



EHS/U16

Parent/Athlete HANDBOOK 2025

A LETTER FROM YOUR COACHES

Dear Skiers,

Welcome, and congratulations for qualifying for the Massachusetts' State EHS/U16 team. It is an honor to make this team and represent your state at the Championship Race weekends. In March we are no longer just members of our high school or club teams, but one team – Team Massachusetts. Depth in a team is essential to the final team score, which means that every skier's place counts. Even if you are having a bad day you will still score for the team. Never give up.

We have put together a great coaching and wax tech staff that will do everything we can do to help you reach your individual goals and our team goals as well. Keep training in the weeks leading up to EHS/U16 so that you come to the competitions in good shape and well-rested.

Finally, as you all know, we are representing Massachusetts at these championships. We will do so with class and good sportsmanship at all times. When we are at the hotel and at the race venue, all of us will behave professionally. Be sure to wear your MA Nordic jacket or sweatshirt on the podium, and shake the hands of our competitors after the race. Win with humility, and lose with grace.

We are really excited about this years EHS/U16 Championships, and we hope you are as well.

Go Team Mass!!

Best,

The EHS/U16 Coaches

INTRODUCTION

First and foremost, by joining the Massachusetts EHS/U16 team you agree to follow the responsibilities that are outlined in the **Code of Conduct** at the end of this handbook. Beyond that, your responsibilities as a Massachusetts EHS/U16 team member or parent are simple, but important, so please take the time and effort to understand and fulfill them.

1. Support the Massachusetts Team

Parents: please provide transportation, know your athlete's meeting places, show up on time, and show up with necessary equipment.

Athletes: prepare for the championship weekend to the best of your ability; follow your training plan, rest, support and cheer on your teammates. Check in for current schedules and any changes. Keep communication lines open with coaches.

2. Let Coaches Coach

Parents: give your child unconditional love and support. Let the coaches provide constructive feedback and technical support to the athletes.

Athletes: be sure to ask your coaches questions. Talk to them about your schedule, race strategy, or whatever else you have questions about. Feel free to ask any coach any question at any time.

3. Exemplify Good Sportsmanship

The Code of Conduct for behavior applies to parents as well as athletes. Competition can present emotions from disappointment to elation. Focus on what you can control and the positives of the competitive experience, rather than wallowing in despair after an unsatisfying result.

Conclusion: Participating on a Mass EHS/U16 team will bring many challenges for both athlete and parent, but also provides great opportunities for an athlete to reach goals they never thought possible, and to gain valuable skills and traits for a productive and successful life.

COMMITMENT

The coaches for the EHS/U16 team are fully committed to achieving high results and expect everyone that is involved with the Massachusetts teams to be as well. We ask all athletes to be well prepared for the championship weekend. Throughout the championship weekend, all athletes are expected to participate in all races and team events. If for any reason you have a conflict that will prevent this, please let us know ahead of time and we will ask one of the alternates to take your position. All parents are asked to do whatever they can to lend a hand and support every Massachusetts athlete. The coaches, athletes and parents are what make up the Massachusetts team and our team will conduct itself in a professional manner. At the same time we will have fun and show our Go Team MASS style.

COMMUNICATION

Email:

Almost all of our communication is through email. With many athletes on the EHS/U16 team, it is the most efficient way to communicate with so many people. **If you change your email address, please notify us immediately.** To contact one of the coaches, please make emailing your first choice. For logistical and travel questions please contact your Team Manager. For training and other scheduling questions contact your Head Coach.

U16 Team Manager: Joe Miller: josephrmiller55@gmail.com

U16 Head Coach: Ryan Touponce: rtouponce@cbrsd.org

EHS Team Manager: Susannah Wheelwright: susannahwheelwright@gmail.com

EHS Head Coach: Marika Massey-Bierman: mmassey-bierman@concordcarlisle.org

TRAINING

“What—I have to train for the EHS/U16 Championships?” Yes. We expect athletes to be fully committed to their preparation. Please follow the training plan that the head coach sends out that will guide you through your training over the next few weeks. If your personal or high school coach has you on a different plan, that is fine, but please show them the Massachusetts team plan that has been provided so they get an idea of what your Massachusetts teammates are doing. If you have any questions, please do not hesitate to contact one of the coaches.

[2025 Training Plan](#)

ALTERNATES / CONFLICTS

There are several well-qualified alternates ready to go to these Championship events. If for any reason (sickness, injury, family conflict, etc.) you are unable to attend, please let one of the coaches know as soon as possible so that we can contact one of these alternates immediately. We ask you to please be honest with us. We need a healthy, well-prepared team to compete at our best.

WAXING

Waxing is a very important part of ski racing. The Massachusetts team has been fortunate to have an excellent group of coaches and waxers every year for the Championships to ensure the best possible skis.

Athletes:

To facilitate ski preparation, please be sure to do the following before arriving at the Championships.

1. Label your skis with the following and please make sure they are clearly marked and legible. Name, Competition category (M or F), type of ski (skate or classic). If you have multiple pairs of skis per technique, classic labels should read “Klister” or “Hardwax,” and skate labels should read “Warm” or “Cold.”
2. Kick zones for classic skis should be completely cleaned in preparation for waxing. The sidewalls of your skis should also be clean, and not sticky. If you wipe off your kick zone markings because you diligently cleaned the sidewalls, please re-mark them. We will not wax skis that have ANY sticky stuff in the kick zones.
3. Kick zones should be clearly marked on both sides of the skis - both hard wax pockets and klister pockets should be clearly marked. Additional information on kick zones should be communicated to the coaches prior to event day waxing.
4. Instructions for glide waxing will be sent out several days prior to the Championships. Glide waxing for the first two races must be complete before arriving at the venue.

CODE OF CONDUCT

The opportunity to participate on the Massachusetts EHS/U16 team is an honor and a tribute to your hard work. With participation, however, comes responsibility to yourself, your team and your state. We ask that all skiers agree to the following:

- Bring a positive and supportive attitude
- Respect all participants, coaches, parents and officials
- **Smoking, drinking alcohol or drug use (other than prescribed medications) is prohibited**
- Listen to and follow coaches' **guidelines for curfews**, meal times and starting times.
- Athletes are not allowed to "do their own thing." All athletes are required to participate in all team events. This includes all meetings, course previews and warm-ups.
- Good sportsmanship and encouragement of others is expected at all times
- Don't wait to be asked for help. Offer to assist with waxing, clean up or set-up
- Be the ultimate team player. Consider others before yourself and do what's right for the team

Failure to meet any one of these rules may result in removal from the championship team. You will be required to return home and will not be refunded your team fee. We had to do this once and we don't want to do it again, but we will if needed.

The Massachusetts team is composed of skiers from all over the state. This is an opportunity to get to know new people and make new friends as we work together to ski our hardest, do our best, and have a lot of fun.

Parents of Massachusetts EHS/U16 skiers are asked to set an example for our children by being respectful of all coaches' and officials' decisions, staying positive and supportive, and encouraging all participants. Parents, too, are asked to be "team players" by looking at what's best for the whole team rather than individual skiers. We look forward to all working, cheering and laughing together as we provide a valuable experience for our children.

Go Team MASS!!!

Again we hope you are excited to be participating in these championship races. Let's be prepared, ski our hearts out, meet new people, have fun and do it all with our 'Go Team MASS!' style.