



Dear Central Regional Elite Group Athletes,

Please accept our congratulations on qualifying for the Central Regional Elite Group for 2004-2005. The CREG is a very exclusive club and you all showed dedication and outstanding work ethics to get there. Basically we're talking about the top 17 junior and senior skiers living and training in Central. You all met the published criteria and are many of the best skiers in the country.

The qualified senior athletes include Bryan Cook, Chris Cook, Chad Giese, Garrott Kuzzy, and Matt Weier. Juniors from this past season include Lindsey Weier, Ben Cline, Lindsay Williams, Cassidy Edwards, Julia Coulter, Bob Baldwin, Bill Bowler, Tanya Cook, Sonne Nordgren, Tim Damrow, Rachel Daw, and Jenny Wygant.

All of you had awesome results throughout the season. Among Senior Nationals/World Junior Tryouts, World Juniors, U-23 World Championships, biathlon events, the J1 Scandinavian Trip, JOQs, Central, Eastern and Western collegiate qualifiers, NCAAs, Junior Olympics, SuperTour events, Spring Series and many marathons you racked up many gold medals and podium finishes and had an especially memorable season. You should be very proud of your accomplishments!

Some of you have stepped up from one of the three State Development Groups. The CREG is the second qualifying step on the CXC Skiing development ladder leading to the National Development Group, and higher toward the US Ski Team. Chris Cook and Lindsey Weier are currently on the National Development Group. Others of you have already achieved the top of the CXC ladder and beyond. For you there are the goals of international success. It's a long road, but the rewards are great.

This summer, based on recommendations from several of you and your coaches, CXC is hosting an exclusive all expenses paid camp just for the 17 CREG athletes and their coaches. It will cover the week of July 3-10 at Cresthill Resort in Hayward, WI. Cresthill offers a lakeside environment with perfect rollerskiing out the door, the Hayward/Cable wooded trails for running, excellent road and mountain biking, sauna, and all of the Cresthill boats and water toys. Athletes will live in housekeeping cottages with each kitchen stocked with food for the week. A USST development coach will attend for the first few days. You are asked to encourage your personal coach to attend for those same days. Their families are welcome to join them based on available occupancy. The balance of the week will be open for athletes to structure as a joint training opportunity. All 8 Cresthill cottages are being held for the camp. . It will be a chance to train with other CREG athletes in a comfortable environment with great coaching and plenty of time for open training.

The one stipulation for the camp is that it can only be held if all the GREG athletes (that are not otherwise committed to another location for that week) are able to attend with their coaches. It should be a great learning and training experience, but only through the dynamics of the entire group.

Please return the enclosed information form electronically to me in the next week. I'll get right back to you with a summary of the responses and confirm more camp specifics. Give me a call if you have further questions or comments 715-462-9911.

Congratulations again on a tremendous season. Train wisely and have a great spring. I look forward to hearing back from you.

For the CXC Skiing Board of Directors,

Scott

Scott Wilson
Program Manager
Regional Elite Group Coordinator
Central Cross Country Skiing

1 enclosure: information form

Please type in information directly on this word document and attach it to your response. Thank you for your speedy cooperation.

- NAME

- MAY/JUNE CONTACT INFORMATION:
 - MAILING ADDRESS
 - E-MAIL ADDRESS
 - PHONE #

- BRIEF SUMMARY OF SUMMER TRAINING PLANS (WHEN AND WHERE AND WITH WHOM RATHER THAN HOW AND HOW MUCH):

- CURRENT “PERSONAL” COACH THAT YOU WOULD LIKE TO HAVE ATTEND THE CREG CAMP:

- WILL YOU BE ATTENDING THE CREG CAMP?

- WILL THE ABOVE COACH BE ATTENDING?

- PERSONAL NEEDS OR CONCERNS FOR THE CREG CAMP:

- ADDITIONAL COMMENTS: