

Junior National Cross Country Ski Championships

Information for Prospective PNSA Team Members and Parents

The 2019 Junior National Championships will be held March 9-17 in Anchorage, Alaska. To race in the Junior Nationals you must be selected by and represent one of the ten regional divisions of US Ski and Snowboard. PNSA is the division that includes Washington, Oregon, and northern Idaho.

What It's All About

For many junior cross-country skiers competing at the Junior National Championships is the ultimate goal of the season, but we hope it's about a lot more than that. Whether you just sample a few of our qualifying races, go on to race for the US Ski Team, or anything in between, we want cross country ski racing to be fun and rewarding for everyone. Cross country ski racing is about setting goals and working hard to achieve them, and the confidence and self-knowledge that comes from that experience. It's about learning to persist and do your best through both failure and success. It's about friends and sportsmanship and sharing. It's about the joy of being truly alive.

How to Qualify for the PNSA JN Team

To be part of the PNSA JN team you must:

- (1) Be the proper age, and
- (2) Be a cross-country Competition Member of US Ski and Snowboarding (formerly 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 2018-19 season skiers those groups are determined by:

- U20: born in 1999 or 2000
- U18: born in 2001 or 2002
- U16: born in 2003 or 2004

Second-year U14 skiers (born in 2005) who want to qualify can be treated as U16s by submitting a Letter of Intent (see below).

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

You need to be a member of US Ski and Snowboard to race in the Junior National Qualifier (JNQ) races. A General Membership at \$15 per year is the least expensive option. However, to race in the Junior Nationals you need the more expensive competition membership, which is \$95 per year. (If you begin the season with a General Membership you can upgrade during the season by paying

only the difference). Talk to your coach before you decide which membership is best for you. In order to join online, go to <https://my.ussa.org/membership/start>

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 competition membership shows that your division is PNSA.

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 link to the 2019 form is <https://goo.gl/forms/XZ5J1Pe6Ee7ujcC12>. The information you supply in this form will help us with trip planning and timely communications with you. A link to the form is also available on the PNSA website (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. Shortly after the conclusion of each qualifier race, the qualification standings will be posted online (<https://docs.google.com/spreadsheets/d/1jTFR5JADtjbUCIxUhb1ytLXlg0QwWAM10hxvGeNbQCQ/edit?usp=sharing>, with a link to the posting 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 2018-19:

Dec 15-16, Sunnyside Challenge, Mt Bachelor, Bend, OR
Jan 18-19 (Fri-Sat), SoHo Super-Qualifier, Midway, UT
Feb 2-3, Race of the Methow, Winthrop, WA
Feb 16-17, Mount Spokane Nordic Cup, Spokane, WA

Each meet consists of two qualification races, one race 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 17, at Spokane 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)

Tuesday, February 19, 10:00 pm

Order racing suit online from Podiumwear (you don't need to order a new suit if you already have one). This is a hard deadline with no exceptions!

Friday, March 1

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 9

Travel to Anchorage. Arrive at the Anchorage airport no later than 5:00 pm.

Sunday, March 17

Return home. Depart from the Anchorage airport before noon.

Costs at the Junior Nationals: Each skier must pay a trip fee to PNSA, which covers all costs except travel to and from Anchorage, uniform and jacket, 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: \$1,300 (tentative, subject to change). Includes everything except travel to and from Anchorage, 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 from Anchorage. You are responsible for making your own arrangements, including 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-jn19/>, 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, February 20, 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 need to arrange your own flights to and from Anchorage. Normally you will do that with your coach and home team. The team will have rental vans to pick you up at the airport, shuttle you around during the time in Anchorage, and take you back to the airport in time for your departure. Please arrive in Anchorage by 5:00 pm on Saturday March 9, and depart from Anchorage before noon on Sunday March 17.

Housing and Food: We will be staying in rental houses in Anchorage. The houses are fairly close to the race venue in Kincaid Park, but are not within short walking distance of each other. There will be a coach with a van in each house. We will eat in one of the houses. Our cooks will be Karen Nichols and Merry Gourley.

Parents: Parents are welcome to attend the races. We will have a meet-the-team social gathering after the first race on Monday. 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.