



2018 New England Junior National Team

Important Trip Information for Athletes and Parents (PLUS, how to access forms, waivers, order uniforms & pay for this trip)

Greetings JN athletes and Parents,

This packet is designed to give you information about logistics specific to the 2018 New England Junior National Team trip. *Please review all the info in this packet, and most importantly, **complete all the on-line forms (link on page 7), waivers, and payment, no later than Friday February 16th at 5pm.*** You can give payment checks to Justin or Amie at the JN informational meeting & coach meet and greet at the last Eastern Cup race weekend in Holderness NH, on Sunday 2/11, or mail it to Amie at: Amie Smith, 11 Lincoln Road, Wellesley, MA 02481. There is also an on-line payment option (use link on page 7).

The JN coaching staff is very excited to be a part of this team and is looking forward to a great event in Solider Hollow Utah! If you have any questions at all – please do not hesitate to contact Justin at Justin@nensa.net or 802-345-6720, or Amie at Amie@nensa.net or 781-864-0545.

Sincerely,
Justin & Amie

Justin Beckwith, NENSA Competitive Program Director & Head Wax Tech for NE JN Team
Amie Smith, New England JN Trip Leader & NENSA Executive Director

Trip Dates:

Saturday March 3th – Sunday March 11th. Travel days are Sat. 3/3 and Sunday 3/11.
Race days are Tuesday 3/6, Wednesday 3/7, Friday 3/9 and Saturday 3/10 this year.
Plan to fly out to Salt Lake City (SLC) to arrive between 10am-6pm, if possible, on Saturday 3/3. The Team will depart SLC airport on Sunday 3/11. Try to schedule your flight back East sometime not too early – anytime 7am to 5pm, if possible, would be best for team logistics.

Venue Location: Solider Hollow, Utah (SoHo)

Event websites:

- . Official event website: www.xcjuniornationals2018.com
- . Start Lists, Results and Live Timing: www.summittiming.com
- . Link for complimentary website live stream: <https://usskiandsnowboard.org/event-series/super-tour> The live stream will also be on www.facebook.com/usskiandsnowboard. An alert will push to FB fans of US Ski & Snowboard when live.

New England Team Housing:

The Zermatt in Midway Utah. <https://zermattresort.com>

There will be a **NE Team JN information meeting on Sunday Feb 11th at Holderness, after the final EC race at 1:15pm.** At this gathering, you will be able to ask questions about the trip, turn in checks for JN payment, meet the JN staff & coaches, and try on SWIX JN uniforms for sizing. NENSA will also announce the U16 Team at that time!

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A note from Matt Boobar - New England JN Head Coach

Dear Team New England,

Welcome to Team New England 2018 heading to the wild west deep in the Utah Wasatch! Everyone will be ready to rumble, as there are a lot of divisions that have you in their sights! I know you guys will be tuned in, tuned up and prepared to handle whatever comes at you. It could be skiers, travel, terrain, track conditions, wax, weather, elevation and so on. No matter what, you will adapt and thrive. We will be proactive versus reactive on this front. Oh yeah, as New Englanders you eat diversity 3 meals a day.

As you do your final preparations remember what got you to this point. Have confidence in that process and the outcome will come to you. The important thing to do now is show up organized, rested up, and ready to smash the AK cup. You made the team in the nation’s strongest and deepest division!

The coaches and service team are there for you. They will be an awesome resource for support and education. Ask them questions and use their knowledge to better prepare yourself!

My favorite part of the trip is that we get together as an entire region in one huge collaborative effort. The sum is many many times greater than it parts! I am so pumped for the trip my palms are sweating just writing this! See ya’ll in Utah!

Matt Boobar
Head Coach, Team New England

New England JN Staff:

Amie Smith	Trip Leader NENSA	781-864-0545	Amie@nensa.net	NENSA Executive Director
Matt Boobar	Head Coach	570-594-7555	mboobar@gosms.org	Stratton Mountain School
Justin Beckwith	Head Kick Wax Tech	617-272-6215	Justin@nensa.net	NENSA Competitive Program Director

Steven McCarthy	Head Glide Wax Tech	207-577-6902	mccarthysp262@gmail.com	Stratton Mountain School
Colin Rodgers	Wax Tech	802-398-5122	croddgers@gmvs.org	GMVS
Anna Schulz	Wax Tech	802-760-0569	anna.schulz@craftsbury.com	Craftsbury Nordic
Jake Barton	Wax Tech	802-760-0118	jakebarton2013@gmail.com	Craftsbury Nordic

Age Group Coaches:

Adam Terko	U16B	802-355-6871	adamrterko@gmail.com	Mansfield Nordic
Rob Bradlee	U20M	617-320-4646	rbradlee@yahoo.com	Cambridge Sports Union
Scottie Eliassen	U18W	603-381-4702	M.Scottie.Eliassen@dartmouth.edu	Ford Sayre
Hilary McNamee	U16G	603-387-3548	Bigsassyhil@gmail.com	Ford Sayre
Poppet Boswell	U20W	603-852-6718	pboswell@gosms.org	Stratton Mountain School
Audrey Mangan	U18M	585-519-3506	audrey.mangan@craftsbury.com	Craftsbury Nordic

Logistics & Travel:

The NENSA Junior National team members **will be responsible for their own air travel to the Salt Lake Airport on Saturday March 3th, and home on Sunday March 11th.**

Travel and arrival will be all day Saturday March 3rd. We will transport athletes as they arrive into SLC in team vans for the drive to our team hotel, the Zermatt, in Midway Utah. Please bring cash for all your meals on Saturday. We are planning on informal age group dinners out at local restaurants for those who are at the hotel by dinner. If you are still traveling, you should plan your meals accordingly.

Our first official team meal will be breakfast on Sunday 3/4 at the Zermatt. Our first team meeting will be after breakfast on Sunday 3/4. We will then break into age groups, and plan on a preview of the race course with your age group coaches.

Event Logistics:

All athletes are required to stay with the team throughout the entire competition. In case of emergency, call Amie, Trip Leader (781-864-0545) and/or Matt, Head Coach (570-594-7555).

Meals:

Breakfast and Dinner will be at the Zermatt Hotel, buffet style. We will have box lunches from a local Deli for race days, or be back in time for lunch. Special dietary requests can be accommodated, but must be requested on the online athlete registration form.

Transportation:

It is just a few miles between our lodging and the racing venue. The NE Team will have passenger van transportation during the week to the venue for training, races, and for the scheduled off-site events – the opening ceremony, the mid-week awards, the final banquet and possible field trips. There will be vehicles available for coaches to take athletes into town for grocery runs, etc.

Please Note: Once on site with the team, athletes may not drive vehicles, or ride in vehicles driven by anyone other than a New England coach or parent, without permission from Amie or Matt.

Coaching:

The coaches for your age group will work with you on all aspects of this competition week, including organization, strategy, and waxing.

The staff of age group coaches will work with the head coach and team leader in a variety of different roles to meet the needs of the group.

The Team Leader Amie & Head Coach Matt will post the daily schedule and all meeting times on a white board/bulletin board at our hotel. Each nightly team meeting will focus on both general race preparation and specific information for the next upcoming event.

Tips on traveling and working with a large team:

While most often we will work in smaller age groups, understand that with over sixty athletes and coaches on our team, being on time is very important! All athletes and coaches must have a watch - yes, a watch, not a phone that has time on it!

What to do in preparation for racing:

A very well rested body during both competition week and its preceding week are very important. Learn from any peaks you've had in the past and analyze how many days of reduced volume and intensity you can get away with in order to be rested, and yet also stay in peak fitness. Increase the volume of fluids consumed. Increasing the amount of carbohydrates during competition week has been proven to assist in both recovery and energy levels. Also, very important - ski VERY easy on training days. With all of the energy and excitement of having friends and competitors around, it is easy to go too hard on your easy days. Have confidence in your level of fitness and in your plan and stick to it. Use the couple of days prior to racing to help you get comfortable with your new surroundings and the venue race trails.

Parents & Home Coaches:

Parents and home coaches are encouraged to spectate, to participate, and to support the team. Parents, who will be in SoHo and wish to help in coordinating our massive team, contact Trip Leader Amie Smith at 781-864-0545.

Packing & Living:

In the weeks between now and departure, be sure to get lots of rest, follow the plan you have set with your coach, and get all your homework assignments ahead of time so that you won't be behind when you get home.

Dress Code:

Bring a nice shirt or sweater, khakis or nice jeans or a skirt, **and your team jacket for the awards and banquet** (no ripped jeans, T-shirts or baseball caps to banquets!). Proper dress at an awards banquet displays team pride.

Free Time:

While there is a lot to do during a race week, there is also a fair amount of down time. Be sure to bring homework, books and/or music to fill quiet free time. The age group coaches will be checking out some of the local sights and points of interest ahead of time, to share with you during your week in Lake Placid. There will also be study hall periods built into the schedule.

Packing List: (i.e., suggestions - so add what you need, being mindful NOT to over pack)

Race and warm up skis, poles and boots

JN Team uniform (SWIX tights and jacket mandatory)

Additional ski suit and warm-ups

Hats, gloves, buffs, eye wear, sunglasses

Sun block & lip balm

Polypro underwear

Extra race day layers – base layers, gloves, socks etc.: (You warm up, sweat, wait, cool down, then if you race with wet layers = not good).

Wool socks

Nylon shorts / bathing suits (for sauna/hot tub and use of the fitness center)

Running shoes for morning warm-ups

Respectable clothes for banquet and awards (see above)

Warm winter coat, hat, gloves, and boots

Toilet kit

Some things to read

Homework

Water bottle(s) and carrier

A sharpie (for putting your name on your new uniform and belongings!)

Personal waxes for training days (see note in wax section below)

Money for food on travel days (3/3 and 3/11)

Extras:

Breathing Mask? If you need one they are great, otherwise nice thin buffs will warm and moisten the air.

Ear Plugs: Will your roommate snore...?

Equipment:

Team Uniforms:

We will again, have our NE Team uniforms from Swix this year! NE JN Team members are expected to wear the new NE tights in all races. You will also need to have a team jacket, that you will be required to wear at all awards ceremonies. New England uniform tops are optional, and you are welcome and encouraged, to wear your home club racing top. Information for ordering your Swix NE Team uniforms on-line, is listed in the forms section of this packet.

Skis:

Please make sure that your skis are clean and kick zones are clearly marked before JNs. This means:

- all klisters are removed from the sidewalls,
- kick zones well marked, for both hard wax and klisters (keep it simple!)
- each pair of skis is named/identified ("classic hard wax" "classic klisters" etc.), and
- each pair of skis is marked (with your name as well) for identification purposes. These markings should be on the tips of the skis.

Please bring practice skis (skate and classic) in addition to your race skis. We will be working on your skis right up until your start time on most days, so you will need something to warm up on while the awesome Wax Team is prepping your skis. Do not bring "extra" skis beyond one pair of practice skis (skate and classic) that you would not race on.

Skis should be clean and free of any kick wax. Each ski should be marked on the tips with YOUR NAME, as well as a SKI NAME so we can tell which pair we are looking at. On classic skis, CLEARLY mark and label your kick zones. Many skis will come with grind tags which will help us determine what conditions the ski is meant for – it would be very helpful if you do not have a grind tag, to write a quick note about a ski on the tip: for Skate (cold, warm, wet) and Classic (dry or kick wax, klisters). If you own zeros, by all means bring them! The standard paraffin for zeros is Swix HF8 or Toko Red, if possible bring zeros with this as the final layer.

Suggestion for prepping skis:

- Hot scrape skis with warm paraffin (Swix CH8, Toko Red). Then finish the skis with a cold wax to harden the base. This is completely adequate.
- Apply wax with appropriate iron temperature @ 130, then immediately scrape the groove and surface of the ski. Switch ski, letting the first cool, repeat.
- Brush ski surface, then apply cold wax to harden the ski (Swix CH4 or a hard graphite wax), iron temperature 145. Always make one continuous pass with the iron (no back and forth).

Regardless of which preparation you choose, all skis should have the same final layer of glide wax to make ski-testing decisions easy and minimize work for the wax staff. Swix CH6 or Toko NF Blue would be ideal for this (CH8 or NF Red alternate).

If you feel your skis should be running faster than they are, consider using a reputable stone grinding service that specializes in Nordic racing skis to get fresh base material exposed*. If your black ski bases get white or grey patches when you ski on them, re-saturation at a minimum is required, though this usually means it is time for a new grind.

We will be applying hand structure to skis frequently, so a basic "universal" grind is the best grind for the first pair of skis. If you have a second pair of skis for wet conditions, a moderate-wet grind is a good supplement. Ensure that you re-saturate your skis with wax if you have them ground.

Wax:

NENSA and the waxing staff cover race day wax and service. Athletes and age group coaches are responsible for their own wax on training days. We will have irons and wax remover for you there. Please pack a small variety of wax inside your luggage - few multi range kick waxes, a cork, and a personal scraper should suffice. Please put your name on all of your ski and wax equipment.

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All JN trip forms and signatures are on-line at NENSA.net

Complete on-line data, waivers and payment - due by Monday, February 19th at 5pm. If you qualify for JNs, you must update your NENSA membership on-line profile (see below) and make payment by that date - otherwise you will forfeit your spot and alternates will be named.

Please go to: <https://www.nensa.net/jn-packetpayment/> This is the link to the NENSA.net page where you can:

1. Log into your NENSA membership profile to complete (and/or edit) all required information (emergency contacts, medical, allergies, insurance, and JN forms)
2. Click on to view and sign all waivers, including the SoHo Venue Waiver
3. Make on-line payment (Trip COST is: \$2350 by check, or \$2410 on-line (via credit card)
4. Order your SWIX Team uniforms!

*Registration exceptions: The deadline exception is EISA skiers who may qualify for NCAAs and are waiting on the last races, or EISA skiers who may qualify via the EISA Junior Quota. **Deadline for acceptance and paperwork for these college athletes (top 5 juniors on East NCAA list and those who may have an option to go to NCAA's), is Sunday February 25th, at 5pm with Payment due by Tuesday Feb. 27th by 5pm.** Those skiers should be in touch with Matt Boobar AND Justin Beckwith immediately.

As always NENSA will make a temporary exception for "surprise qualifiers" or athletes with specific hardships. NENSA's Competitive Program Director, Justin Beckwith, justin@nensa.net, must approve all exceptions.