

2016-2017

Pacific Northwest Ski Association



Competition Manual Nordic



PACIFIC NORTHWEST SKI ASSOCIATION

**A DIVISION OF THE UNITED STATES SKI AND SNOWBOARD ASSOCIATION
AND THE USSA WESTERN REGION**

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PACIFIC NORTHWEST SKI ASSOCIATION

2016-2017 NORDIC COMPETITION MANUAL

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1 - PACIFIC NORTHWEST SKI ASSOCIATION

Introduction

Ski competition in the Pacific Northwest, including Oregon, Washington, and Western Idaho is organized and conducted by the Pacific Northwest Ski Association (PNSA). PNSA and its' competitions are organized under the guidelines of the International Ski Federation (FIS) and the United States Ski and Snowboard Association (USSA).

The Pacific Northwest Ski Association was originally developed out of the need for uniformity in all phases of ski competition. PNSA works with USSA in establishing the eligibility and qualifications of competitors, setting standards and certifications for coaches and officials, and organizes clinics and training programs for all skiing and snowboard disciplines. As a division of USSA and the USSA Western Region, PNSA plays a key role in all U. S. ski and snowboarding competitions. PNSA's competition program is the first step for ski and snowboard competitors to national and international amateur sports competition. PNSA is a non-profit organization and operates for the benefit of all PNSA and USSA members in the Pacific Northwest division.

PNSA Vision

- A leader in attracting, developing and retaining competitive snow sport enthusiasts in the United States.

PNSA Mission Statement

- PNSA brings together the Pacific Northwest community to govern, administer, support and grow competitive snow sports in a fun and learning environment.

PNSA Values

- Inclusive Everyone has the opportunity to participate.
- Integrity We strive to do the right thing every day, regardless of personal interests or outcomes.
- Collaborative Foster a culture of cooperation among our resorts, clubs, coaches, athletes and officials.
- Community Cultivate fellowship, unity and respect among the snow sports community.
- Accountable Committed to efficiency, effectiveness and transparency in all we do.

Administration

The administration of Alpine, Nordic, Freestyle Skiing and Snowboarding competition in PNSA is the responsibility of the Director's of the competition committees that represent the interests of each athletic discipline. These Directors, in turn, are responsible to the PNSA Board of Directors. Each Director of the various skiing and snowboarding disciplines appoints a chairman of the competition committee who appoints various subcommittees to implement policy in their technical areas.

PNSA's athletic programs are designed and implemented by professional coaches and administrators as well as an active group of dedicated and knowledgeable volunteers. In addition, PNSA has direct input to the policies, procedures, and guidelines of the United States Ski and Snowboard Association (USSA) through PNSA'S representation at various committee and subcommittee levels of the national organization.

PNSA maintains a year-round office to support the needs of PNSA competitors, coaches, officials, volunteers, and clubs. The office disseminates important information regarding race schedules, racer qualification and selection to traveling teams, coaches and officials clinics, etc. The office is available to help all PNSA clubs and individuals.

2 - PNSA / USSA CROSS-COUNTRY PROGRAM

Competitors

Most races in PNSA are open to skiers of all abilities. If you have never raced and want to give it a try, choose a race, sign up, and go for it! That's how most of us got started. It's a great way to challenge yourself, have fun, and meet new friends. You can find information about races and how to enter them on the PNSA race calendar (<http://www.pnsa.org/calendar/x-country>), from the host club, or perhaps from your own ski club.

A USSA membership is required to enter any USSA race. See the next chapter of this manual for information about memberships. During the 2016-17 season there are three USSA meets in the PNSA area:

the Sunnyside Challenge at Mount Bachelor, OR, January 7-8;

the Race of the Methow in Winthrop, WA, February 4-5; and

the Mount Spokane Nordic Cup at Mount Spokane, WA, February 18-19.

Other than the four meets listed above, you do not need to be a member of PNSA or USSA to enter most cross country races in the PNSA area. These races are the responsibility of the host club, which determines entry requirements and fees.

Even if you do not need a PNSA and USSA membership to enter the races in which you plan to compete, please consider joining these organizations: your membership and your dues will support racing in PNSA (especially junior development) and in the entire USA.

If your aspirations are to become the best racer you can be, and even to compete at international and Olympic races, then you should join USSA / PNSA. USSA / PNSA racers are the only racers recognized by the United States Ski Team, the International Ski Federation and the US Olympic Committee.

Competitor Classification

. In USSA races junior competitors are grouped by their age on December 31 of the current season. Non-USSA races are free to use any categories that they prefer, but they often use the USSA brackets as well. USSA uses the "U-" system with 2-year brackets. For example, U16 in the 2016-17 season means that the racer was born in 2002 or 2001 and is 14 or 15 years old on December 31, 2016.

The following table summarizes the brackets for each birth year for the next four seasons:

Category	Age (as of 12/31)				
		2016-17	2017-18	2018-19	2019-20
Seniors	20 and older	1996	1997	1998	1999
U20	19	1997	1998	1999	2000
	18	1998	1999	2000	2001
U18	17	1999	2000	2001	2002
	16	2000	2001	2002	2003
U16	15	2001	2002	2003	2004
	14	2002	2003	2004	2005
U14	13	2003	2004	2005	2006
	12	2004	2005	2006	2007
U12	11	2005	2006	2007	2008
	10	2006	2007	2008	2009
U10	9	2007	2008	2009	2010
	8	2008	2009	2010	2011
U8	7 and younger	2009	2010	2011	2012

Coaches, Officials, and Volunteers

In addition to racing memberships, USSA offers special memberships and resources for cross-country coaches, race officials, and volunteers. USSA offers training and certification for coaches and officials, as well as insurance and other benefits for all three categories. For details see the USSA cross-country page at <http://nordic.uskiteam.com/cross-country-programs> as well as the membership page at <http://my.usa.org/membership/start>.

If you enjoy cross-country skiing and racing, please consider getting involved as a coach, an official, or a volunteer at a PNSA race. Coaches will benefit from getting a USSA Level 100 Coach Certification. Race organizers will benefit from becoming a Level 1 Technical Delegate. (The Technical Delegate is USSA's representative to a USSA race, but Technical Delegate training also provides lots of information for race organizers on how to put on a successful event). All will benefit from helping put on events that bring out the best in all of us.

3 – USSA/PNSA CROSS-COUNTRY MEMBERSHIPS

USSA Membership

USSA has various membership options for competitors. Racers who are older than 14 and who want to race in the Junior National Championships or other national-level races must have a \$95 Competitor Membership. Others who want to race in USSA races can save money by getting the \$15 annual General Membership or a \$10 One-Day Membership.

Competitor Members will receive USSA Points when they race in USSA races, and a position on the National Ranking List. The General and One-Day Memberships do not provide access to the National Ranking List (USSA Points), but they do allow you to enter USSA races.

See: <http://my.ussa.org/membership/start> for USSA membership options, including competitors, coaches, officials, and volunteers. (Be sure to scroll down to the Cross Country section).

PNSA Membership

When you join USSA as a Competitor Member, you will simultaneously join PNSA. The cost is \$40.

Membership for Clubs

USSA: Clubs sanctioning races with USSA must join USSA as club members. Benefits to the club include liability insurance for USSA-sanctioned competitions. Use the [USSA Club membership form](#) to join, or contact USSA for further information – contact information is at the front of this manual.

PNSA: Club membership is required for the club to send a representative to the Nordic Competition Committee. To be eligible for PNSA Club membership a club must be duly organized by the date PNSA club dues (\$125) are due each season (Dec. 31st), have by that date at least fifteen (15) members, and the club must be in good standing with PNSA. See the [PNSA website](#) for further information and club membership form.

USSA Membership Pricing

For a XC U-16 and Older Competitor's license, add \$40 for the PNSA membership.

XC Category	Age Parameters	Notes	Base Price
General Member	All ages	USCSA/High School/Club Participant/Forerunning - May compete in USSA events	\$15
Competitor U10 & under	9 & under		\$15
Competitor U12	10 & 11		\$25
Competitor U14	12 & 13		\$25
Competitor U16 & over	14 & over	Required for FIS registration	\$95
Masters	40 & over		\$30
Coach	15 & over	Periodic background screening required	\$115
Official	15 & over	Periodic background screening required	\$60
Club Volunteer	15 & over	Periodic background screening required	\$45
Short-Term Athlete Membership For All Ages			\$10/day

NORDIC GUIDELINES AND PROCEDURES

4. The Nordic Competition Committee (NCC)

NCC Membership

NCC membership is comprised of one representative from each PNSA member club, a Chairperson, officers, and heads of Sub-committees. If the chairperson, an officer or Sub-committee head are a club member they will serve as the club representative unless the club designates someone else. [See NCC roster on PNSA website.](#)

Role of the NCC

To be responsible for divisional oversight for PNSA Nordic skiing. These responsibilities include, but are not limited to, creating a yearly budget, scheduling, athlete selection, coach selection, planning and other activities necessary to support divisional Nordic competition.

NCC Chair

Selected by the [PNSA Board's](#) Executive Committee with input from the NCC. The NCC Chairperson's responsibility is to facilitate discussion within the Nordic Committee and the Nordic Community as a whole and lead the NCC to resolution on issues it needs to address. The Chairperson provides timely and accurate assessment of matters that affect Nordic skiing in the PNSA, facilitating discussion and promoting resolution for the general good of the division, and is the divisional representative to the USSA. The NCC Chair has a term length of 4 years and terms may be renewed at the PNSA Board's discretion.

Voting & Appeals

Each NCC member club has one vote. (Members must be current with PNSA membership dues and a club representative must be present to vote.) The NCC Chair votes as a tiebreaker.

1. Any decision made by the NCC can be appealed to the NCC Chair.
2. Any decision made by the NCC Chair can be appealed to the PNSA EC.

NORDIC GUIDELINES AND PROCEDURES

5. JUNIOR NATIONAL CHAMPIONSHIPS

A: Qualifier Races

1. Each year before the beginning of the ski season the Nordic Competition Committee (NCC) will select certain ski meets, each normally consisting of separate races on two consecutive days, to be Junior Nationals Qualifier Races. Selection will be made according to the following process:
 - a. Qualifier Race hosts will be chosen from those clubs which have submitted a bid. Bids should be submitted to the NCC by the time of the spring meeting held in conjunction with the annual PNSA convention. Bids should include the form in [Chapter 10](#).
 - b. The NCC will consider the likely quality of each meet, including the nature of the courses, ability to offer the appropriate race formats, and the host's ability to provide accurate timing and prompt results. At a minimum, the host club should commit to the following principles:
 - i. Course Marking: Mark race courses early, preferably the day before the race, including clear start zone, turns, lap and finish lanes, and the finish line. A map of the course(s) near the start area is good practice.
 - ii. Bib Numbers: Segregate bib numbers by class, to help ensure that if two or more classes are on course at the same time an accurate finish can be obtained.
 - iii. Start Times: Allow a time interval (5 min?) between classes, which can be used for late entries and late starters. Run "ghosts" for no-shows. Late to start racers should be timed from their assigned start time.
 - iv. Video: Record the finish to help decide close finishes and for backup in case of timing questions. Consider video for the start as well.
 - v. Timing: Use redundancy, preferably three independent timing systems, at least one electronic and one manual. Each system must be monitored by one official operating a clock and at least one official visually noting finish bib numbers. In addition have a bib spotter and a finish judge within the finish zone. Practice using your timing systems, both electronic and manual, and race officials before the race, until you know how the systems work and are comfortable using them in any conditions.
 - c. When the number of bids that satisfy the above criteria exceeds the number of Qualifier Races to be held in a season, bids will be awarded according to the following rotation system:
 - i. For Qualifier Race selection purposes PNSA will consist of two regions:
 1. Northern, consisting of all of PNSA except Oregon, and
 2. Southern, consisting of Oregon.
 - ii. For each region the NCC will maintain a list of clubs wishing to host a Qualifier Race. Qualifier Races will be chosen from the top of each list: two from the Northern region and one from the Southern Region.
 - iii. After a club has hosted a Qualifier Race, that club will move to the bottom of the list for its region.
 - iv. For 2016-2017 the lists are:
 1. Northern: Leavenworth, Kongsberger, Spokane, Methow
 2. Southern: Mount Bachelor

- v. Additional clubs will be added to the bottom of their respective list at any time by notifying the NCC Chair that they wish to be added.
 - vi. If a club at the top of the list does not submit a bid it will remain at the top of the list for one additional year; if a club at the top of the list does not submit a bid for two consecutive years it will be removed from the list, but will be added back to the bottom of the list at any time if requested.
- d. Notwithstanding the above rules, the NCC may use one meet from outside the division as a Qualifier Race.
2. When poor snow or other conditions make it unlikely that a scheduled Qualifier Race can be successful, the NCC may, in consultation with the selected host club, agree to move the meet to another venue and another host club. If in such a case the originally selected host club does not hold a qualifier, that club will remain at the top of its list for the following season.
 3. In case weather conditions or other unforeseen circumstances cause a Qualifier Race to be cancelled or the results to be a poor reflection of racers' abilities, the NCC may decide to eliminate a Qualifier Race from the qualification calculations, and to adjust the calculation standards accordingly.

B: ATHLETE SELECTION

1. Prior to the competition season the Nordic Competition Committee (NCC) will designate eight races, normally on four different weekends and normally including one two-day meet outside PNSA, to be Junior Nationals Qualifier (JNQ) Races. In addition the NCC will decide the size of the Junior Nationals Team for the coming season. For 2017 the team size will be 32 plus any out-of-division skiers.
2. PNSA skiers will be ranked according to the following procedures:
 - a. Continental Cup Points: After each JNQ race Continental Cup points (also referred to as SuperTour points: 1st place 30, 2nd 25, 3rd 21, 4th 18, 5th 16, 6th 15, 7th 14, 8th 13, 9th 12, 10th 11, 11th 10, 12th 9, 13th 8, 14th 7, 15th 6, 16th 5, 17th 4, 18th 3, 19th 2, 20th 1) will be assigned to PNSA skiers according to finish order among only PNSA skiers in each of the following four age and gender groups: U16 girls, U16 boys, U18 plus U20 girls, and U18 plus U20 boys. In sprint races points will be assigned to the final results rather than just to the qualification round. Except for U14 skiers who have filed a Junior Nationals letter of intent, skiers who are not skiing in their proper age group will be not be given JNQ points in that race.
 - b. JNQ Scores: At the end of the JNQ series, a JNQ Score will be calculated for each PNSA skier equal to the total of the Continental Cup points earned by that skier in his/her best four JNQ finishes of the season.
 - c. JNQ Ranking List: The JNQ Ranking List will consist of all PNSA skiers ranked by JNQ Score in one list without regard to age or gender.
3. Each racer who hopes to be named to the PNSA Junior Nationals Team will submit a letter of intent to the NCC Chair, using a format provided by the NCC Chair, by December 31 of the season. No racer will be denied a spot on the team as a result of not meeting this deadline, but may be subject to late fee of \$25.
4. The Junior Nationals Selection Committee will consist of all members of the NCC who attend the final JNQ Race. The Selection Committee will meet immediately after the conclusion of the final JNQ Race. The NCC Chair or his/her designee will chair the committee meeting. The Selection Committee will name the JN Team according to the following procedures:

- a. Any PNSA skier who has qualified for the JN Team by USSA standards (USSA Rule 70) will be named to the team.
 - b. The highest ranked U16 girls, U16 boys, U18 girls, and U18 boys will be added to the team until six skiers from each of those four groups have been named to the team.
 - c. The highest ranked skiers on the JNQ Ranking List who have not already been named to the team will be named until the total number of skiers named to the team equals the team size previously determined by the NCC.
 - d. If two or more skiers are tied for the final position(s) on the team, total points from the best three races will break the tie; and if necessary from the best two races and then the best single race.
 - e. Any PNSA member who is at school outside the division, and who has declared a desire to be named to the team, and who finished in the top half of the field in at least one race at a prior JN Championships, and who has finished within 5% of the fastest junior of the same gender in at least one PNSA JNQ, SuperTour, or NorAm in the current season will be named to the team. The skier must provide evidence of meeting these standards by the time of the Selection Committee meeting at the conclusion of the last PNSA JNQ.
 - f. The Selection Committee may at its discretion name additional skiers to the team regardless of their position on the JNQ Ranking List, provided in each case that at least three quarters of the Selection Committee vote in favor.
 - g. If a skier who has been named to the team declines or fails to accept by the announced deadline for accepting a position on the team, the NCC Chair will promptly name the next eligible skier to the team.
5. Each skier who accepts a position on the JN Team must meet USSA's eligibility requirements, be a member of PNSA with a USSA competition license, and must be prepared to make the necessary arrangements by the deadlines announced by the Selection Committee, including paying the skier's trip costs to PNSA, having a PNSA uniform, signing required forms, and arranging transportation to and from the Junior Nationals.
6. Appeals Process
- a. If an athlete or coach believes that the Selection Committee erred in its selection process, the athlete or coach may appeal the decision by submitting a written appeal to the PNSA Executive Director within three business days of the selection meeting.
 - b. The appeal will be reviewed by an Appeals Committee consisting of the PNSA Executive Director, the PNSA President or his designee, and the Nordic Athlete Representative.
 - c. The NCC will abide by the decision of the Appeals Committee.

C: Coach Selection

1. The coaching staff will include a Trip Leader, a Chief of Waxing, and additional coaches as determined by the NCC. A Head Coach may also be named.
2. In accepting the position of JN Coach, each coach will agree to:
 - a. Work as hard as necessary to make the trip a success, and not to consider the trip as recreation or a vacation for the coach,
 - b. Represent all PNSA skiers, and not just skiers from that coach's club,
 - c. Work together with the other PNSA coaches to ensure the best possible experience for the racers, and
 - d. Do whatever tasks are required to make the trip a success.
3. Coach selections will reflect:

- a. Representation of athletes on the team,
 - b. Coaching experience and ability, and
 - c. Experience and training for new coaches
4. Selection Procedure:
- a. The NCC Chair will appoint the Trip Leader after the conclusion of the previous Junior National Championships.
 - b. The NCC Chair and the Trip Leader will appoint additional coaches at the fall meeting, based on recommendations of the NCC.
 - c. The NCC Chair and the Trip Leader may appoint additional coaches at any time after the fall meeting if warranted by the number of athletes on the team.

NORDIC GUIDELINES AND PROCEDURES

6. Codes of Conduct

COACHES

All PNSA Nordic coaches will abide by the USSA Code of Conduct as published in the current USSA Nordic Competition Guide and by the PNSA Code of Conduct as published in the PNSA Nordic Competition Manual [Chapter 8](#).

ATHLETES

All PNSA Nordic athletes will abide by the USSA Code of Conduct as published in the current USSA Nordic Competition Guide and by the PNSA Code of Conduct as published in the PNSA Nordic Competition Manual [Chapter 9](#).

VIOLATIONS

Procedure for Violations of Rules and Conduct Standards

Violations of the USSA Code of Conduct, the USOC Coaches Code of Conduct, Racer's Responsibility Code, PNSA traveling team rules, or the Your Responsibility Code established by the National Ski Areas Association (Collectively "Codes of Conduct") may give rise to sanctions to be imposed by the competitor's sponsoring organization, PNSA, and USSA. It is PNSA's policy that, if a competitor, coach, official or parent/guardian violates any of these, immediate resolution of the violation best serves the competitor, PNSA, USSA, and the sport of skiing. As such, PNSA adopts the following procedure to handle violations.

Procedure

The handling of violations and sanctions, if any, will be handled at three levels. Level I is an on-site and immediate resolution; Level II is more formal, involving the Disciplinary Chairperson and the competitor, coach, official or parent/guardian; Level III is the formal PNSA appeal with the Chairperson and two members of the PNSA Appeals Board.

LEVEL I (Venue Resolution)

If a competitor, coach, official or parent/guardian has violated, or allegedly violated the Codes of Conduct, the violation shall be called to the attention of the individual. The appropriate coach or official shall follow Due Process, and propose an immediate resolution or sanction. The individual shall have the opportunity to accept the sanction as a final resolution for the claimed violation. If the individual accepts the sanction, then no further sanctions shall be imposed against the individual. The appropriate coach or official shall report, in writing, to the PNSA office and the Disciplinary Chairperson, the incident and resolution. If the proposed resolution is not accepted, the violation will be referred to the PNSA office for Level II processing.

LEVEL II (Administrative Resolution)

A violation of the Codes of Conduct by a competitor, coach, official or parent guardian shall be reported to the PNSA Office in writing. Upon receipt of the reported violation, the PNSA office shall refer the claimed violation to the Disciplinary Chairperson. The Disciplinary Chairperson shall contact the accused person(s) by telephone and discuss the claimed violation with the accused person(s), offering Due Process. The Chairperson shall also take such other action and investigation as they deem appropriate and then propose a sanction to the accused person(s). The accused person(s) shall have the opportunity to accept or reject the sanction. In the event that the accused person(s) accepts the sanction, the violation and sanction shall be fully resolved and final. If the accused person(s) rejects the

sanction or proposed resolution, then the Disciplinary Chairperson shall refer the claimed violation to the Chairperson of the Appeals Board for administration as per Level III.

Level III (Formal Disciplinary Action)

The chairperson of the PNSA Appeals Board shall act as the Level III committee chairperson and shall select two other members of the Appeal's Board to sit as the Level III committee. This three-person Disciplinary Committee shall generally conduct its business using the following procedures:

1. The competitor, coach, official or parent/guardian shall be given sufficient notice, preferably in writing, outlining the nature and extent of the claimed rules violations.
2. The competitor, coach, official or parent/guardian will be given reasonable time in which to prepare a response to the claimed violation.
3. The competitor, coach, official or parent/guardian will have the opportunity to be assisted in presenting their side of the incident at the hearing and, also, can employ the assistance of an attorney, if so desired, at their expense.
4. The chairperson of the Disciplinary Committee shall conduct the hearing, and the hearing shall either be in person or by conference call, and handled in such a way as to give the Disciplinary Committee and the competitor, coach, official or parent/guardian an opportunity to hear both sides of the claimed violations.
5. Immediately following the hearing, the Disciplinary Committee shall discuss and reach a decision in respect to the claimed violation, including whether or not the violation has been committed and the sanction to be imposed.
6. The competitor, coach, official or parent/guardian will be provided with a written decision of the Disciplinary Committee, and, upon request, an audio copy of the hearing.
7. The Disciplinary Committee hearing, not including the deliberations of the Disciplinary Committee, may be recorded if the competitor, coach, official or parent/guardian requests that a recording be made of the disciplinary hearing.

Possible Disciplinary Action

Any sanctions imposed by PNSA under Levels I, II or III shall comply with the USSA Code of Conduct. Possible sanctions include the following:

8. Suspension from the team and loss of future team participation.
9. Loss of support from PNSA and/or PNSEF.
10. Suspension from training and/or competitions or access to race venues as a volunteer or spectator.
11. Elimination of coaching, travel and other benefits.
12. Turning the offending party or parties over to the local or state authorities if the offense is a violation of existing laws.

Any sanctions to be posed under Levels I or II shall not be for a period of more than 21 days.

Any appeal of a Level III decision shall be taken to USSA. It is PNSA's intent, in adoption of the foregoing procedure, to provide the competitor, coach, official or parent/guardian with Due Process. Due Process is explained in the section "Athlete's Code of Conduct" in the [USSA Alpine Competition Guide](#).

Disciplinary Chairperson for Level I and Level II, nominated by the ACC/NCC/SCC/FCC, and approved by the PNSA Board of Directors is:

Kevin McCarthy
48933 US Hwy 12
White Pass, WA 9893
Phone: 509-672-3101
email: KEVIN@SKIWHITEPASS.COM

PNSA Appeals Board

The USSA and federal Amateur Sports Act mandate that all disciplines assure that appeal boards and procedures for jury decisions and team selections be instituted at all levels of competition within the USSA. The Appeals Board for the PNSA shall consist of five members. The competition committees (Alpine and Nordic) shall make recommendations to the Board of Directors of the PNSA. The Board shall make the final selection of the members to the Appeals Board. The committee shall consist of one senior official, one coach, one competitor, one current member of the respective competition committee, and the Vice President of the PNSA who shall chair the committee.

Appeals Procedure Policy

Members of the involved jury may not be included in the appeals board. Any individual, who has served in an appeals board which has reviewed an appeal, may not be part of any board reviewing the same appeal at a higher level. If the Disciplinary Chair or the Appeals Board Chair has been involved in a Jury decision or Level I process, the PNSA President shall appoint a temporary Disciplinary or Appeals Board Chair.

Notice of appeal must be delivered in writing with the appropriate fee to the Appeals Board chairperson within three business days after the jury decision took place. It is desirable to use the USSA standard appeals form available from the PNSA office. Individuals filing appeals must pay the full fee required. If the appeal is successful, then the monies that have been submitted shall be refunded.

The hearing group must restrict its examination to consideration of whether protocol was followed, rules applied properly, athlete offered rebuttal opportunity, etc. The hearing group must not "retry" the case in terms of the facts found by the jury at the time, unless such a re-examination reveals the facts were clearly disregarded in the outcome of the jury deliberation. In such a case, finding the facts were clearly disregarded in the outcome of the jury deliberation, the hearing group may take appropriate steps to review the facts and/or gather new facts.

Filing Fees

COMPETITION JURY APPEALS	\$100.00
TEAM SELECTION APPEALS	\$100.00

Please contact the USSA office for rules and procedures to appeal to higher levels.

VICE PRESIDENT
ATHLETE
SR. OFFICIAL
COMPETITION COMMITTEE MEMBER
COACH

NORDIC APPEALS BOARD
CURT HAMMOND
DAKOTA BLACKHORSE-VON JESS
AL POKORNY
DAN SIMONEAU
JEFF HASHIMOTO

NORDIC GUIDELINES AND PROCEDURES

7. OTHER NORDIC ACTIVITIES

PNSA Trips and Projects

Activities that are sanctioned by PNSA and managed by the PNSA office.

1. All monies must flow through the PNSA office.
2. A budget must be submitted to the NCC Chair for review.
3. Invoices, expense receipts and prepayment requests must be submitted to the NCC Chair for approval before payment by PNSA.

PNSA Nordic Ventures & Opportunities:

Activities approved by NCC but not sanctioned by PNSA.

4. Proposals for ventures must be submitted to the NCC for approval.
5. Proposals must include financial request, budget, description, goals, estimated number of participants, targeted athletes/audience, etc.
6. Acceptance is through NCC voting process.

NORDIC GUIDELINES AND PROCEDURES

8. PNSA TRAVELING TEAM COACH RESPONSIBILITIES

Trip Leader Responsibilities:

1. Coordinate with the PNSA office for wax, drills, radios, gates, Medical Release forms, needed on the trip. This is to be handled prior to departure.
2. Arrange daily team meetings.
3. Assign daily duties to the assistant coaches, including always having one coach who is on-site and on-call while athletes are at the lodging property.
4. Attend or assign a coach to attend the Team Captains Meeting.
5. Arrange and coordinate waxing sessions.
6. Establish a reasonable curfew and see that it is enforced.
7. Be in charge of any necessary discipline procedures.
8. Communicate with the PNSA office or the designated PNSA spokesperson during travels on a daily basis.
9. Submit a report to the PNSA office after the race which includes any disciplinary and/or organizational problems, etc.
10. Provide the front desk of any PNSA lodging provider with cell phone numbers of the PNSA coaching staff for contact in case of emergency, including designating the daily on-call coach
11. If an athlete is injured, make contact with the hospital/medical facility, the injured athlete's parents and the PNSA office as soon as possible.
12. Be responsible for the safekeeping and ready access of PNSA Traveling Team Athlete's Medical Releases and arrange a plan to have that information provided to a Health Care Provider in case of emergency.
13. Such other duties that may be assigned.

ALL COACHES SHALL:

1. Be a current member of USSA, have a Cross Country Coach Membership (XCO) and have completed necessary background checks.
2. Be housed with the team during the course of the trip.
3. Be responsible for team members at the race venue. Chaperones will be responsible for the team members away from the race venue. When there are no chaperones assigned to the

team, the responsibility for the team members will be assumed by the coaches. If team members are granted permission to stay at a different lodging site, the coaches/chaperones are not responsible for the actions of those team members when they are away from the race venue.

4. Conduct daily inspections of athletes' rooms for cleanliness and upkeep; and final inspection after the athletes move out.
5. Be knowledgeable of and adhere to the USSA Code of Conduct published in the USSA Competition Guide.
6. Be committed to give 100% to ALL PNSA athletes at ALL times.

NORDIC GUIDELINES AND PROCEDURES

9. PNSA Code of Conduct for Athletes

As an athlete representing PNSA, while on a PNSA sponsored trip I will:

- 1) Treat fellow competitors, coaches and officials with respect and consideration for their health, safety and emotional well-being.
- 2) Abide by the rules of competition.
- 3) Respect the role of race officials, volunteers and spectators.
- 4) Respect the guidance of coaches and follow the coaches' directions.
- 5) Refrain from behavior that is disruptive, disrespectful, or damaging to PNSA's reputation.
- 6) Dress appropriately and refrain from the use of clothing that contains endorsements for alcohol, tobacco or illegal drugs.
- 7) Commit no criminal acts.
- 8) Personal cell phone use during team activities is not acceptable.
- 9) Refrain from the use of banned substances in cross country skiing, racing and training (See USOC list of banned substances).
- 10) Abstain from the use and or possession of illegal drugs, alcohol and tobacco products.

I understand that if I violate one or more of these codes of conduct during a PNSA trip I will be subject to reprimand. Reprimands range from verbal warnings to exclusion from team functions to sending the athlete home at his/her own expense. PNSA coaches will determine these reprimands on a case by case basis.

By signing my name below, I indicate that I have read, understand, and agree with this code of conduct.

Print Athlete Name _____

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

Parent Signature _____ Date _____

10. PNSA Cross-Country Junior National Qualifier Race Bid Form

Please fill out the following as completely as possible. Explanations may be attached on a separate page.

Host Club:	
Race Venue:	
Race dates proposed:	
Formats (distances, techniques, starts):	
Trails to be used:	
Timing systems to be used	
Primary:	
First backup:	
Second backup:	
Personnel (name, telephone, email)	
Main contact:	
Chief of race:	
Chief of timing:	
Most recent race successfully held	
Race name and dates:	
Formats:	
Number of starters:	
Number of timing systems used:	
Primary timing system:	
When were results first available:	

Please describe any problems you experienced and any measures taken to solve those problems and to improve your race:

10 - PNSA ACADEMIC POLICY

PNSA promotes academic as well as athletic excellence. All PNSA athletes are expected to maintain throughout the year a minimum of a 2.0 G.P.A. on a 4.0 system, with no F's. Academic scholarships are available to qualifying student/athletes.

PNSA Honor Roll : 2015-2016 Academic Year

PNSA athletes who wish to be included on the PNSA Honor Roll must be current USSA members and are encouraged to submit any qualifying transcripts (quarter, semester or year-end), by mail, email or fax, to the PNSA Office. To qualify, an athlete must have a grade point average of 3.0 or better – weighted or non-weighted.

Congratulations to the following students/athletes who submitted qualifying transcripts.

4.0 and higher GPA:

Beres, Eileen	Joy, Audrey
Bert, Jeffrey	Klonsky, Elena
Blanchard, Leah	Lodmell, Ashley
Boden, Farli	Musgrave, Colt
Campbell, Halle	O'Shaughnessy, Olivia
Cravens, R Minam	Panos, Alexi
Downing, Liv	Panos, Demitri
Edmondson, Korbyn	Parekh, Lucas
Hecht, Shasta	Wear-Grimm, Brandon
Hoffman, Isabella	Westman, Kristopher
Hyde, Stella	

3.0-3.99 GPA:

Grimm, Courtney	Lowe, Teegan
Henson, Nathaniel	McBurney, Matthew
Hislop, Hannah	Musgrave, Luke
Hislop, Sam	Nelson, Preston
Jones, Hailley	Overby, Parker
Jurgensen, Savannah	Quesinberry, Elizabeth
Klonsky, Jake	VanDerhoef, Otto
Lange, Will	Webb, Jeffrey
Lavelle, Chloe	Westman, Cale



12 - PACIFIC NORTHWEST SKI EDUCATION FOUNDATION

The Pacific Northwest Ski Education Foundation (PNSEF) has been helping competitive athletes, including ski racers like Debbie Armstrong, Phil and Steve Mahre, Scott Macartney, Libby Ludlow, Brooke Wales and many others in the Pacific Northwest, realize their skiing goals for the past 44 years.

Formed in 1969, PNSEF promotes all aspects of ski competition (Alpine, Nordic, Freestyle, and Snowboarding) to racers, coaches, officials, and the general public. Managed by an elected Board of Trustees, PNSEF is a supporting organization to the Pacific Northwest Ski Association, whose members strive for the ultimate goal of Olympic and World Cup competition on the U. S. Ski Team.

Were it not for initial funding provided by PNSEF, Olympic superstars like Phil and Steve Mahre of White Pass might not have gone on to their stunning Olympic victories. More recently, athletes such as Justin Wadsworth, Anton Pogue, Libby Ludlow, Tommy Ford, Torin Koos, Colby Granstrom and Garth Hager have each benefited from the support provided by PNSEF.

As a fundraising organization, PNSEF relies on a number of diverse sources to keep building principal, to continue funding for existing programs, and to meet the needs of other recipients through new funding modes. An annual fundraising event is held in the Seattle area, along with several other fun events held throughout the division. Another funding vehicle is the Elite Pass program, which is a cooperative venture between PNSEF, PNSA and the Pacific Northwest Ski Areas Association, begun in the mid 1970s.

In addition to the many athletes who have benefited from their support, PNSEF also provides funding for B-net, coaches' education and training, development camps, and educational scholarships.

Any parents or competitors with questions about PNSEF are urged to request more information. Contact information is on the ♦[PNSEF website](#), or use this link to send an ♦[email](#). Applications for financial assistance must be submitted no later than December 31st of each season. All applications are now submitted on-line. Please find information on ♦[grant](#) and ♦[scholarship](#) applications on the PNSEF website.

Website: www.pnsef.org | Grants: www.pnsef.org/grants | Scholarships: www.pnsef.org/scholarships

Email: pnsef@pnsef.org

All applications are treated with confidentiality.

APPENDIX 1

Pacific Northwest Ski Association

2015-2016 Annual Awards

<u>AWARDS</u>	<u>Description</u>	<u>Recipient</u>
Norrie Lamson Award	For outstanding service to Juniors and the Junior race program over a period of several years	Amy Leonard-Heim
John Genoud Award	To the individual contributing notably of his/her service as a race official	James Green
Ken Comfort Award	For the person who over the years, has given freely of his/her time to help the sport of skiing.	Alan F. Watson
Schwabe Award	Outstanding Alpine competitor during the past year.	Brian Davidson
Olav Ulland Award	Outstanding Nordic competitor during the past year.	Novie McCabe
Northwest Skier Award	Outstanding Junior competitor both on and off the slopes.	Hannah Bodily
Coaches Award	Outstanding Alpine, Freestyle, Nordic and Snowboard coaches.	Chelsea Nova, Alpine Ed Zontek, Freestyle George Bryant, Nordic Coggin Hill, Snowboard
Collegiate Alpine Award	Outstanding Alpine collegiate competitor during the past year.	Clare Wise Anton Waller
Collegiate Nordic Award	Outstanding Nordic collegiate competitor during the past year.	Emily Hyde Male – not awarded
Freestyle Skier	Outstanding Freestyle competitor during the past year.	Lady – not awarded Kurt Zontek
Snowboard Rider	Outstanding Snowboard competitor during the past year.	Lady - not awarded Man – not awarded
Unsung Hero Award	Any individual in your club who contributed in either race or club responsibilities, above and beyond the duty of any volunteer.	Maile Aden Robin Ahmann Malcolm Ash Michelle Bonneau Rob Cravens Rob Crick Terry Critchlow Jane Davis Sandy Dexter Jim Doudna

APPENDIX 1

2015-2016 PNSA Annual Awards

(continued)

<u>AWARDS</u>	<u>Description</u>	<u>Recipient</u>
Unsung Hero Award	Any individual in your club who contributed in either race or club responsibilities, above and beyond the duty of any volunteer.	John Eminger Gloria Fletcher Carl Guenzel Tabitha Hamilton Tabetha Hatfield Ardie Hewitt Jim Holcomb Kari Johnson Jim Jopson Bob Landwehr Jim Landwehr Daryl Lovro Linda Luiten DaveLyon Kevin McDevitt Todd McNabb Olivia Merithew Jakub Olesky Erik Otterholt Steve Oulman Cheryl Puddy Jeff Sanborn Fred Shick Steve Smith Joy Snow Jlynn Spitz Chris Thompson Judy Thompson Clayton Verellen Karl Wardrop Alan Watson Greg Williams Barry Wise Jill Wise Fred Wurden Claudia Yamamoto
Press Award	For exceptional service to the sport of skiing by someone from the news media.	Scott "Boss" Hogg - USCSA Productions
Northwest Cup Team Trophy		Mt Bachelor Sports Ed. Fnd.
Best Northwest Cup Race		Mt Bachelor – Sun Cup

APPENDIX 1

2015-2016 PNSA Annual Awards (continued)

<u>AWARDS</u>	<u>Description</u>	<u>Recipient</u>
Sallie McNabb Award	Northwest Cup Downhill Champions	Ashley Lodmell Alexandria Oseland Tanner Lujan
Northwest Cup Overall		Katie Holm Brian Davidson
U16 Series Overall		Katie Holm Jonathan Wimberly
Buddy Werner/U14 Champions		Molly Collins Lewis White

INFREQUENT AWARDS

Ingrid Simonson Lifetime Achievement Award		not awarded
President's Award	Awarded by PNSA President for Outstanding Service.	Roger Root
Quarter Century Award	Awarded to those attending 25 PNSA Conventions.	not awarded

GRANTS/SCHOLARSHIPS

Masters' Subcommittee Athlete Grants	Awarded by Masters Group to outstanding FIS level competitors.	Emma Ireton R Minam Cravens
Jane Henry Scholarship		Hannah Bodily Alexandria Oseland Mackenzie Price
R. Dean Palmer Scholarship		Nathan Gunesch Ian McCarthy
Bruce Holyoke Scholarship		John Ellis Chris Loewy

APPENDIX 5

2016-2017 NORDIC COMPETITION COMMITTEE

DIRECTOR OF NORDIC / NCC CHAIRPERSON

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RULES & TECHNICAL SUB-COMMITTEE

TBA

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SPONSORSHIP/FUNDRAISING SUB-COMMITTEE

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AT LARGE NCC MEMBERS

MINIMUM 1

ALL PNSA MEMBER CLUBS, WHO HAVE PAID THEIR DUES AND ARE NOT REPRESENTED BY A COMMITTEE CHAIR, WILL HAVE ONE AT-LARGE NCC MEMBER.

APPENDIX 6
2016-2017
PNSA BOARD OF DIRECTORS

OFFICERS

PRESIDENT

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DIRECTOR OF ALPINE (APPOINTED)

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DIRECTOR OF OFFICIALS (APPOINTED)

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DIRECTOR OF SNOWBOARD (APPOINTED)

TBA

DIRECTOR OF FREESTYLE (APPOINTED)

TBA

CELL:
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USSA Alpine Sport Committee Member

NONE AT THIS TIME

IMMEDIATE PAST PRESIDENT

RES:
BUS:
FAX:
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PROFESSIONAL SKI INSTRUCTORS OF AMERICA - NORTHWEST

CHRIS KASTNER

BOD COMMITTEE LIST

APPEALS COMMITTEE

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BY LAWS: JEFF KRAY

DISCIPLINARY REVIEW COMMITTEE

CHAIRPERSONS: DAN HENRY – ALPINE
ALAN WATSON - NORDIC

EXECUTIVE COMMITTEE

CHAIRPERSON: BILL BROOKS
CURT HAMMOND
GILLIAN ESSON
BILL KOEFOED
ALAN WATSON
DAN HENRY
KEVIN MCCARTHY

NOMINATING COMMITTEE

CHAIRPERSON: ALDEN GARRETT

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