

# 2017-2018

## Pacific Northwest Ski Association



*A Division of*



## Competition Manual Nordic



# PACIFIC NORTHWEST SKI ASSOCIATION

*A DIVISION OF*

## US SKI AND SNOWBOARD AND THE WESTERN REGION



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# PACIFIC NORTHWEST SKI ASSOCIATION

## 2017-2018 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 US Ski and Snowboard.

The Pacific Northwest Ski Association was originally developed out of the need for uniformity in all phases of ski competition. PNSA works with US Ski and Snowboard 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 US Ski and Snowboard and the 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 US Ski and Snowboard 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 US Ski and Snowboard through PNSA'S representation on various national-level committees and subcommittees.

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 / US Ski and Snowboard 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 US Ski and Snowboard membership is required to enter any US Ski and Snowboard race. See the next chapter of this manual for information about memberships. During the 2017-18 season there are three US Ski and Snowboard meets in the PNSA division:

the Sunnyside Challenge at Mount Bachelor, OR, December 16-17, 2017;

the Mount Spokane Nordic Cup at Mount Spokane, WA, , January 13-14, 2018; and

the Race of the Methow in Winthrop, WA, February 10-11, 2018.

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

Even if you do not need a PNSA and US Ski and Snowboard 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 US Ski and Snowboard / PNSA. US Ski and Snowboard / 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 US Ski and Snowboard races junior competitors are grouped by their age on December 31 of the current season. Non-US Ski and Snowboard races are free to use any categories that they prefer, but they often use the US Ski and Snowboard brackets as well. US Ski and Snowboard uses the "U-" system with 2-year brackets. For example, U16 in the 2017-18 season means that the racer was born in 2003 or 2002 and is 14 or 15 years old on December 31, 2017.

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

Category	Age (as of 12/31)				
		2017-18	2018-19	2019-20	20120-21
Seniors	20 and older	1997	1998	1999	2000
U20	19	1998	1999	2000	2001
	18	1999	2000	2001	2002
U18	17	2000	2001	2002	2003
	16	2001	2002	2003	2004
U16	15	2002	2003	2004	2005
	14	2003	2004	2005	2006
U14	13	2004	2005	2006	2007
	12	2005	2006	2007	2008
U12	11	2006	2007	2008	2009
	10	2007	2008	2009	2010
U10	9	2008	2009	2010	2011
	8	2009	2010	2011	2012
U8	7 and younger	2010	2011	2012	2013

## **Coaches, Officials, and Volunteers**

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

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 US Ski and Snowboard Level 100 Coach Certification. Race organizers will benefit from you becoming a Level 1 Technical Delegate. (The Technical Delegate is US Ski and Snowboard's representative to a US Ski and Snowboard 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 – US SKI AND SNOWBOARD / PNSA CROSS-COUNTRY MEMBERSHIPS

## US Ski and Snowboard Membership

US Ski and Snowboard 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 US Ski and Snowboard races (but not pursue the national level of competition) can save money by getting the \$15 annual General Membership.

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

See: <http://my.ussa.org/node/7075> for US Ski and Snowboard membership options, including competitors, coaches, officials, and volunteers. (Be sure to scroll down to the Cross Country section).

## PNSA Membership

When you join US Ski and Snowboard as a U16 Competitor Member, you will simultaneously join PNSA. The cost is \$40.

## Membership for Clubs

**US Ski and Snowboard:** Clubs sanctioning races with US Ski and Snowboard must join US Ski and Snowboard as club members. Benefits to the club include liability insurance for US Ski and Snowboard-sanctioned competitions. Use the [US Ski and Snowboard Club membership form](#) to join, or [email US Ski and Snowboard Membership](#) for further information.

**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.

## US Ski and Snowboard 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 non-scored US Ski and Snowboard 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		\$25
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

# 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 US Ski and Snowboard.

### 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.
  4. The maximum entry fee per day at a Qualifier Race, including trail pass but not including late entry fee, will be \$35.

## **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 2018 the team size will be 34 plus any out-of-division skiers.
2. PNSA skiers will be ranked according to the following procedures:
  - a. After each JNQ race JNQ Points 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 boys, and U18 plus U20 girls. Place points will be 25 points for first place, 24 points for second place, decreasing by one point per place down to 1 point for 25th place. 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 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 place points earned by that skier in his/her best five 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 US Ski and Snowboard standards (US Ski and Snowboard 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 PNSA Junior Nationals team, and who has finished in the top half of the field in at least one individual race at a prior Junior National Championships race 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 the US Ski and Snowboard's eligibility requirements, be a member of PNSA with a Competition Member of US Ski and Snowboard, 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 US Ski and Snowboard Code of Conduct as published in the current US Ski and Snowboard 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 US Ski and Snowboard Code of Conduct as published in the current US Ski and Snowboard 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 US Ski and Snowboard 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 US Ski and Snowboard. 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, US Ski and Snowboard, 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 US Ski and Snowboard 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 US Ski and Snowboard. 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 [US Ski and Snowboard Nordic 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](mailto:KEVIN@SKIWHITEPASS.COM)

## **PNSA Appeals Board**

The US Ski and Snowboard and USA 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 US Ski and Snowboard. 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 group. Any individual who has served in an appeal group that has reviewed an appeal may not be part of any group that reviews the same appeal at a higher level. If the Disciplinary Chair or the Appeals Board Chair have 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 US Ski and Snowboard 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 of the facts is clearly warranted by the outcome of the jury deliberation. In such a case, the hearing group may find the facts were clearly disregarded in the outcome of the jury deliberation.

### **Filing Fees**

Competition Jury Appeals	\$25.00
Team Selection Appeals	\$50.00

Please contact the US Ski and Snowboard office for rules to appeal to higher levels.

**VICE PRESIDENT**  
**ATHLETE**  
**SR. OFFICIAL**  
**COMPETITION COMMITTEE MEMBER**  
**COACH**

**NORDIC APPEALS BOARD**  
**JEFF KRAY**  
**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 US Ski and Snowboard, 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 [US Ski and Snowboard Code of Conduct](#) published in the US Ski and Snowboard Nordic 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.*

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

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

## 11 - 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 : 2016-2017 Academic Year

PNSA athletes who wish to be included on the PNSA Honor Roll must be current US Ski and Snowboard 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		Larson, Tyler
Bert, Jeffrey		Meredith, Parker
Cravens, R MInam		Munch, Gemma
Debley, Erica		O'Shaughnessy, Olivia
Downing, Liv G.		Panos, Alexi
Hoffman, Isabella		Panos, Demitri
Jones, Henry T.		Pickel, Jacqueline
Kanning, Annaby		Stern, Madeline
Kanning, Emerson		Westman, Kristopher

#### 3.0-3.99 GPA:

Brinker, Andrew		
Burandt, Elyse		Phelps, Megan
Esnoz, Jared		Quesinberry, Elizabeth
Farley, Jared		Randolph, Dana
Gahn, Emily		Sickler, Thomas
Hoerr, Allison		Schifone, Anthony
Lange, Will O'Hare		Skufca, Erin
Lowe, Teegan		Totten, Mary
Lynn, Xakaryeh		Trimble, Trevor
McBurney, Matthew		Underkoffler, Lucas
Mixon, Beth		Walther-Gingold, Tiger
Nilsson, Brady		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, Tommy Ford, Jacqueline Wiles 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, Jacqueline Wiles 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 31<sup>st</sup> 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](http://www.pnsef.org) | Grants: [www.pnsef.org/grants](http://www.pnsef.org/grants) | Scholarships: [www.pnsef.org/scholarships](http://www.pnsef.org/scholarships)

Email: [pnsef@pnsef.org](mailto:pnsef@pnsef.org)

**All applications are treated with confidentiality.**

# APPENDIX 1

## Pacific Northwest Ski Association

### 2016-2017 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	Alan Lauba
John Genoud Award	To the individual contributing notably of his/her service as a race official	Jim Doudna
Ken Comfort Award	For the person who over the years, has given freely of his/her time to help the sport of skiing.	Claudia Yamamoto
Schwabe Award	Outstanding Alpine competitor during the past year.	R Minam Cravens
Olav Ulland Award	Outstanding Nordic competitor during the past year.	Novie McCabe
Northwest Skier Award	Outstanding Junior competitor both on and off the slopes.	Tess Baldwin
Coaches Award	Outstanding Alpine, Freestyle, Nordic and Snowboard coaches.	Chris Acosta, Alpine Matt Clune, Freestyle Bernie Nelson, Nordic Alex Scagliotti, Snowboard
Collegiate Alpine Award	Outstanding Alpine collegiate competitor during the past year.	Mary Totten Grant Hamlin
Collegiate Nordic Award	Outstanding Nordic collegiate competitor during the past year.	Sierra Foster Imran Wolfenden
Freestyle Skier	Outstanding Freestyle competitor during the past year.	Elyse Burandt Male – not awarded
Snowboard Rider	Outstanding Snowboard competitor during the past year.	Lady - not awarded Sean Fitzsimmons
Unsung Hero Award	Any individual in your club who contributed in either race or club responsibilities, above and beyond the duty of any volunteer.	Jon Andrews Jeff Bray Trish Campbell Laura Derwin Ryan Forbes Cameron Halmrast Brian Holm Brian Janssen April Kerlake Natalie Kuhler



# APPENDIX 1

## 2016-2017 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.	Louis Lafreniere Robbie Lafreniere Stuart Larson Chris LeCuyer Sam Naney Hilary Ohara Kelly Rohrer Bill Schmidt Paul Stamnes Andy Stines Chris Von Melville Kathy Westman
Press Award	For exceptional service to the sport of skiing by someone from the news media.	Not Awarded -
Northwest Cup Team Trophy		Mt Bachelor Sports Ed. Fnd.
Best Northwest Cup Race		Not Awarded
Sallie McNabb Award	Northwest Cup Downhill Champions	Ashley Lodmell Zachary Simmons
Northwest Cup Overall		Maddie Collins R Minam Cravens
U16 Series Overall		Katie Holm Cassell LeFevre
Buddy Werner/U14 Champions		Elizabeth Quesinberry Demitri Panos

### INFREQUENT AWARDS

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

# APPENDIX 1

## 2016-2017 PNSA Annual Awards (continued)

<u>AWARDS</u>	<u>Description</u>	<u>Recipient</u>
<b>GRANTS/SCHOLARSHIPS</b>		
Masters' Subcommittee Athlete Grants	Awarded by Masters Group to outstanding FIS level competitors.	Tess Baldwin Tanner Lujan
Jane Henry Scholarship		Ashley Lodmell
R. Dean Palmer Scholarship		Tom Schoderbek
Bruce Holyoke Scholarship		not awarded

# APPENDIX 2

## PNSA Quotas and Selection Deadlines

### NORDIC/CROSS COUNTRY

#### Quotas

PNSA has a quota of 34 racers, plus any qualifying out-of-division athletes, for the XC Junior nationals.

Date	Event	Location
<u>JNQ Series</u>		
Dec 16-17	Skate/Classic	Mt Bachelor
Dec.31	Jr National Intent Deadline	
Jan13-14	Skate/Classic	Mt Spokane
Jan 26-27	Skate/Classic	Soldier Hollow, UT
Feb 10-11	Skate/Classic	Methow Valley

### PNSA Nordic Place Points System

1st place	25 points	6th place	20 points
2nd "	24 "	7th "	19 "
3rd "	23 "	8th "	18 "
4th "	22 "		
5th "	21 "	25th "	1 point

## ALPINE

### Automatic Quotas

PNSA racers who are regional automatics to an event will not be included in the PNSA quota to those events allowing automatics.

For the Western Region U16 Championships, athletes who attend the Seven Nations Cup may be entered as automatics by the Region. These athletes do not count against a division's quota, and will be randomly seeded after the 1<sup>st</sup> seed.

### WR FIS Elite Series:

For the major regional events, any racers who have achieved the National point levels listed in the [Western Region Policies and Procedures \("Western Region Automatics"\)](#) will be automatics to the event. Gold medal winners of the previous season's U16 Championships individual events and overall combined (2<sup>nd</sup> year U16s in that season) are automatics in addition to selected automatics via point selection.

### WR FIS Open Series:

There are no automatics to this level of regional racing.

Exceptions:

1. WR automatics eligible by age for the event may attend the race/series, but must qualify via applied protocols.
2. Automatics who do not qualify by age may attend only if they are included in the Regional Director's Quota as a pace skier.

NOTE: There are no automatics to the Western Region U19-21 or U14 Championships competitions

### PNSA Quotas

PNSA will fill divisional quotas to Regional FIS, Western Region U19-21 Championships and the Western Region U16 and U14 Championships competitions according to the rules and procedures set forth in the PNSA Selection Procedures section of this manual. The final two quota spots to Regional races are reserved for discretionary selection.

- Western Region Elite FIS Series: PNSA has a quota of **9 men and 9 ladies + automatics**
- Western Region FIS Open/NJR Series: PNSA has a quota of **25 men and 25 ladies**
- Regional Championships: PNSA has a quota of **20 men and 19 ladies** to the Western Region U19-21 Championships. The Western Region U16 Championships quota is **17 men and 17 ladies**. Western Region U14 Championships quota is **8 men and 7 ladies**.
- 

Date	Event	Location	Intent Deadline	National List	PNSA Quota
<u>FIS Elite Series</u>					
Jan.18-21	Tech Series	Park City/Snowbird	Dec. 18	List 7	9M / 9L
Feb. 16-21	Tech Series	Snow King	Jan. 16	List 8	9M / 9L
Apr 3 -5	Spring Series	Mammoth Mtn	Mar. 2	List 11	9M / 9L

**FIS Open Series**

Dec. 9-12	Tech Series	Snow King	Nov. 9	List 5	25L / 25M
Dec. 11-14	Tech Series	Mission Ridge	Nov. 11	List 5	25L / 25M
Jan. 18-19	Speed	Snow Basin	Dec.18	List 7	25L / 25M
Jan. 30-Feb. 4	Speed Series	Schweitzer	Dec. 30	List 8	25L / 25M
Mar. 22-25	Tech Series	Snowbird	Feb. 22	List 10	25L / 25M
Mar. 22-25	Tech Series	Mammoth Mtn	Feb. 22	List 10	25L / 25M

**Regional Championships**

Mar. 13-19	WR U19-21. Champs	Alpine Meadows	Dbl Board	List 10	20M / 19L
Mar. 15-18	WR U14 Champs.	Jackson Hole	U14 Board	N/A	8M / 7L
Mar. 22-25	WR U16 Champs	Alyeska	Modified Dbl Board	List 1	17M / 17L

See PNSA Selection Procedures section for specific event selection criteria.

## PNSA Alpine Place Points Systems

### “New” World Cup Points

1st place	100 points	1	1th place	24 points
2nd “	80 “	“	12th “	22 “
3rd “	60 “	“	13th “	20 “
4th “	50 “	“	14th “	18 “
5th “	45 “	“	15th “	16 “
6th “	40 “	“	16th “	15 “
7th “	36 “	“	.	.
8th “	32 “	“	.	↓
9th “	29 “	“	.	.
10th “	26 “	“	30th “	1 point

### Buddy Werner Team Scoring Place Points

1st place	1 point	5th “	5 points
2nd “	2 points	6th place	6 “
3rd “	3 points	etc.	
4th “	4 “		

### Alpine Points List Dates

#### 2016-17 Alpine Points List Dates

List	USSA Close	USSA Valid	FIS Close	FIS Valid	Masters
Base List	Aug. 1		June 6		
<b>List 1</b>	Aug. 1	Aug. 1	July 1	July 1	Dec 1
<b>List 2</b>	Aug. 6	Aug. 10	Aug. 6	Aug. 10	Jan 5
<b>List 3</b>	Sept. 3	Sept. 7	Sept. 3	Sept. 7	Feb 2
<b>List 4</b>	Sept. 24	Sept. 28	Sept. 24	Sept. 28	March 2
<b>List 5</b>	Oct. 8	Oct. 12	Oct. 8	Oct. 12	April 1
<b>List 6</b>	Nov. 12	Nov. 16	Nov. 12	Nov. 16	
<b>List 7</b>	Dec. 3	Dec. 7	Dec. 3	Dec. 7	
<b>List 8</b>	Dec. 24	Dec. 28	Dec. 24	Dec. 28	
<b>List 9</b>	Jan. 14	Jan. 18	Jan. 14	Jan. 18	
<b>List 10</b>	Feb. 4	Feb. 8	Feb. 4	Feb. 8	
<b>List 11</b>	Feb. 25	March 1	Feb. 25	March 1	
<b>List 12</b>	March 18	March 22	March 18	March 22	
<b>List 13</b>	April 8	April 12	April 8	April 12	
<b>List 14</b>	April 30	May 3	April 30	May 3	
<b>List 15</b>	June 15	July 31			

## APPENDIX 3

### PNSA Race Administrator Contact List

#### Club contacts for US Ski and Snowboard / College / YSL races:

<u>CLUB/PERSON</u>	<u>ADDRESS</u>	<u>CITY</u>	<u>STATE</u>	<u>ZIP</u>	<u>PHONE</u>	<u>EMAIL</u>
CMAC / LOUIS LAFRENIERE	419 LK WASHINGTON BLVD	SEATTLE	WA	98122	206-605-6090	<a href="mailto:RACEADMIN@CMACSKIRACING.COM">RACEADMIN@CMACSKIRACING.COM</a>
FAST / DARREN STUTZKE	PO Box 166	CHEWELAH	WA	99109	509-935-6649 x633	<a href="mailto:FAST@SKI49N.COM">FAST@SKI49N.COM</a>
LPRT / LISETTE CARTER	PO Box 335	OSBURN	ID	83849	208-512-0112	<a href="mailto:LISETTEFEY@COMCAST.NET">LISETTEFEY@COMCAST.NET</a>
LOUP / INGRID PATTERSON	PO Box 246	TWISP	WA	98856	509-997-7030	<a href="mailto:LOUPSKITEAM@GMAIL.COM">LOUPSKITEAM@GMAIL.COM</a>
MBSEF / CHERYL PUDDY	563 SW 13 <sup>TH</sup> ST, SUITE 201	BEND	OR	97701	541-388-0002	<a href="mailto:RACEINFO@MBSEF.ORG">RACEINFO@MBSEF.ORG</a>
MHA / MICHELE GREBISZ	P.O. Box 189	GOVERNMENT CAMP	OR	97028	503-272-3503	<a href="mailto:RACEADMIN@MHSEF.ORG">RACEADMIN@MHSEF.ORG</a>
MRST / CLAUDIA YAMAMOTO	25 N WENATCHEE AVE, STE 112	WENATCHEE	WA	98801	509-888-2372	<a href="mailto:CLAUDIA@MRST.US">CLAUDIA@MRST.US</a>
MRT / RACE ADMINISTRATOR	2149 W CASCADE AVE, STE 106A-207	HOOD RIVER	OR	97031	541-645-5641	<a href="mailto:RACEADMIN@MEADOWSRACETEAM.ORG">RACEADMIN@MEADOWSRACETEAM.ORG</a>
MVNT/ALEX HALL	PO Box 1063	WINTHROP	WA	98862	50-996-3320	<a href="mailto:MVNTOFFICE@GMAIL.COM">MVNTOFFICE@GMAIL.COM</a>
NWCSC / MICHELE BONNEAU	2112 CLEVELAND BLVD	CALDWELL	ID	83605	208-459-5863	<a href="mailto:NWCSC@UIDAHO.EDU">NWCSC@UIDAHO.EDU</a>
SARS / JAMIE LANDWEHR	PO Box 63	SANDPOINT	ID	83864	208-946-7859	<a href="mailto:RA@SARS.NET">RA@SARS.NET</a>
SSRA / SANDRA DEXTER	PO Box 678	SPOKANE	WA	99210	425-232-5482	<a href="mailto:ADMINISTRATION@GOSSRA.ORG">ADMINISTRATION@GOSSRA.ORG</a>
SPAC / AMEE FORBES	10597 TITUS RD	LEAVENWORTH	WA	98826	360-376-4611	<a href="mailto:RACEADMIN@SPACRACING.COM">RACEADMIN@SPACRACING.COM</a>
SUMMIT RACE DEPT – DEAN TONKIN	PO Box 1068	SNOQUALMIE PASS	WA	98068	206-300-1928	<a href="mailto:DTONKIN@SUMMITI90.COM">DTONKIN@SUMMITI90.COM</a>
TAS / DAN EVANS	PO Box 85193	SEATTLE	WA	98145	425-985-6875	<a href="mailto:TASCOACH@GMAIL.COM">TASCOACH@GMAIL.COM</a>
WARP / MARK STAPLETON	1574 COBURG RD #180	EUGENE	OR	97401	541-357-9277	<a href="mailto:WARPRACING@GMAIL.COM">WARPRACING@GMAIL.COM</a>
WPSC / TERRY CRITCHLOW	48935 US HWY 12	NACHES	WA	98937	509-945-5465	<a href="mailto:TCRITCHLOW@AOL.COM">TCRITCHLOW@AOL.COM</a>

#### CLUB CONTACTS FOR MASTERS RACES:

<u>CLUB/PERSON</u>	<u>ADDRESS</u>	<u>CITY</u>	<u>STATE</u>	<u>ZIP</u>	<u>PHONE</u>	<u>EMAIL</u>
CMAC / LOUIS LAFRENIER	419 LK WASHINGTON BLVD	SEATTLE	WA	98122	206-605-6090	<a href="mailto:RACEADMIN@CMACSKIRACING.COM">RACEADMIN@CMACSKIRACING.COM</a>
FAST / DAN HOLMAN	PO Box 166	CHEWELAH	WA	99109	509-999-7723	<a href="mailto:DAN99214@GMAIL.COM">DAN99214@GMAIL.COM</a>
LPRT / CASEY HATFIELD	PO Box 335	OSBURN	ID	83849	208-512-0112	<a href="mailto:LISETTEFEY@COMCAST.NET">LISETTEFEY@COMCAST.NET</a>
MBSEF / CHERYL PUDDY	563 SW 13 <sup>TH</sup> ST, SUITE 201	BEND	OR	97701	541-388-0002	<a href="mailto:RACEINFO@MBSEF.ORG">RACEINFO@MBSEF.ORG</a>
MT HOOD SKI BOWL/PETER DODD	6256 SE SCOTT DR	PORTLAND	OR	97215	503-706-9367	<a href="mailto:MASTERSMANIA@SCHNEEVOGELI.COM">MASTERSMANIA@SCHNEEVOGELI.COM</a>
SARS / ANN OZUNA	3403 S TEKOA ST	SPOKANE	WA	99203	509-993-2283	<a href="mailto:MASTERS@SARS.NET">MASTERS@SARS.NET</a>
SPAC / AIMEE FORGES	10597 TITUS RD	LEAVENWORTH	WA	98826	360-376-4611	<a href="mailto:RACEADMIN@SPACRACING.COM">RACEADMIN@SPACRACING.COM</a>
SUMMIT RACE DEPT – DEAN TONKIN	PO Box 1068	SNOQUALMIE PASS	WA	98068	206-300-1928	<a href="mailto:DTONKIN@SUMMITI90.COM">DTONKIN@SUMMITI90.COM</a>

# APPENDIX 5

## 2017-2018 NORDIC COMPETITION COMMITTEE

### **DIRECTOR OF NORDIC / NCC CHAIRPERSON**

ALAN WATSON                      5 BEAR ORCHARD RD                      RES: 509.341.4846  
WINTHROP, WA 98862-9505                      EMAIL: [ALAN@ALANFWATSON.COM](mailto:ALAN@ALANFWATSON.COM)

### **PRESIDENT**

CURT HAMMOND                      1407 MATHISON DR                      RES: 206.949.0922  
SANDPOINT, ID 83864                      EMAIL: [PRES@PNSA.ORG](mailto:PRES@PNSA.ORG)

### **VICE PRESIDENT**

JEFF KRAY                      728 S MADISON ST                      RES: 253.686.2594  
TACOMA, WA 98405                      EMAIL: [VP@PNSA.ORG](mailto:VP@PNSA.ORG)

### **SECRETARY**

VICKI LONGHINI                      2222 HIDDEN VALLEY RD                      RES: 612.987.3802  
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### **ATHLETE REPRESENTATIVE**

DAKOTA BLACKHORSE-VON JESS                      2106 NW DESCHUTES PL                      RES: 206.883.6147  
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### **COACHES SUB-COMMITTEE**

BEN HUSABY                      2150 NW STOVER CIRCLE                      RES: 541.678.3865  
BEND, OR 97701                      EMAIL: [BEN@BENDENDURANCEACADEMY.ORG](mailto:BEN@BENDENDURANCEACADEMY.ORG)

### **COMMUNICATION SUB-COMMITTEE**

GEORGE BRYANT                      33 W. 17th AVENUE                      RES: 509.795.9876  
SPOKANE, WA 99203                      EMAIL: [SELKIRKXC@YAHOO.COM](mailto:SELKIRKXC@YAHOO.COM)

### **RULES & TECHNICAL SUB-COMMITTEE**

SAM NANEY                      739 N 97<sup>TH</sup> ST                      RES: 509.996.3222  
SEATTLE, WA 98103                      Email: [SAMUEL.NANEY@GMAIL.COM](mailto:SAMUEL.NANEY@GMAIL.COM)

### **SPONSORSHIP/FUNDRAISING SUB-COMMITTEE**

DAN SIMONEAU                      2374 NW QUINN CREEK LOOP                      BUS: 541.388.0002  
BEND, OR 97701                      EMAIL: [DANSIMONEAU@BENDCABLE.COM](mailto:DANSIMONEAU@BENDCABLE.COM)

### **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**  
**2017-2018**  
**PNSA BOARD OF DIRECTORS**

**OFFICERS**

**PRESIDENT**

CURT HAMMOND

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SANDPOINT, ID 83864

RES: 206.949.0922  
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**VICE PRESIDENT**

JEFF KRAY

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**SECRETARY**

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**TREASURER**

ROGER ROOT

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**DIRECTORS**

**DIRECTOR OF ALPINE (APPOINTED)**

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**DIRECTOR OF SNOWBOARD (APPOINTED)**

TBA

**DIRECTOR OF FREESTYLE (APPOINTED)**

TBA

CELL:  
EMAIL:



## DIRECTORS AT LARGE

JEFF ADEN P1 (1 <sup>ST</sup> YR. OF 1 <sup>ST</sup> TERM)	8914 N AUBREY L WHITE PARKWAY NINE MILE FALLS, WA 99026	RES: 509.991.0793 EMAIL: <a href="mailto:ADENJEFF@GMAIL.COM">ADENJEFF@GMAIL.COM</a>
OPEN P2 (1 <sup>ST</sup> YR. OF 1 <sup>ST</sup> TERM)		CELL: EMAIL:
VICKI LONGHINI P3 (1 <sup>ST</sup> YR. OF 1 <sup>ST</sup> TERM)	2222 HIDDEN VALLEY RD SANDPOINT, ID 83864	CELL: 612.987.3802 EMAIL: <a href="mailto:VICKI.LONGHINI@GMAIL.COM">VICKI.LONGHINI@GMAIL.COM</a>
RODGER NELSON P4 (1 <sup>ST</sup> YR. OF 1 <sup>ST</sup> TERM)	3342 E LK SAMMAMISH PKWY NE SAMMAMISH, WA 98074	RES: 425.749.9636 EMAIL: <a href="mailto:RODGER.NELSON@QUALITELCORP.COM">RODGER.NELSON@QUALITELCORP.COM</a>
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STEPHEN SMITH P6 (2 <sup>ND</sup> YR OF 1 <sup>ST</sup> TERM)	7209 E TRENT AVE SPOKANE, WA 99212	CELL: 509.220.2280 EMAIL: <a href="mailto:SSMITH@SMTT.ORG">SSMITH@SMTT.ORG</a>
SHELLEY MOORE P7 (2 <sup>ND</sup> YR OF 1 <sup>ST</sup> TERM)	4410 - 50TH AVE NE SEATTLE, WA 98105	RES: 206.550.5121 EMAIL: <a href="mailto:LOVETHEMTS@GMAIL.COM">LOVETHEMTS@GMAIL.COM</a>
JASON SPADARO P8 (2 <sup>ND</sup> YR OF 2 <sup>ND</sup> TERM)	PO Box 309 WHITE SALMON, WA 98672	CELL: 541.490.5013 EMAIL: <a href="mailto:SPADARO@EARTHLINK.NET">SPADARO@EARTHLINK.NET</a>
DALE KOETKE P9 (2 <sup>ND</sup> YR OF 1 <sup>ST</sup> TERM)	16639 NE 48TH ST REDMOND, WA 98052	RES: 425.681.4926 EMAIL: <a href="mailto:DALEKOETKE@HOTMAIL.COM">DALEKOETKE@HOTMAIL.COM</a>

## US Ski and Snowboard Sport Committee Members

ALAN F WATSON

### IMMEDIATE PAST PRESIDENT

BILL BROOKS	309 W. 2 <sup>ND</sup> AVENUE, STE 200 Spokane, WA 99201	CELL: 509.993.1689 WORK: 509.462.9312 EMAIL: <a href="mailto:BBROOKS@SELKIRKRE.COM">BBROOKS@SELKIRKRE.COM</a>
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## DIRECTORS REPRESENTING SKI-RELATED ORGANIZATIONS

### **PACIFIC NORTHWEST SKI AREAS ASSOCIATION**

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CHRIS KASTNER	599 FORESTVIEW COURT HOOD RIVER, OR 97031	BUS: 541.400.0494 EMAIL: <a href="mailto:CHRIS.KASTNER@SKIHOOD.COM">CHRIS.KASTNER@SKIHOOD.COM</a>
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### **PROFESSIONAL SKI INSTRUCTORS OF AMERICA - NORTHWEST**

CHRIS KASTNER                      SEE ABOVE

## **BOD COMMITTEE LIST**

### **APPEALS COMMITTEE**

**CHAIRPERSON:** JEFF KRAY

**BY LAWS:** JEFF KRAY & BILL BROOKS

### **DISCIPLINARY REVIEW COMMITTEE**

**CHAIRPERSONS:** DAN HENRY – ALPINE  
ALAN WATSON - NORDIC

### **EXECUTIVE COMMITTEE**

**CHAIRPERSON:** CURT HAMMOND  
JEFF KRAY  
GILLIAN ESSON  
ROGER ROOT  
ALAN WATSON  
DAN HENRY

### **NOMINATING COMMITTEE**

**CHAIRPERSON:** TBA

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