



The Midwest Is Ready For Another Strong Season: Come Watch The Athletes Fly Far

Chad Giese and Kim Larson (Central Division Chair and Vice Chair)

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In less than a week the Central Region Ski Jumping and Nordic Combined season will begin. Athletes from across the region and the country will be coming together throughout the Midwest to see who can fly farther and ski faster. The Central Region has a strong history in the sport, with many clubs dating back over 100 years, but it is the recent years that give us all so much optimism that the future is bright. In the last 2 Olympic cycles (2018 and 2022) the Central Region has put 3 athletes on the 4 person men's ski jumping Olympic team, 1 athlete on the Nordic combined Olympic team (2018 and 2022) and had the only US woman in the inaugural women's ski jumping event during the last Olympic games (2022). There is a great group of young, talented athletes coming up that will no doubt keep the momentum going!

With 13 ski jumping clubs across MN, WI, MI, and IL, there is likely a competition near you! [Central Division 2023 season](#) highlights include:

- December 28, 2022 – **Itasca Ski Club, Coleraine, MN** – The season kicks off in northern MN!
- January 7 & 8, 2023 – **Flying Eagles Ski Club, Eau Claire, WI** – The club has kept the long history of jumping alive and well in western WI. A recently renovated jump and a Nordic combined only event (just like on the World Cup) will make this an exciting weekend for athletes and fans.
- January 14 & 15, 2023 – **Minneapolis/St. Paul Ski Club, Minneapolis and St. Paul, MN** – Right in the middle of one of the largest Nordic communities in the world, the Twin Cities, this weekend is guaranteed fun for all. With food trucks and jumping under the lights, you won't want to miss this competition!
- January 20 & 21, 2023 – **Ishpeming Ski Club, Ishpeming, MI** – An iconic venue in the heart of the UP will put on a great show again this year!
- January 28 & 29, 2023 – **Norge Ski Club, Fox River Grove, IL** – Come join thousands of your closest friends to watch the athletes fly...and maybe do some tailgating too.
- February 3, 2023 – **Snowflake Ski Club, Westby, WI** – Come celebrate the 100th Anniversary of this legendary K108 ski jump in a high-flying competition.
- February 21-25, 2023 – **Itasca Ski Club, Coleraine, MN** – The top junior ski jumpers and nordic combined skiers will make their way to northern MN for Junior Nationals.
- March 3-5, 2023 – **Kiwanis Ski Club, Iron Mountain, MI** – Watch some of the best jumpers in the world conquer this newly renovated K119 as the Kiwanis Ski Club host a Continental Cup competition for top national and international athletes. A competition you won't want to miss!



There are many more competitions on the calendar, so you're likely to find one near you. Come watch these athletes fly, in the air and on the snow, in one of the most exciting sports on snow! If you want to give it a try or get involved, just contact your local [ski club](#). Opportunities abound and equipment is often available for new athletes.

We hope to see you out at the jumps this winter! Watch for updates, photos, and results as the season progresses.

Ski on and fly far,

Chad Giese and Kim Larson

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Below: Some of the Midwest athletes that competed at Winter Start in Steamboat Springs, CO in early December.

