Hello Everyone,

Congratulations on qualifying for the 2011 CXC Regional Elite Group (CXC REG)! Things will be done a little differently this year. First, instead of having only a July REG camp, we will have three. One in each of June, July, and August. Each of them will be held at the CXC Training Center at Telemark Resort at the same time as the CXC Elite Team and CXC Junior Devo Team camps. Also, during the same time will be the newly formed J2 Regional Development Group (CXC J2 RDG) camps. Our goal is assemble a large group of skiers to assemble and train together.

Also different is the size of the REG group and requirements to attend camps. In the past it has been larger but, this year the qualification criterion was made more difficult to create the highest level of quality. Thus, along those same lines U.S. Ski Team (USST) will be requiring that you submit your training log from the 2010/2011 season and detailed training plan for the upcoming year by June 1. At the July camp the coaching staff (including USST coach Bryan Fish) will sit down with each of you and discuss your training from the past and into the future.

During the July REG Camp, Bryan fish will select athletes to USSA National Elite Group. June REG Camp can be great opportunity to get familiar with the test and August REG Camp can be great opportunity to see your progress through the summer.

NEG selection will be generated from 3 sessions at the REG July Camp.
1) 5km Cross Country Running race on hilly terrain– measuring max capacity/ VO2 max.
2) General Strength = general body resistance strength – full body strength.
3) Skate Rollerski speed & agility course – ski-specific speed and agility

USST will use World Cup Scoring (100, 80, 60, etc) for each of the 3 workouts. 1 to 4 athletes per region will make up the 12 athlete (6 men and 6 women) National Elite Group (NEG).

Athletes attending June and August REG camps will be tested VO2 to track the progress through the summer. Athletes that attend all three REG camps will be awarded travel stipend towards NEG Camp if selected.

REG Camp Schedule:
June 15-19, Telemark Resort, Cable, WI
July 6-13, Telemark Resort, Cable, WI
August 10-14,Telemark Resort, Cable, WI

Coaches:
Bryan Fish - U.S. Ski Team (July Camp)
James Kyes - Midwest JN Team (June, July and August Camps)
Chad Salmela – St. Scholastica University (June and August Camps)
Sten Feldheim – NMU (June and August Camp)
Steve Myrland – Former NHL Strength and Conditioning Coach (June, July and August Camps)

Jason Cork - CXC Team (June and August Camps)
Gus Kaeding - CXC Team (June and August Camps)

Note: additional guest coaches will be announced soon.

If you have your training on the computer, you may send it to me at gus.kaeding@cxcskiing.org

If you have it as a hardcopy, please mail it to:
Gus Kaeding
530 N 4th Street
Marquette, MI 49855

If you don't have a log, I suggest you make one as this will be a requirement to attend the REG camp.

Logs will be expected by June 1st and camp registration is required by June 10th.

You may sign up for the REG camps here:

http://www.active.com/running/cable-wi/central-regional-elite-group-camps-2011

Thank you and please don't hesitate to contact me at the above email with questions,

Gus Kaeding