

US SKI AND SNOWBOARD

MID-ATLANTIC XC JUNIOR NATIONAL TEAM

TRIP PACKET

US SKI AND SNOWBOARD XC JUNIOR NATIONAL CHAMPIONSHIPS
March 11th-16th, 2023

Birch Hill Recreation Center

Fairbanks, Alaska

<https://www.nscfairbanks.org/trails/birch-hill-facilities/>

Mid-Atlantic Team: <http://www.midaxc.com>

Junior National Championships: <https://jn2023fairbanks.org/>

RACE WEEK SCHEDULE

Saturday March 11th

Team Arrival / Unofficial Training

Sunday March 12th

Official Training Individual

Monday March 13th

Classic Individual Start Race

Tuesday March 14th

Freestyle Sprint Race (qualifier and heats)

Wednesday March 15th

Official Training Mass Start

Thursday March 16th

Freestyle Mass Start

Athlete Banquet / Awards

Friday March 17th

Team Departure

TEAM MID-ATLANTIC!

You have all worked hard to make this winter's MID-A Junior National Team. The US Ski and Snowboard XC Junior National Championships is the premiere event for junior skiers in the nation. Everyone has prepared and trained to be the best from MID-A and in the USA.

The team will have a wide array of racing experience, ranging from first year JN athletes to those who have been to one or more national competitions. The coaches are from around the state and can offer help and support before, during, and after your JN trip. MID-A team coaches have experience at many different levels and will be there for you at this year's JNs.

A large group like this will function best as a team if we respect both the individual goals of each athlete and the goals we have as a team. Working with a positive attitude and environment will help everyone be successful and make the trip run smoothly. Coaches will do our best to make this a great experience for all of you. You can all contribute to this in your own way by being on time and knowing the schedule (there will be a daily schedule sent via email each day). If you are unsure about something, please ask the coaches.

This packet includes a variety of information and logistics for the trip designed to familiarize yourself with what you can expect race week. There will be a team meeting each night to go over the daily schedule, race details, etc. Ski fast and have fun!
#MIDAALLDAYEVERYDAY

TRANSPORTATION

Transportation to and from the venue, opening ceremonies, etc. are provided by the organizing committee. Travel to and from Fairbanks International Airport to the team lodging is also provided. (If athletes are traveling with parents, it may be easier in some instances for parents to provide transportation to and from the airport)

TEAM LODGING

WedgeWood Resort

212 Wedgewood Dr, Fairbanks, AK 99701

[\(800\) 528-4916](tel:8005284916)

Team check-in on Friday March 10th and check out on Friday March 17th

Each Room / Suite has a full kitchen. All meals will be provided by the Wedgewood Resort. (3 athletes per room (2 beds and 1 sleeper sofa) Meals Start with breakfast on Saturday morning March 11th we will most likely have some sort of pizza party type dinner on Friday March 10th.

TRAVEL ITINERARY

Athletes are responsible for booking plane tickets to and from Fairbanks. Athletes traveling should plan to arrive on Friday 3/10 or Saturday 3/11 and depart Friday 3/17 after 10pm (banquet) or anytime thereafter (if athletes are departing prior to the banquet travel will not be provided by the OC or team Mid-Atlantic ! Athletes who are traveling with parents are free to travel as needed.

Check the airline you are flying on for exact travel details and requirements. Airports require photo ID to get past the security gate. A driver's license, passport or government issued non-driver's ID card is required to board the plane. Pack some clothing around your skis for extra protection while traveling. You are limited to one duffle and one ski bag, each weighing up to 50 lbs. Do not bring any sharp instruments in your carry-on bags.

Athletes should note that air travel poses some different situations you need to be aware of. Airplane cabins are dry and potential germ carriers. Wash your hands frequently to prevent germs. Make an extra special effort to stay hydrated before, during, and after the flights. Hand sanitizer is a good idea too. Please be aware of Covid travel guidelines as it pertains to your particular airline.

TEAM MEALS AND FOOD

Meals will be provided by the Wedgewood Resort. (ANY SPECIFIC DIETARY NEEDS WILL BE ABLE TO BE ACCOMMODATED)

TEAM RACE SUIT AND JACKET

All athletes are required to race in at least MID-A team tights but it is strongly recommended to race in the whole suit. Team jackets are optional.

GEAR TO PACK

Not everything, but random things you don't want to forget...

skis: classic (2 pair, one for warm-up)
skis: skate (2 pair, one for warm-up)
ski ties (straps)
ski boots
ski poles
team race suit
team jacket (optional)
ski hat
headband
training clothes
warm winter jacket
multiple ski socks

snow boots
running shoes
gloves and mittens
bathing suit
gym clothes
tank top
casual clothes
appropriate clothing for awards ceremony
sunglasses
sun block
toiletries
homework

a notebook to write about your adventures
water bottle and carrier
watch (don't want you to miss your race start)

money for JN logo items and a trip to town
your name on everything

MID-A provides race day and training day wax in the trip cost. Athletes need to bring a scraper, cork and travel wax.

LABEL ALL GEAR (ESPECIALLY TEAM CLOTHING, SKIS, BOOTS AND POLES) WITH A SHARPIE MARKER. YOUR FIRST AND LAST NAME NEEDS TO BE CLEARLY VISIBLE ON THE TIP OF THE SKIS. WRITE MID-ATLANTIC ON YOUR SKIS.

SKI WAX PREP

Skate Skis: Skis have to be marked with your name clearly written on the tip of the ski! Using an iron, apply a layer of soft yellow wax to the ski base and hot scrape the ski to remove any dirt or old wax in the ski. Re-saturate the ski bases and harden by first ironing in a layer of a soft yellow wax, let cool and then scrape and brush. Follow that with a harder wax like Toko LF Moly or Swix Moly Fluor base prep, ironing it in and letting it cool. You can leave the last layer of harder wax on as travel wax to JNs. This harder layer is extremely important as it provides the durability for the waxes you may be racing on.

Classic and Zero Skis: Skis have to be marked with your name clearly written on the tip of the ski! Kick zones have to be clearly marked for both hard (kick) wax and klister. Skis have to be clean of any hard (kick) wax and klister (including sidewalls of the skis). To prepare the glide zone, follow the same steps you did to prepare your skate skis.

Athletes are not allowed in the wax trailer per USSA Guidelines! All race day waxing will be completed by the coaches. If you have any questions about pre-trip waxing, please email Jason.

FREE TIME

Race week will bring a lot of excitement, but you will also have a lot of downtime. Using the downtime to your advantage cannot be overemphasized. Proper rest and recovery will contribute greatly to your overall performance at JNs. Bring homework to complete on your free time. We will try to plan a couple (team outings) throughout the week and as weather allows. Details to come.

MID-ATLANTIC COACHES AND TEAM COORDINATION

MID-A coaches will do everything we can to make this a successful and fun trip. We will need teamwork from the athletes. Please know the day's schedule and be on time, especially on race days. This will greatly decrease race day stress, wax room chaos, and will help the team perform at its best throughout the week.

Jason Hettenbaugh, Mid-Atlantic Team Trip Leader (Rochester Nordic Racing)

(585) 259-7126 (mobile)

Email: Jason@rochesternordicracing.com

Jason is the Trip Leader and Head Coach. Jason will go to the team captain's meetings and keep the team organized throughout the week. Jason handles all of the logistics of the trip. This is Jason's 16th year with the MID-A team.

Paul Smith, Mid-Atlantic Team Coach (NYSEF)

E-mail: pauls@nysef.org

Paul will help with athlete management and waxing throughout the week. This is Paul's 1st year with the MID-A team.

Matt Bellizzi, Mid-Atlantic Team Coach (Rochester Nordic Racing)

Matt will help with the athlete management and waxing throughout the week. This is Matt's 2nd year with the MID-A Team.

Kellin King, Mid-Atlantic Team Coach (Rochester Nordic Racing)

Kellin will help with the athlete management and waxing throughout the week. This is Kellin's 2nd year with the MID-A Team.

The coaches will work with you on all aspects throughout the week. This includes team coordination, answering any questions you might have, course inspection, race strategy, training and race day prep, and waxing. The role of the coaching staff at JNs is not to change what your normal race and training day routines are, but rather help facilitate the team's ability to maintain routines athletes are comfortable with. You will need to know the race course, start/finish areas and lap lanes. Learn where the warm-up areas are. At JN's there is no warming up on the course allowed and definitely no skiing backwards on the trails (only skiing in the direction of the race). All race day details will be reviewed at team meetings throughout the week.

Coaches will set-up a waxing schedule for groups to use the wax room. All waxing will occur at the race venue. On race day, coaches will be at the race site early to test wax. We will do the best to have your race skis done and to you before your start time, but if the weather is changing or provides tricky wax conditions, we may be waxing very close to race time. You may be handed your race skis right before the start of your race. This is not uncommon, even at the very top elite levels of racing. Be prepared for this and have a pre-race routine established. Many racers choose to warm-up on their practice skis or run (this is why you need sneakers on race day). Stay relaxed, get a good warm-up in and you will be able to focus and think about your race much more effectively. Above all, please communicate when you are trying out your race skis and let us know if your skis need any touch ups. If you need help establishing a pre-race routine, talk with your coach prior to JNs.

Recovery will be an important part of your week. You will hear this many times from the coaches. Plan ahead. Bring food to the races and training days so that you can eat/drink immediately after your race or training. This goes a long way in replenishing energy stores and helping you recover for the next race day.

MID-ATLANTIC TEAM FORMS

Please Check your email these forms will be e-mailed out prior to departure. These forms must be completed and brought with you to Fairbanks.