

2023 New England U16 Championships

March 16th -19th, 2023 Fort Kent Maine

Massachusetts U16 Nordic Team

Congratulations on trying out for a place on the Massachusetts U16 Nordic Team. Hopefully, you will earn the privilege to represent Massachusetts as an accomplished athlete at this premier event **once both qualification races are complete**. With this privilege will also come responsibilities. The commitment is for **ALL FOUR DAYS**. Thursday, 3/16 is a travel day to Fort Kent, Maine. Racing is scheduled Friday 3/17 to Sunday 3/19. If you cannot commit for the entire long weekend, team coaches will need to select another skier.

A check made out to MASS Nordic Team for \$550.00 is needed when registering!

Payment and entry forms will be due after naming the team at the 1/29 qualifier.

The following are some guidelines for the weekend.

Continue with your training, since the event is six weeks away. Please plan your training schedule to obtain your best performance for this important weekend. If you need training suggestions, please talk to your own coach or one of the U16 team coaches. **Each skier MUST be committed** to continuing their training up to the U16 Championship in March.

The Team is staying at Northern Door Inn in Fort Kent Maine. The Team Leader will issue a Massachusetts Team race suit to wear in the races, along with a warm-up jacket if this is your first time on the Massachusetts Team. Please put your name in your jacket once you receive it. The racing suit will be returned at the end of the festival. The replacement cost of the racing suit is \$225.00, so please take care of it. If the suit is lost or damaged, you are responsible for paying the \$225.00.

If you are not a current NENSA member, please obtain your NENSA (New England Nordic Ski Association) annual membership. Membership application forms can be completed online at the NENSA website, <http://www.nensa.net>. In order to be on the Massachusetts U16 Team and to participate in the New England U16 Championships you must be a NENSA member. Go to www.nensa.net/membership to register. This takes some time, so don't delay. You must have a NENSA membership 1 week before the festival begins. If you do not obtain your membership, your space on the team will be offered to the next qualifying racer.

If you have any questions, please contact the Massachusetts Team Leader, who is Susannah Wheelwright. susannah.wheelwright@gmail.com

The **U16 Championship** is for those born in 2008 and 2007. It will be held at Fort Kent Outdoor Center, Fort Kent ME on March 17-19, 2023. **ALL TEAM MEMBERS ARE REQUIRED to ride the bus to Fort Kent, Maine on Thursday 3/16. There will be pick-up locations in Western and Eastern MA in the morning on Thursday, 3/16. Stay tuned for announcements of specific pick-up times and locations.**

Skiers' Behavior during the Championships: Remember that you are representing yourself and the Massachusetts team during this Championship. We ask that racers respect their fellow teammates and coaches. You will be expected to act as **responsible** young adults. Inappropriate behavior will result in a loss of your race bib and removal from the team. Additionally, racers will be responsible for loss or damage to their race suits and damage to property.

Skis: Please mark all equipment with an I.D. label. As we have limited waxing facilities, please come with your skis as race ready as possible. (This means no old klister or "I have no idea what's on my skis!")

- 1) Clean your skis well. Check the sidewalls and tops and remove all klister and sticky film and dirt. You may need to use a cleaning solvent to do this. If this is not done, your skis will be returned for you to clean and; you will go to the end of the line to wait for assistance with waxing.
- 2) Skiers are asked to bring warm-up skis to use while the coaches are waxing your race skis. Please try to borrow a pair if you do not have warm-up pairs of skating and classical skis.
- 3) Check your ski bindings. Tighten loose screws and lubricate working parts. Silicone works well for this. Check your poles, pole straps and baskets. Repair or replace as needed. Check your boots. Make sure the laces, zippers, ties, buckles or Velcro are in good working condition.
- 4) **Come to the Festival with your skis fully prepared and race wax applied.** Take your best guess regarding the weather and wax accordingly. Have them ready to race for Friday afternoon. If you have 2 pairs of skis, prepare them both with your best guess for wax. After you have waxed your skis, indicate your wax on a label or piece of masking tape. If you have only one pair of skis, prepare them for a skating race on Friday afternoon. We will help you change them over for Saturday's race.
- 5) Classical skis should have the kick zone marked. The tips and tails should be glide waxed with your best guess and **the kick zone completely clean – no old klister or kick wax.** This will allow for easier glide waxing if we need to make a change.
- 6) If you bring skis that are waxed incorrectly because the weather changes, team coaches will help you re-wax your skis as necessary, but we must know what you have on your skis.
- 7) Bring your favorite waxes with you. The coaches will also have some waxes, especially klister.
- 8) Making the coaches' jobs easier will allow us to do a better job **helping you to get ready for your race.**

9) Always know what is on your skis, and mark it down on them. We will re-wax as the weather changes, but please prepare your skis in advance. If you have any questions, contact your own coach or one of the MA team coaches.

As I receive additional information I will send it out to you. If you have any team questions, please contact:

Team Leader - Susannah Wheelwright susannah.wheelwright@gmail.com

U16 CHAMPIONSHIP CHECKLIST

- **Bring to Championships**

- Classic skis
- Skate skis
- Rock skis for warming up before races
- Classical ski poles
- Skate ski poles
- Classical and skate boots, or Combi boots
- Ski bag for skis and poles
- (optional) Sleeping bag and floor pad – check room arrangements
- Hats, gloves, sunglasses and other appropriate ski clothes

- **To do BEFORE Coming to the Championships**

- Skate skis – waxed, scraped and brushed for first skate race **BEFORE** going to the championship
- Classic skis – cleaned and glide waxed, scraped and brushed for the first classic race with kick zones cleaned and lightly sanded **BEFORE** going to the championship. Kick wax zone must be clearly marked so coaches can wax skis properly.
- Confirm that you can attend the **ENTIRE** championship including the Thursday and Friday off from school. Do not accept team membership if you cannot attend the **entire** event. The event begins on Friday and ends on Sunday with the relay race. You will be expected to do all four races.
- Have your name on **EVERYTHING**, skis, poles, boots, and ski bag. Many people use mailing return address labels for skis and poles.

- **Check All Equipment**

- Poles – straps function properly and handles and baskets firmly glued on
- Skis cleaned and waxed as outlined above
- Boot laces are not broken and Velcro straps function properly
- Ski bindings function properly, base plates are firmly attached to the ski and the rubber “bumpers” are not loose or missing

- **Transportation**

- Arrange a ride to meet MA team bus at pick-up location

****Massachusetts U16 Nordic Team Registration Form****

2023 New England U16 Championships

March 16th to 19th

Bring Completed form to 1/29/23 Qualifier

Fort Kent, ME Fort Kent Outdoor Center

Medical Release – Informational Contact Form

PLEASE FILL OUT ALL ITEMS

I give permission for my daughter/son (print name) _____ to attend the New England U16 Championship at the Fort Kent Outdoor Center in Fort Kent, ME as a member of the Massachusetts U16 Nordic Ski Team. I further give permission for the Team Leader & Head Coach, the Massachusetts U16 Team Leader or other Massachusetts U16 Nordic Team coach to seek medical attention for my daughter/son on my behalf.

Parent/Guardian Name (signature) _____ Date _____

Parent/Guardian Name (print) _____

Address _____ Home Tel. _____

City, State, Zip _____ Work Tel. _____

Email 1 _____

Email 2 _____

Tee Shirt Size SM, MED, LG, XL **CIRCLE ONE**

U16 Team Jacket if you are a first time team member. SM, MED, LG, XL **CIRCLE ONE**

We usually put 4 athletes per room at the hotel. Please list 3 people that you would like to be with.

1. _____
2. _____
3. _____

Insurance Company _____ Telephone _____

Policy Holder _____ Policy Number _____

Physician Name _____ Telephone _____

Medical Conditions (such as allergies, asthma, etc.): _____

Sportsmanship and Financial Security Agreement

As a member of the Massachusetts U16 Nordic Ski Team, I will abide by all rules of competition and sportsmanship as set forth by USSA and NENSA. I will obey all rules set forth by the U16 leader and coaches. I understand that serious rule infractions or inappropriate behavior will result in loss of race bibs and removal from the team. I understand that there will be no financial reimbursement should I be removed from the team. I agree to pay for any damages or any additional charges (example: telephone), and will be financially responsible for loss or damage to the racing suit loaned to me.

Team Member Signature _____ Date _____

Team Member Name (print) _____

Parent/Guardian Signature _____ Date _____