

**Information Sheet for 4-H Youth & Families  
Season 2023-24 of Elementary CANSKI**

**4-H CANSKI**

**Chequamegon Area Nordic Ski (CANSKI)** is a cross-country skiing program for youth ages 5 to 18 in Ashland & Bayfield Counties.

This 4-H club has existed **for over 15 years!** Its longevity is attributed to the work of area coaches, volunteers, and youth collaborating with the Ashland and Bayfield UW-Madison Extension Offices.

Participants in CANSKI are **part of a legacy** including more than 500 youth, 20 adult coaches/volunteers, and an ongoing commitment to enjoying nature, good health, and good company even in our coldest, darkest months!

**Thanks for being in 4-H CANSKI!**

Whether returning or new to our crew, we are happy to ski with you!

Please keep this short info sheet for the season as it contains dates, contact numbers, and other notes to keep in mind for this year.

If you have any questions, comments, or concerns, please contact CANSKI organizers (phone numbers below).

CANSKI Norms & Websites	Tools & Activities to Start Cross Country Skiing	Elem. CANSKI Contacts
<p align="center"><b><u>CANSKI Group Norms</u></b></p> <ul style="list-style-type: none"> <li>* Have fun &amp; be safe together!</li> <li>* Be prepared with your ski equipment (poles, skis, boots, proper warm attire) and ready attitude.</li> <li>* Remember the competition is between you and yourself, not fellow skiers. Focus on your individual learning and improvement!</li> </ul> <p><b>Sites featuring CANSKI &amp; 4-H Info:</b></p> <p><a href="#">CANSKI organization website</a>  <a href="#">4-H registration (no fee)</a>  <a href="#">CANSKI registration (fee portal)</a>  <a href="#">Summit Race site &amp; registration</a>  <a href="#">Ashland Co. 4-H info</a>  <a href="#">Bayfield Co. 4-H info</a></p>	<p align="center"><b><u>Videos to Help with Preparation &amp; Practice</u></b></p> <p>“CBC Kids Explains: Cross Country Skiing” Short Introduction  <a href="https://www.youtube.com/watch?v=XcORnmJ42rQ">https://www.youtube.com/watch?v=XcORnmJ42rQ</a></p> <p>“How to Dress for XC Skiing!” on YouTube  <a href="https://www.youtube.com/watch?v=K8AGXPSrJdw">https://www.youtube.com/watch?v=K8AGXPSrJdw</a></p> <p>“Classic Cross-Country Skiing for Beginners” on YouTube  <a href="https://www.youtube.com/watch?v=SuKn-acPvVk&amp;t=120s">https://www.youtube.com/watch?v=SuKn-acPvVk&amp;t=120s</a></p> <p>“Cross-Country Skate Skiing for Beginners” on YouTube  <a href="https://www.youtube.com/watch?v=fh5DunRoV84">https://www.youtube.com/watch?v=fh5DunRoV84</a></p> <p align="center"><b><u>Ski Activities in the Area</u></b></p> <p>Ashwabay Summit Race in Bayfield, WI on Feb. 3<sup>rd</sup>  <a href="https://ashwabaysummitskirace.com/">https://ashwabaysummitskirace.com/</a></p> <p>Book Across the Bay in Ashland, WI on Feb. 17<sup>th</sup>  <a href="https://www.batb.org/">https://www.batb.org/</a></p> <p>Barnebirkie (Birkie for Kids) in Hayward, WI on Feb. 22<sup>nd</sup>  <a href="https://www.birkie.com/ski/events/barnebirkie/">https://www.birkie.com/ski/events/barnebirkie/</a></p>	<p><b>Ashland Co 4-H Educator:</b> 715-208-0664</p> <p><b>Ashland Co Office:</b> 715-682-7017</p> <p><b>Ian Meeker</b>  <b>Bayfield Co 4-H Educator</b> 715-373-3289</p> <p><u>Call with questions about:</u></p> <ul style="list-style-type: none"> <li>• money and/or registration</li> <li>• transportation, equipment issues, dates, other logistics</li> <li>• getting involved in other ways besides skiing (ex: baking for Summit Race!), etc.</li> </ul>

***Please see page 2 for more details including the Elementary CANSKI Places & Dates!***

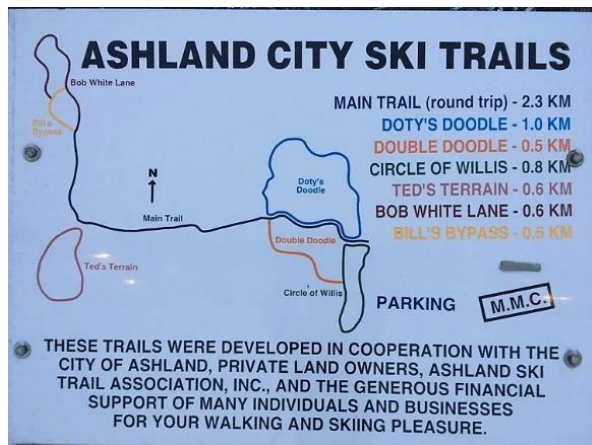
## Information Sheet for 4-H Youth & Families Season 2023-24 of Elementary CANSKI

### Key Considerations with CANSKI Activities

- \* Due to the nature of the activity, CANSKI is weather-dependent and adapts with each winter season.
- \* Because CANSKI is subject to change, weekly emails are sent with updates on conditions and more.
- \* Changes to the week's activity may include but not be limited to the following:
  - o Different locations (Prentice Park in Ashland, Northland College campus, etc.)
  - o Different winter activity or game in case snow is lacking (sledding, skating, broomball, etc.)
  - o School cancellations due to extreme cold or storm results in same-day CANSKI cancellation
- \* Please contact CANSKI organizers (see page 1) for any clarifications and look for their emails. Thank you!

### Locations of Elementary CANSKI

**Ashland Elementary CANSKI** traditionally occurs at Tamarack Health Ashland Medical Center Trail, formerly MMC Trail (map below)



[More Hospital Trail Info Here](#)

**Bayfield Elementary CANSKI** traditionally occurs at Mt. Ashwabay Ski Trail (map below)



[More Ashwabay Info Here](#)

### Schedule of Elementary CANSKI

#### Ashland Co. Elementary CANSKI

- Friday, January 12<sup>th</sup> from 4-5pm
- Friday, January 19<sup>th</sup> from 4-5pm
- No meeting January 26<sup>th</sup> (No school)*
- Friday, February 2<sup>nd</sup> from 4-5pm

- Shared Event! Sat., February 3:** Summit Race @ Ashwabay!  
Join with [their registration](#) or bake a pie for winners!

- Friday, February 9<sup>th</sup> from 4-5pm
- Friday, February 16<sup>th</sup> from 4-5pm
- Friday, February 23<sup>rd</sup> from 4-5pm

- Shared Event! End of February:** CANSKI End of Season Ski Celebration!

*Logistics To Be Determined – see updates (last season this event was held at Ashwabay on Feb. 26<sup>th</sup> from 2-4pm)*

- Shared Task! March 2024:** Gear Check-In at Washburn VFW (same place as Gear Check-Out)  
*\*Timing depends on the weather -- please see email/website updates for details later this season\**

#### Bayfield Co. Elementary CANSKI

- Sunday, January 14<sup>th</sup> from 2-3pm
- Sunday, January 21<sup>st</sup> from 2-3pm
- Sunday, January 28<sup>th</sup> from 2-3pm

- Sunday, February 11<sup>th</sup> from 2-3pm
- Sunday, February 18<sup>th</sup> from 2-3pm
- Sunday, February 25<sup>th</sup> from 2-3pm

**Thanks again for being part of the CANSKI community, you are a valuable member of the team!**