













MYSL youth program options

Relevant regional events	Developmental goals	Age Grade USSA age group	4	5 K	6 1st U8	7 2nd U8	8 3rd U10	9 4th U10	10 5th U12	11 6th U12	12 7th U14	13 8th U14	14-19 High school U16/U18/U20
<ul style="list-style-type: none"> Ski Swap SuperCarnival and MinneLoppet MJC* and Festival 	<ul style="list-style-type: none"> Skis 2 x week Skis late Dec-Feb Uses poles and waxable skis by age 8 Skating (on classic skis) at age 9 	 <ul style="list-style-type: none"> Meets 1 x week Volunteer coaches Physical literacy Fundamental ski skills Equipment rental 	Level 1		Level 2		Level 3		Level 4		Level 5 (skating)		Recreational skiing
			 <ul style="list-style-type: none"> Meets 2 x week Trained volunteer and paid coaches Basic racing and training skills Equipment rental 		 <ul style="list-style-type: none"> Highly-qualified coaches Aerobic capacity, speed, and strength Emotional and social aspects of ski racing 								
<ul style="list-style-type: none"> Youth Racing 101 Ski Swap MJC* and Festival MYSL Team Sprints Skiwerx Series Monster and Adventure Camps Igor Legacy Camps 	<ul style="list-style-type: none"> Skis 3-4 x week Skis Dec-Mar Races 6-8 x season Racing optional Owns/rents waxable classic and skate skis Active in other sports in off-season 	 <ul style="list-style-type: none"> Meets 2 x week Trained volunteer and paid coaches Basic racing and training skills Equipment rental 											USSA competition

* Midwest Junior Championships

Typical ages for levels*
 Additional ages for levels
 Typical ages for programs
 Additional ages for programs

Skiwerx affiliated programs:



*Beginning skiers enter at lowest level shown for their age.

SkiSparks skill levels:

1	Red	Steppers	4-7	Walk on skis, get up off the ground, turn on flats, no poles
2	Purple	Climbers	6-8	Sidestep up gentle hills, glide downhill, begin poling
3	Blue	Gliders	7-10	Kick and glide, up and down steep hills, downhill turns, pole well
4	Yellow	Striders	8-12	Steep hills fast and with control, double-pole kick, skate turn
5	Green	Skaters	9-13	V1 and V2-alternate (open field)
6	Pink	Nordics	11-14	V2 and faster skating

