achieve their personal and competitive goals. We emphasize the importance of versatility in skiing, fostering a solid skill foundation and a sustainable fitness routine. Our goal is to create an environment where student-athletes can cultivate a lifelong passion for the sport and build positive memories that extend far beyond their time at Colorado Mesa University, all within a nurturing, supportive, and safe setting.



## Team Structure

The Colorado Mesa University Cross Country Ski Team is a club team organized by a part-time coach, a coach's assistant, and a student team captain. Our team's size has varied over the years, peaking at 14 skiers. We are currently trying not to exceed more than eight student-athletes to preserve the quality of the experience for each participant. Our program welcomes student-athletes of all skill levels, from those eager to learn new techniques to those ready to push their limits and excel! At least some ski experience is required. Half of practices and some races are required to be on the team.

## Notable Mentions

Cross country skiing has been a club sport at CMU since 2007. The team underwent a revamp during the 2021-22 season with the onboarding of a new professional coach. This included modernizing the approach to student training and making significant investments in team facilities.

At the National level, CMU has found incredible success. In 2018 the team was National Champions. In 2024, the team brought home two silver medals and six All-American titles. The team has qualified and sent athletes nearly every year.

# Colorado Mesa University

## Practices

Practices take place three to four times per week on the snow, and three to four times per week for fitness. Half of practices are required. Practices are organized by the coaches and captain.



## Trips/Events

During late November, the team goes to a development camp. The location for this year is still to be determined. The team also travels to participate in the Slumberland American Birkebeiner.

## Race Schedule

Some races (less than half) are required.

### 2025 Race Schedule:

January 16-19, 2025: CMU Invitational and USCSA Ski Racing Festival, Snow Mountain Ranch, Colorado

January 31 - February 2, 2025: The Alley Loop Western Colorado University Invitational, Crested Butte, Colorado

February 7-9, 2025: Colorado State Invitational, Leadville, Colorado

February 14-16, 2025: University of Wyoming Invitational, Laramie, Wyoming

March 3-9, 2025: USCSA National Championships, Bend, Oregon



## Joining the Team

Club dues are \$500 per person. This covers coaching, travel costs (vehicle and plane), wax, lodging, meals during events, race entry fees, most of the training trip costs, trail passes, and half the costs of team clothing. CMU Cross Country Skiing offers partial scholarships to assist athletes in covering part of their tuition costs. These scholarships are awarded by the head coach, who evaluates applicants based on their prior ski racing achievements or current USCSA points/rankings. The best-performing athletes, as determined by their points and rankings, are prioritized for scholarship consideration, with those holding the highest ranking receiving preference based on availability. Additionally, athletes with FIS points can also utilize them to determine their eligibility for scholarships. These scholarships typically range from \$1,000 to \$3,000 per school year or ski season, providing valuable financial support to deserving athletes pursuing their academic and athletic endeavors at CMU.

Prospective skiers are asked to contact the head coach prior to September, as spots fill. Email [mwiesiolek@coloradomesa.edu](mailto:mwiesiolek@coloradomesa.edu) or 970-201-8113.





# Colorado State University



## General Information

**Team Name:** CSU Nordic Ski Club

**Location:** Fort Collins, CO

**Team Size:** 15-30 people

**Conference:** Rocky Mountain

**Contact:** [nordicrams@gmail.com](mailto:nordicrams@gmail.com)

The CSU Nordic Ski Club provides an opportunity for CSU students to Nordic ski race competitively & recreationally at the collegiate level. We are a co-ed team and inclusive to all skiing levels and abilities. This team is formatted so you attend as many or as few practices and races as you want – you put in what you expect to get out.



## Team Structure

We are a 100% student-led, Club Team. We have a five person officer team that consists of a Presidents, Vice president, Peer education officer, Travel & safety officer, and Treasurer. We do not have a paid coach; practices are led by our student leaders. You will get the opportunity to work with technique coaches during our break camps.

All abilities are welcome (no previous skiing experience is required). All practices and races are optional, but highly encouraged.

## Notable Mentions

At the 2023 USCSA Nationals, Claudia Burgess placed 2nd overall in the nation and Macayla Scheidt & Ethan Hobbs were both in the top 10. In 2024, Macayla qualified for the World University Games.

The team dates back to 1981, though it dissolved at some point and was re-founded in December, 2020. CSU Nordic has grown over the four years from a team of two, to a team of 28 skiers. CSU Nordic has played a role in connecting local skiers from Fort Collins and surrounding areas and have introduced them to the Rocky Mountain Conference and the idea of racing post-high school!

# CSU Nordic

## Practices

Practices are officer-led as we do not have formal coaches. Practices are optional. We do two practices a week during the school year- one strength and one endurance. When there is snow, there are more opportunities to get out and ski that are informal. All practices are optional, but the best way to make friends and be a better skier is to attend practices.



## Trips/Events

For the past three seasons, CSU has held an invitational race in Leadville, CO for the Rocky Mountain Conference. This is a two day event, one distance race and one team sprint event.

We have also hosted two training trips for our team over CSU's fall break and Winter breaks. This is an opportunity for our team to get to know one-another over a few days of training in the mountains.

## Race Schedule

1/25-26 USCSA Cross Country Ski Racing Festival; YMCA of the Rockies, CO  
2/1-2 Alley Loop/Classic; Crested Butte, CO  
2/15-16 CSU Invite; Leadville, CO  
3/1-2 Laramie Loppet; Laramie, WY  
3/7-3/11 USCSA Nationals; Bend, OR



## Joining the Team

\$50 to join, more is required to travel with us to races, ski weekends, and training camps. There are opportunities to reduce the cost of travel - just ask!

With the \$50 membership fee, you get trail passes to Happy Jack ski area, access to our waxing supplies, and can join for practices.



# Montana State University

## General Information

**Team Name:** Nordic Ski Club @ MSU

**Location:** Bozeman, MT

**Team Size:** 20-25

**Conference:** Grand Teton/Rocky Mountain

**Contact:** [msuclubskiing@gmail.com](mailto:msuclubskiing@gmail.com)

Our team aims to provide an accessible and welcoming space for all levels of skiers. We support skiers through practices each week, team bonding events, regional and community races.



## Team Structure

Our club team is run by our officers: president, vice president, treasurer, secretary, and several safety officers. These leadership team is entirely made up of students and is responsible for designing training plans, providing wax recommendations and helping wax skis, and organizing all team logistics. All leadership positions are elected by the team at the end of each year. All practices and races are completely optional, but highly encouraged! There is also no official academic requirement, but students who are not in good academic standing through the university are not approved to travel with the team for trips and races.

All abilities welcome (no previous skiing experience required)

## Notable Mentions

Our team has grown rapidly in the last two years. It was founded a few years before the pandemic began, and the membership numbers were down for several years due to Covid. In the last few years, our team has come back stronger than ever! We now have more than doubled our team.

Our skiers place very well at our races, we often have several members on the podium in various distances and styles. We also contribute the skiing community by coaching the youth programs for Bridger Ski Foundation. We volunteer at our local events and are well known in the ski community here.

# MSU Nordic

## Practices

Practices happen three times a week during the off season and five times a week during the winter. Practices times are decided at the start of each semester based on the general availability of our team, but we typically have early morning options and late afternoon options each week. The practices are led by our student officer team. We also encourage skiers to use the group chat to connect with other team members outside of official practice times, including during the summer.



## Trips/Events

Our team travels to the Tetons during the spring semester for a training trip over a long weekend. We explore new trails, play games, and in general have a great time! We also try to make it to the American Birkebeiner each year, weather permitting. Throughout the school year, our team participates in community and school events as much as possible.

## Race Schedule

### 2025 Season Calendar

Ski for Soren, Various Freestyle, Bozeman, MT  
Dee-O-Gee Crosscut Classic, Various Classic, Bozeman, MT  
American Birkebeiner, 50K Skate or Classic, Hayward, WI  
Rendezvous, Various, West Yellowstone, MT

We also have a series of community races only 10 minutes from campus, and we intend to add the USCSA races in the next year. Races are all optional, but are highly encouraged! The team provides race support and arranges carpools for the local races. For our further races, the team arranges transportation, lodging, and any additional logistics.



## Joining the Team

Our annual membership fees are \$60. This covers access to our team passes to Crosscut, the team waxing, involvement in team bonding events, and traveling and lodging. Membership fees cover travel costs only. On longer trips, such as our team trip to the Tetons or the Birkebeiner, participants may be asked to chip in for gas. Race fees are covered by individual skiers, though depending on our success fundraising each season, we try to cover as much of the race fees as possible. If the race fees are an obstacle to someone participating, the club is prepared to help cover their fees. This is again partially dependent on fundraising, but we prioritize skier involvement as much as possible.

There are not scholarships specifically available for the club sports, but MSU has various scholarships we encourage skiers to look into.





# United States Air Force Academy

## General Information

**Team Name:** USAFA Nordic Ski

**Location:** Colorado Springs, CO

**Team Size:** ~10-15

**Conference:** Rocky Mountain

**Contact:** [C25evan.hoch@afacademy.af.edu](mailto:C25evan.hoch@afacademy.af.edu)

USAFA Nordic is a competitive club team that exists to train and race hard, have fun, and find an escape from the grind of the Academy. You're not going to come to USAFA for the Nordic program, but if the Academy is right for you, there's no better way to spend the winter than in the mountains with the Nordic team.



## Team Structure

USAFA Nordic is the Nordic ski racing club at the Air Force Academy. USAFA Nordic has no formal coaching or wax techs. We design our own workouts, set our own practice schedules, and manage all of our travel ourselves. Most practices are mandatory for members who want to be excused from other military formations, while practices are optional for all others. All races are optional. We have 1-2 captains who coordinate logistics with the input of veteran skiers on the team. A former professional biathlete on the faculty at USAFA makes training plans for those who are interested. All abilities are welcome, no skiing experience is required.

## Notable Mentions

USAFA Nordic has existed at the Academy since at least the 1980s. In recent years, the team size has stayed 10-15 skiers. Nearly every year USAFA receives the Armed Services Award, as well as makes a strong appearance at the USCSA National Championships. Nearly all skiers are named Academic All-Americans at the National Championships.

# USAFA Nordic

## Practices

In the fall, we usually practice four times per week in the afternoons, unless we have military training that takes precedence. There is no formal coaching for practices, but a former professional biathlete creates training plans for those who would like one. From January to March we train, travel, or race 7 days a week. Practices occur at the Academy, and are almost always running, roller skiing, or lifting. There is very rarely enough snow to ski. There is no team off season training between mid March and August.



## Trips/Events

Prior to the season, USAFA Nordic does two to four weekend training trips to Snow Mountain Ranch (about 3 hours away). During the season the team is racing most weekends.

## Race Schedule

CMU Invite | Snow Mountain Ranch, CO | Collegiate  
Alley Loop Half Marathon | Crested Butte, CO | Saturday Citizen  
Sunday Collegiate  
CSU Invite | Leadville, CO | Collegiate  
Laramie Loppet | Laramie, WY | Saturday Collegiate Sunday Citizen  
USCSA National Championships

All races are optional! All expenses for races are covered by team fees.



## Joining the Team

Include both dues/cost and tryout requirements. What is the process for joining the team and financing it?

Everyone is welcome on the team, no skiing experience is required. Membership fees (as of 2024) are \$220. This covers ALL expenses for seven weekends of travel and the one week at Nationals. The fees also include equipment. However no one will be denied a spot on the team due to finances. Prospective skiers should reach out via Instagram, or contact Evan Hoch at 617-699-5744 or C25evan.hoch@afacademy.af.edu!



# University of Colorado - Boulder

## General Information

**Team Name:** CU Boulder Nordic Ski Club

**Location:** Boulder, CO

**Team Size:** 15-50

**Conference:** Rocky Mountain

**Contact:** [nordicskiclub@colorado.edu](mailto:nordicskiclub@colorado.edu)

The Nordic Ski Club, serving the University of Colorado Boulder, is committed to creating an encouraging, inclusive community for individuals to learn how to Nordic ski, refine their current skills as recreational or competitive skiers, meet new people, and have fun! We accomplish our mission by opening the world of Nordic skiing to all who want to join through creating an open-minded, positive, and friendly network of fellow Nordic skiers via organizing trips, events, and connecting members to racing opportunities.



## Team Structure

Our club team is entirely student-led at the moment; however, we are considering getting a coach at some point in the future. The student leadership positions on the team are President, Vice President, Treasurer, Internal Affairs Director(s), Social Media Director(s), and Wax Tech(s) and Equipment Tech(s). These roles cover everything from coordinating workouts, overnight trips, the Instagram, and finances!

All abilities welcome (no previous skiing experience required)

There are not athletic / tuition scholarships available to team members; however, we emphasize fundraising because not everyone has the means to pay out-of-pocket, and we wanted to provide opportunities to ease the financial stress of participating while having fun with the team!

## Notable Mentions

Our team was recently founded! We are growing fast and would love for you to be a part of our next chapter! We are becoming an integral part of the Nordic skiing community in Boulder and have several connections with other organizations, such as Boulder Nordic Club and Boulder Nordic Sport.

# CU Boulder Nordic

## Practices

There are 2 practices a week that are open to everyone. One is usual strength-based while the other is more endurance. They start in September and go until the end of the racing season in mid-March. We also have additional practices during the week for the competitive skiers. We don't have a set amount of these trainings, but there will likely be 2-4, including the practices open to all, a week. The competitive trainings include rollerskiing and harder intervals, among other workouts. They are not formally coached, but the president does offer guidance and everyone is encouraged to offer their expertise. The practices take place around Boulder and will be easily accessible. Off-season training starts in September and continues until there is snow. Once there is snow we have weekend training trips to Frisco Nordic Center, Snow Mountain Ranch, or Eldora Nordic Center. There is also groomed skiing in Boulder when it snows enough. There is not formal training outside of the academic year, but that is something that could be done in the future.



## Trips/Events

There is a Thanksgiving break training trip to for about 5 days wherever there is early-season snow and a reasonable distance away. Examples are in West Yellowstone, YMCA of the Rockies at Snow Mountain Ranch, or another location in Montana, Idaho, Wyoming, or Colorado. Our team also goes to USCSA Nationals, which takes place in Mammoth, California, Bend, Oregon, or Lake Placid, New York, during mid-March for a week. Events we have are those for fundraising and team bonding, such as Trivia Nights and the Chipotle Fundraiser. We also have day trips and overnight trips where we travel as a team to go Nordic skiing! These happen as soon as there is snow and everyone is welcome to come.

## Race Schedule

For those that want to compete, we do USCSA races and occasionally RMISA races. A typical season includes the 4 USCSA races at YMCA of the Rockies - Snow Mountain Ranch, Crested Butte, Leadville, and Laramie. There are two race days; one is a sprint either classic or skate and the other is a distance race in the opposite discipline to the sprint. USCSA Nationals takes place in mid-March in Mammoth, California, Bend, Oregon, or Lake Placid, New York, and consists of a sprint for skate and classic and a distance race for skate and classic for a total of 4 racing days.



## Joining the Team

We don't have any annual team membership fees, but instead have a pay-as-you-go model. Members can either pay cost up front or fundraise. Fundraising can be done by asking those you know to donate money, volunteering at CU Basketball/Football games with the team, the Chipotle Fundraiser, and more! The more you fundraise, the more personal expenses (e.g. attending races, going on overnight skiing trips, the Thanksgiving training trip, trail passes on day trips, waxing equipment, attending USCSA Nationals, and transportation costs) the club will cover. Members will cover the cost on their own if they do not fundraise with the team.



# University of Wyoming

## General Information

**Location:** Laramie, WY

**Team Size:** ~30

**Conference:** Rocky Mountain

**Contact:** [uwynoski@gmail.com](mailto:uwynoski@gmail.com)

University of Wyoming Nordic Ski Team aims to create a community upon which a foundation of fundraising and coaching allows each athlete to reach her, his, or their full potential in both skiing and leadership while making a positive environmental, social and community impact.



## Team Structure

The University of Wyoming Ski Team offers diverse options for continuing your ski career in college. Established in 1998 by athletes from Wyoming and Colorado, the team welcomes athletes of all abilities and interests. The team is divided into four parts: the elite racing team, the competitive racing team, the recreational racing team and the non-racing team. The team is extremely fortunate to have two qualified coaches who are willing to donate their time and expertise; they are volunteer and receive no pay. These coaches are faculty at the University of Wyoming. A student governing body composed of ten elected athletes provides team leadership, organizes fund raising and volunteer activities, and allows the team to remain connected to the community. At some events, alumni assist as wax techs. There are no paid personnel, everyone supports the team through a network of love. Everyone is welcome on the team, no ski experience is required. All practices and races are optional!

## Notable Mentions

The University of Wyoming Nordic Ski team was established and joined the USCSA in 1998. In the past five years, the team has grown substantially in numbers. UW Nordic has come home with serious hardware, with 13 Overall Team Titles, 11 Individual Overall Titles, 32 Individual Race Titles, 141 Overall Individual All-Americans, 361 Individual All-American Finishes, and, most importantly, 201 Academic All-Americans!

The team raises upwards of \$30,000 every year to fund the team. We work to create a positive social and environmental impact through our fundraising through activities such as Trash2Treasures. We also have an agreement with Shanghai University of Sport (SUS) and for 3 years we have welcomed 10 students athletes from SUS onto our team to learn to ski and coach skiing. Several alumni have returned to China to coach athletes of their own.

# University of Wyoming

## Practices

With two coaches to guide practices, we train five to six days per week from September to March, with group training for those interested during the summer. From April to May there is training two to three days a week. The full training plan is available online! All practices are optional where skiers are able to choose what they want to attend.



## Trips/Events

We take three training camps in the fall. Distance Camp in Leadville, CO on Labor Day weekend, speed camp in Fort Robinson, NE during the mid-semester break, and Thanksgiving Camp generally in Leadville, CO or Mesa, CO. We also travel around the region (WY and CO) for adventure training in the summer and fall. We host a High School Camp on Memorial Day Weekend where we have access to fantastic crust skiing and world-class speakers. Finally, the spring semester concludes with a team backpacking trip in the canyons of Utah!

## Race Schedule

All races are optional! The winter comes with up to 10 race weekends. Competitive and elite team racers compete in the United States Collegiate Ski and Snowboard Association (USCSA), and the elite team also does 2-3 NCAA Division I races each year Laramie (Citizen Race), Rocky Mt Nordic (NRL Points Race), US National Championships, University of Utah Invite (RMISA & NRL Points Race), Colorado Mesa University Invitational & Alley Loop (Citizen and Collegiate race), Denver University Invitational (RMISA & NRL Points Race), Colorado State University Invitational (Collegiate), UW Invitational (Collegiate Race), Laramie Loppet (Citizen), and USCSA National Championships.



## Joining the Team

There is no ski experience required to join, and all races are optional. There is an \$80 membership fee, all other race and camp fees are covered by fundraising. If you are interested in joining the University of Wyoming Nordic Ski Team, reach out at [uwyoski@gmail.com](mailto:uwyoski@gmail.com)!



# Western Colorado University

## General Information

**Team Name:** Western Nordic

**Location:** Gunnison, CO

**Team Size:** 12-18

**Conference:** Rocky Mountain

**Contact:** [mountainsports@western.edu](mailto:mountainsports@western.edu)

The Western Nordic Ski Team aims to be a leader in collegiate skiing and the USCSA. The Western Nordic experience embodies high quality training, professional coaching, robust competition schedule, and access to world class trails and snow.



## Team Structure

Western Nordic, a varsity team, provides year-round professional coaching. The Head Coach and Assistant Coach work together to lead practices, write training plans, coordinate team travel, and serve as wax techs among other things. At championship events, additional volunteer coaching staff may assist with wax testing & application. Although there are no formal student leadership positions within the team, team members are encouraged to take initiative and contribute their share to the team's success. This includes assisting with social media, cooking team meals, packing team equipment for travel, etc. There is no performance criteria for joining the team, but to race skiers need to try out. At least half of practices and races are required for the team.

## Notable Mentions

Western Colorado University's ski team was founded in 1946, and has evolved many times over the years. Although Western fielded an NCAA team prior to 2008, the team also competed in the NCSA (what we now know as USCSA) championships on numerous occasions in the 1980's and 1990's, taking home numerous championship titles. When the NCAA team was cut in 2008, Western's team refocused on the USCSA as a competitive avenue, and has had much success since.

The men's team has won USCSA Nationals in 2011, 2018, and 2023. The women's team has claimed numerous team podiums in recent USCSA National Championships, with a runner's up title in the 2018 overall. Both the men's and women's have come home with numerous All-American results every year for the past ten years. At the conference level, Western continues to be a leader in the Rocky Mountain Conference. The team hosts a conference race annually, and consistently places at the top of the field at each conference race and in the overall standings.

# Western Nordic

## Practices

Training consists of six to eight sessions per week, beginning with dryland training in the fall. A typical week of training consists of Tuesday and Thursday morning strength sessions, Monday through Friday afternoon practice, and an over distance ski on Saturday morning. Coaches design training plans to fit each athlete and their goals. Many athletes choose to compete with our Trail Running Team or Mountain Bike Team during the fall season. Located high in the Colorado mountains with access to over 75km of groomed trails, there is no shortage of natural snow. During the 2023-24 season, the team was on snow by early October, and skiing groomed trails by October 28th. Half or more practices are required.



## Trips/Events

Every year during Western's Thanksgiving break, the Nordic Team hosts a week long training camp on snow. As the first trip of the season, this serves as an opportunity for team bonding, time on snow, and focused training.

Additionally, Western hosts the WCU Invitational in conjunction with the Alley Loop Nordic Ski Marathon every February. This event serves as a USCSA qualifier.

## Race Schedule

### 2025 Travel Schedule (Tentative)

November 23rd - December 3rd - Training Camp - West Yellowstone, MT  
December 14th - Crested Butte Town Series Race - Crested Butte, CO  
December 19th - 21st - Steamboat JNQ - Steamboat, CO  
December 31st - January 8th - US Nationals - Anchorage, AK  
January 16th - 19th - Super JNQ - Soldier Hollow, UT  
January 23rd - 26th - CMU Invite - Winter Park, CO  
February 1st - 2nd - WCU Invite & Alley Loop - Crested Butte, CO  
February 7th - 9th - CSU Invite - Leadville, CO  
February 14th - 16th - UWYO Invite - Laramie, WY  
March 1st - 9th - USCSA Nationals - Bend, OR

Half of races are required.



## Joining the Team

Dues are \$1500, this covers coaching, travel (food, lodging, transportation), transportation to practices, season pass to Crested Butte Nordic, uniforms (suit, warmups, puffy jacket), race entries, and wax supplies (basically all expenses). Dues scholarships are available based on financial need and/or performance. Athletes may contact us throughout the year, but we would recommend that they reach out early. Our scholarship portal opens in January for the following academic year, and prospective students must be accepted into Western before applying for scholarships. Prospective skiers should reach out to [mountainsports@western.edu](mailto:mountainsports@western.edu)!