



# Pacific Northwest Ski Association

## A Division of US Ski and Snowboard

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### Junior National Cross Country Ski Championships 2018

### Information for Prospective Team Members and Parents

#### Junior Nationals 2018 Schedule

The 2018 Junior National Championships will be held at Soldier Hollow, Midway UT, March 3-11, 2018. The team will stay in rented housing in Heber, UT, about 10 miles from Soldier Hollow.

Note that this winter's championships will be one day shorter than in the past, with the first race moved from Monday to Tuesday. The basic schedule is:

- Now: Submit Letter of Intent
- Sun, Feb 11: Team named. Release forms and payment checks collected, jackets handed out.
- Wed, Feb 14: Deadline for ordering race suit
- Fri, Feb 27: Deadline for payment of trip costs and submission of release forms to PNSA
- Sat, Mar 3: Travel to Utah
- Tue, Mar 6: Classic Distance
- Wed, Mar 7: Skate Sprint
- Fri, Mar 9: Skate Distance
- Sat, Mar 10: Classic Relay
- Sun, Mar 11: Travel Home

#### How to Qualify for the PNSA JN Team

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 US Ski and Snowboarding (the new name of USSA) and a member 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.

## 1. 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 1998 or 1999

U18: born in 2000 or 2001

U16: born in 2002 or 2003

U14 skiers (born 2004 or 2005) can qualify as U16s by submitting a Letter of Intent (see below).

## 2. Be a Member of US Ski and Snowboard (USSA) and of PNSA

Note: USSA has re-branded itself and is now known as US Ski and Snowboard.

You need to be a Competition Member of US Ski and Snowboard and a member of PNSA to race in the Junior Nationals.

You become a PNSA member automatically when you join US Ski and Snowboard as a Competition Member and select PNSA as your division. You will not be eligible for the PNSA JN team unless your US Ski and Snowboard membership shows that your division is PNSA.

To race in the PNSA Junior National qualifier races you need to be a US Ski and Snowboard member, but not necessarily a competition member. A competition membership costs \$95 per year, includes you on the US Ski and Snowboard Cross Country points list, and is required for you to race in Junior Nationals. A general membership costs \$15 per year, does not earn US Ski and Snowboard 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.

## 3. Be Selected to the Team

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](http://pnsa.org/cross-country), scroll down) or from your coach. There is no fee for submission. Please type accurately!

Qualification: Selection to the team will be based on each racer's best five finishes out of the eight qualification races (four meets, two races each meet). For further details see the document "JN Qualification Criteria" on the PNSA web site, [pnsa.org/cross-country](http://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 2017-18:

Dec 16-17, Sunnyside Challenge, Mt Bachelor, Bend, OR

Jan 13-14, Mount Spokane Nordic Cup, Spokane, WA

Jan 26-27 (Fri-Sat), SoHo Super-Qualifier, Midway, UT

Feb 10-11, Race of the Methow, Winthrop, WA

Each meet consists of two qualification races, one each day.

## 4. Make Post-Selection Arrangements

Deadlines: Please plan ahead, pay attention to deadlines, and be prepared. You will save us and yourself considerable aggravation if you take care of things in plenty of time.

### Sunday, February 11, at Methow following race awards presentation

Team named. Please be prepared to accept or decline your spot on the team.

Payments and release forms accepted. If you anticipate making the team, please prepare these beforehand and bring them with you.

Jackets distributed (to those who have paid)

### Wednesday, February 14, 10:00 pm

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

If you already have a PNSA racing suit, you do not need to purchase another one.

### Friday, February 23

Trip payment must be received by the PNSA office by this date, if you have not already paid.

PNSA release forms (code of conduct, medical treatment, and liability release) must be received by the PNSA office, unless you already turned them in when the team was named.

### Saturday, March 3

Travel to our housing in Heber, UT (near Midway and Soldier Hollow).

If you fly we will arrange to pick you up at the Salt Lake City airport. Please try to arrive between mid-morning and late afternoon.

### Sunday, March 11

Return home, driving from SoHo or flying from Salt Lake City. Van shuttle to the Salt Lake airport will be arranged for those who need it.

Costs at the Junior Nationals: Each skier must pay a trip fee to PNSA, which covers all costs except travel to and from Utah, uniform, and incidentals. We do our best to control costs and typically manage to charge much less than most other divisions. We anticipate the following costs:

Trip cost: \$890 (tentative, subject to change). Includes everything except travel to and from Utah, 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. You will order directly from Podiumwear. 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.

Travel to and Utah. You are responsible for making your own arrangements, and if flying for buying your own ticket. Vans will travel from Bend, Methow, and Spokane. If you want to ride in a van contact one of the corresponding coaches. You may be asked to pay some of the gasoline cost.

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-jn18/>, password GoPNSA. The cost is \$160 plus \$5 handling. Your suit will be shipped directly to the race venue in time for your arrival. The deadline for ordering is Wednesday, March 14, 10pm Pacific time. Due to production constraints 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 (payable to PNSA).

Transportation: You can drive to Heber, UT, or fly to and from the Salt Lake airport. If you fly we will arrange transportation between the airport and Heber. Skiers are responsible for arranging and paying for their own transportation to and from Heber if driving and the Salt Lake airport if flying. 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 the airport and our housing when you arrive and depart if you are flying, and between our housing and the race venue during the championships. Skiers need to arrive by Saturday evening, March 3, and depart Sunday morning March 11.

Housing and Food: We will be staying in one large rental house in Heber, UT. This is about 10 miles and 20 minutes from the race venue. 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: alanwatson@yahoo.com, 509-341-4846.