



Pacific Northwest Ski Association

A Division of USSA

Junior National Cross Country Ski Championships

Information for Prospective Team Members

The 2017 Junior National Championships will be held in Lake Placid, NY, March 3-12, 2017. In order to race in the Junior Nationals, you need to

- (1) Be the proper age, and
- (2) Be a cross-country competition member of USSA (United States Ski and Snowboard Association), and of PNSA, and
- (3) Be selected by PNSA to the team that will represent PNSA at the Junior Nationals, and
- (4) Make the appropriate post-selection arrangements.

Each of these is explained in further detail below.

Be the Proper Age

The Junior Nationals are for boys and girls in the U20, U18, and U16 age groups. For the 2016-17 season skiers those groups are determined by:

- U20: born in 1997 or 1998
- U18: born in 1999 or 2000
- U16: born in 2001 or 2002

U14 skiers (born 2003 or 2004) can qualify as U16s by submitting a Letter of Intent (see below).

Be a Member of USSA and PNSA

You need to be a competition member of USSA and a PNSA member to race in the Junior Nationals. You become a PNSA member automatically when you join USSA as a competition member and select PNSA as your division.

To race in the PNSA Junior National qualifier races you need to be a USSA member, but not necessarily a competition member. A competition membership costs \$95 per year, includes you on the USSA points list, and is required for you to race in Junior Nationals. A general membership costs \$15 per year, does not earn USSA points, but can be upgraded to a competition membership any time during the season.

Talk to your coach before you decide which membership is best for you.

Be Selected to the Team

You need to fill out a letter of intent form and to qualify for the team by finishing well in PNSA-designated qualifier races.

Letter of Intent: Please fill out the online Letter of Intent form and submit it as soon as you can. The information you supply in this letter will help us with trip planning and timely communications with

you. A link to the form is available on the PNSA website (pnsa.org/cross-country) or from your coach. There is no fee for submission. Please type accurately!

Qualification: See the document "JN Qualification Criteria" on the PNSA web site (pnsa.org/cross-country). Shortly after the conclusion of each qualifier race, the qualification standings will be posted on the PNSA web site. At the conclusion of the final qualifier race the Nordic Competition Committee will meet to review the qualification standings and will name the team.

Qualifier Races Schedule 2017:

Jan 7-8, Sunnyside Challenge, Mt Bachelor, Bend, OR
Jan 21-22, Auburn Ski Club SuperTour, Truckee, CA
Feb 4-5, Race of the Methow, Winthrop, WA
Feb 18-19, Mount Spokane Nordic Cup, Spokane, WA

Make Post-Selection Arrangements

Deadlines: We have less than two weeks between the naming of the team and departure. This is one week less than in prior years. Please plan ahead, pay attention to deadlines, and be prepared.

Sunday, February 19, at Mount Spokane following race awards presentation

Team named
Jackets distributed
Payments and release forms accepted

Sunday, February 19, midnight

Order racing suit online from Podiumwear if you need one. This is a hard deadline with no exceptions!

Friday, February 24

Trip payment must be received by the PNSA office.
PNSA release forms (code of conduct, medical treatment, and liability release) must be received by the PNSA office.

Friday, March 3

Fly to Albany, NY, arrival deadline to be determined.

Sunday, March 12

Return flight home from Albany, NY

Costs at the Junior Nationals: Each skier must pay a trip fee to PNSA, which covers all costs except travel to and from Albany, uniform, and incidentals. We do our best to control costs, but Lake Placid is a more expensive venue than most. We anticipate the following costs:

Trip cost: \$1,250. Includes everything except travel to and from Albany, uniforms, and incidental expenses.

Race suit: \$165. You must race in a PNSA race suit, but you do not need a new race suit if you have one from previous years. See below for details.

Team jacket: \$65. You need to have a team jacket, but you do not need a new one if you have one from previous years. See below for details.

Airfare to and from Albany, NY. You are responsible for making your own arrangements and buying your own ticket.

Release Forms: PNSA has three release forms that must be signed and returned to PNSA before an athlete can travel with the team:

PNSA Code of Conduct for Athletes

PNSA Permission to Obtain Medical Care

PSIA Ski School Release of Liability

Each form is available for download from the PNSA web site.

Uniform: The uniform consists of a two-piece race suit made by Podiumwear and a team jacket from Helly Hansen.

At the Junior Nationals you must race in the official PNSA suit. You do not need to buy a new suit or jacket if you already have them in good condition. If you need or want to buy a new racing suit you will order and pay online at <https://www.podiumwear.com/team-storefront/pnsa-2017-jn/>, password **SkiFast**. This year we are using the Silver model, which is a step up from the Bronze model of the past, but the same color and pattern. The cost is \$160 plus \$5 handling. Due to the tight timing the deadline for ordering is midnight on Sunday February 19, only hours after the team is named. Podiumwear has bent over backwards to allow us to order so close to their delivery date, and they will not be able to accept any orders after the deadline, so plan ahead and be prepared!

If you need a team jacket you will need to indicate your size on the Letter of Intent. We will order the jackets, and if you need one you will pay PNSA. Jacket cost is \$65, which is a fraction of retail thanks to Helly Hansen's support. We will hand out jackets when the team is named to team members who need them and have a check ready.

Transportation: We will fly into and out of Albany, NY. Skiers are responsible for arranging and paying for their own transportation to and from the Albany airport. You will want to coordinate with your home team and with other skiers from your area. We will have team vans to transport you between Albany and Lake Placid and between our housing and the race venue. Skiers need to arrive at Albany by Friday evening, March 3, and depart Sunday morning March 12.

Housing and Food: We will be staying in rental condominiums in Lake Placid. As in the past skiers will need to be prepared to share beds (queen or larger). Erin and Paul Biskup will be our chief cooks. We eat well!

Parents: Parents are welcome to attend the races. We will have a meet-the-team social gathering and we will gladly accept volunteer help in several areas, including meal preparation and help with rest day activities. Please be aware that racers rest and recover better when we restrict visiting hours at the team housing. We trust that parents will understand the need for compromise in this area. We will do our best to provide parents with daily updates of the team schedule by email, twitter, or text.

Short Notice Communications: In case of last minute changes to schedules, we will send texts via Twitter. You do not have to have a Twitter account to receive these. Just send a text message to

40404, with the message "Follow PNSAXC". We will use this sparingly so as not to flood your inbox. You can unsubscribe any time by sending "Stop PNSAXC" to 40404.

Additional Information

Your home team coach should have a good understanding of these procedures, but if you have any questions after reviewing the information we have provided please feel free to contact:

Alan Watson, PNSA Director of Nordic and Trip Leader: alanfwatson@yahoo.com, 509-341-4846.