



2025 Intermountain Junior National Team

United States Cross Country Skiing Junior Championships

Soldier Hollow Nordic Center, Utah March 7-16, 2025

Congratulations! You have been selected to represent the Intermountain Division to the United States Junior National Championships at Soldier Hollow Nordic Center in Midway, Utah! 400 of the best junior cross-country skiers will attend this competition. This is a very special opportunity to participate in a National Championship in any sport. As you prepare for this event, remember that you represent not only the Intermountain Division, but also your home club, as well as the other skiers who tried for the team but were not selected. Your selection to the divisional team is an honor and an opportunity. Now that you have made the team, you need to adjust your goals and look ahead to the Championship races. You, your teammates, and your coaches will be working hard in the upcoming weeks so give yourself the best opportunity to be able to put forth your very best efforts during the week. NOW is definitely the time to prioritize your ski preparation, both the mental and physical side! Please read through the enclosed information carefully and be sure that you have all of the proper USSS licensing and forms completed. We are looking forward to an awesome trip with you!

Outline of Competitors Information Packet

- USSS License
- Travel Plan
- Basic JN Event Schedule
- Lodging and Meals Planning
- Trip Costs and Payments
- Uniform Information
- Coaching and Support Staff
- Team Responsibilities and Code of Conduct
- Entry Information Form
- Participation, Transport & Medical Consent Form

USSS Competition License

Every ***skier and coach*** participating at US Junior National Championships must have a current USSS Competition License. If you do not have one at the time the team is named, you must secure a competition license or a USSS Coaches License immediately from the USSS office in Park City, Utah. Call 435-649-9090 which is the US Skiing membership division office and ask for the membership department. You need to secure your license immediately.

PLEASE READ! Skiers who are 18 or 19 during the season must be compliant with all Safe Sport regulations as described by US Ski and Snowboard to include completion of Safe Sport Online Training and completion of the Required Background Screening Process. There are no exceptions to this requirement. It is not the responsibility of Intermountain USSS to facilitate the completion of this requirement. We recommend you call US Ski and Snowboard Member Services IMMEDIATELY with questions. ALL INTERMOUNTAIN COACHES attending Junior Nationals will have a USSS Coaches License including the completion of Safe Sport and other Licensing Requirements

Team Communications: WhatsApp will be used for most IMD JN team communications. ALL ATHLETES MUST JOIN THE GROUP ASAP AT THE FOLLOWING LINK:

<https://chat.whatsapp.com/GOMpUGdAPGpH0Im3yHuNbj>

We ask that parents do not join the group, this is strictly for team and coach communications

Travel Plan:

ARRIVAL: All Skiers and Coaches will arrive in Heber City, Utah on Friday March 7th. Please arrange your travel to Heber City to arrive later in the day or the evening. We recommend skiers try to match their travel plans to that of their coaches and teammates traveling to JN's. IMD Staff will coordinate moving into the houses when athletes get there.

****If you experience travel delays or changes please contact Trip Leaders Will Wicherski or Matt Galyardt immediately****

DEPARTURE: Our departure day from Heber City is Sunday, March 16th. Skiers will travel home with their club team or their parents.

INTERMOUNTAIN JN TEAM Schedule:

Full Schedule and additional information can be found at the [event website](#)

Sunday February 23rd

****All athlete JN uniform orders must be submitted by 11PM****

[Podiumwear 2025 JN Team Store](#)

Wednesday February 26th

****Skiers MUST confirm attendance to Will Wircherski: wwicherski@jhskiclub.org****

- We encourage confirming attendance at the Team Naming if you know you will attend [COMPLETE IMD COMPETITOR INFO GOOGLE FORM](#)

Friday February 28th

****JN Trip Payment DUE****

- Payment sent to: Heidi Watanbe, PO Box 6386, Ketchum, ID, 83340
Payment Info Below

Friday March 7

- All skiers arrive in Heber City, UT: Staying in houses in Heber City with age group athletes and coaches

Saturday March 8

- Training on Competition Courses with Team & Opening Ceremonies

Sunday, March 9

- Training on Competition Courses with Team

Monday, March 10

- Individual Classic Races 5/7.5k

Tuesday, March 11

- Official Training

Wednesday, March 12

- Skate Sprint Races

Thursday, March 13

- Official Training

Friday, March 14

- Mass Start Skate Races 7.5/10/15k

Saturday, March 15

- Mixed Gender Relay Classic Races
- 4-8pm: Post Event Celebration and Team Awards at 4:15

Sunday, March 16

- Travel Home in Club Team vans or with parents

****Parents: Please check the schedule on the official website as there are a number of social activities for skiers and parents****

Lodging and Meals Planning

Steve Vierk, US Ski Team Head Chef will be providing all dinners and non-race day hot lunches. For breakfasts and lunches, we will be keeping each of the houses stocked with food, including snacks. It will be up to the athletes to make their own breakfasts each day and lunches on race days.

Important – Read Carefully

You must agree to keep your rooms clean and orderly throughout the length of our stay. Keep the linens on the beds and the towels in the bathrooms. Please do not move furniture. If you break anything in your house, please be responsible and tell the coaching staff immediately. The cost of any damage to your room will be paid by you.

You are expected to be in your rooms at 9:30 pm nightly – Lights Out at 10:00 pm. No wandering outside of your rooms after curfew. THANKS!!

Food Allergies/Special Dietary Needs

Please list specific dietary requirements and/or food allergies on the [IMD Athlete Info Document](#)

Trip Payments and Deadlines

The cost of lodging, team dinners, waxing, championship entry fees and providing a support staff for a team of over 60 skiers and 15 staff is substantial. It is the goal of the team to provide our divisional skiers with the best possible Junior National experience. To this end, we are continually trying to balance the considerations of cost versus benefit. Each year, we do our best to secure safe and clean lodging, provide quality meals and put our skiers on fast skis. Listed below is a breakdown of the trip costs.

JN Trip FEE:

Lodging and Meals (9 nights)	\$1250.00
Event Entry	\$235.00
Ground Transportation	\$135.00
Team Hats - Race and Casual + Team Awards	\$100.00
Wax Fee	\$100.00
Staff Fee	\$170.00
Photography - Drew Palmer Ledger	\$15.00
Contingency	\$60.00
<u>TOTAL</u>	\$2065.00

Trip fees must be paid in full, payable to: Intermountain USSS by FRIDAY, FEBRUARY 28TH.

- Payment may be made by check at the Team Naming on Sunday 2/23/2025 in Sun Valley. Please give a check to Will Wicherski or Matt Galyardt.
- OR, you may mail a check for trip payment in the amount of \$2,065 payable to Intermountain USSS and mailed to:

Heidi Watanabe; Intermountain
 PO Box 6386 Ketchum, ID 83340
- OR, Intermountain has a merchant account allowing for payment by CREDIT CARD. If paying with a credit card please add \$90 onto the trip costs to cover the 3% merchant fee. To pay by Credit Card please call:
 - Heidi Watanabe at 208-309-1999 (Call between 6-9PM, please do not call during the work day) with your credit card information.
- VENMO: You may also pay using Venmo. Here is that link
 - <https://www.venmo.com/u/Intermountainnordicdivision>

For any questions regarding payment, please contact Heidi Watanabe, the IMD Accounts Manager at heidiat@cox.net 208-309-1999

*****Please discuss any expected financial issues with your Head/Club coach. There will be a \$50 late fee if the JN trip cost is not paid prior to trip departure.*****

IMD Team Uniforms:

IMD athletes purchase their uniforms and jackets through the Podiumwear online storefront. Jackets remain the same as in recent years. However, the race suit and Tech-T have a fresh new design. Athletes are encouraged to purchase the new suit, but it is not required if they already have a suit from the previous

3 years. Uniforms are purchased via the online storefront and team headgear will be distributed to athletes when they arrive at Junior Nationals. Athletes may also borrow an IMD uniform from other athletes who are not attending. The team uniform that is available for purchase through the storefront includes the IMD Lycra race suit, IMD jacket, and the IMD short sleeve racing top (Tech-T).

[PodiumWear StoreFront](#)

The Uniform storefront will close on SUNDAY Feb 23rd at 11pm MST.

All uniform orders will be shipped directly to Park City! Please do not request a delivery to your home. Select your sizes and pay by Credit Card.

Coaching and Support Staff

The coaches listed below will serve as team staff for the Junior National Team. It is the policy of the division to support our skiers with a staff that can provide our skiers with the best possible logistics, waxing and coaching.

Will Wicherski: Jackson Hole SC	Trip Leader	208 869-7034
Matt Galyardt: McCall Nordic	Co-Trip Leader and FU16	406-370-1680
Andrew Morehouse: Bridger SF	Ski Service Director	518 926-9030
Chris Mallory: Sun Valley SEF	Ski Service	603-498-1398
Olivia Skillings: Glacier Nordic	Ski Service	207-200-0594
Luna Wasson: Jackson Hole SC	Ski Service	307 690-8361
Steve Cook: Park City SSC	Ski Service	801-647-0677
Mike Lessard: Missoula XC	Ski Service	207- 577-3187
Lucy Glanville: Soldier Hollow SC	Ski Service	385-464-7177
Max Polito: Sun Valley SEF	U16 Boys Age Group Coach	307 413-5521
Liz Stephen: Park City SSC	U16 Girls Age Group Coach	802 498-4500
Pat Becker: Montana Endurance Ac.	U18/20 Boys Age Group Coach	406-579-2315
Tony Mathie: Bogus Basin NT	U18/20 Boys Age Group Coach	814-969-4511
Lily Johnston: Bridger SF	U18/20 Girls Age Group Coach	207-239-6821
Julia Richter: TUNA	U18/20 Girls Age Group Coach	801-654-3043

Team Responsibilities and Code of Conduct

All team members must understand and accept that the task of coordinating and supervising a large group of athletes is entirely dependent on their cooperation. As members of the 2025 Intermountain Junior National Team, a requirement of your participation is that you agree to follow all team guidelines, rules and schedules. Please do not attend Junior Nationals if you cannot completely agree to this requirement. Specifically:

- You agree to follow all team schedules for daily training, team meetings and evening room curfews
- You agree to abstain from any use of alcohol, drugs or tobacco products throughout the length of the Junior National Trip
- You agree to treat your teammates with respect and abstain from all sexual relations throughout the length of the Junior National Trip
- You agree to treat your teammates, coaches, all race officials, volunteers, and fellow competitors with courtesy and respect at all times
- You agree to adhere to the stipulations of the Athlete Code of Conduct and Safe Sport Regulations as set forth in the USSS Cross Country Competition Guide
- You agree to abide by all of the behavioral standards set forth by the Intermountain Coaching Staff

Please understand that your failure to act in accordance with the above listed guidelines may result in disciplinary action that could result in your immediate dismissal from the Junior National Team and return to your home at **your expense with no refund of trip fees.**

Note Parent Signatures required on:

- IMD Code of Conduct & Participation, transport and medical consent forms [page 7]
- SEND with payment to Intermountain - Heidi Watanabe PO BOX 6386 Ketchum, ID 83340

Alternates

Alternates have been named for both the boys and girls teams. If, due to injury, illness or some other reason, you are unable to attend, please notify Will Wierski, Team Leader IMMEDIATELY so that arrangements can be made for an alternate to be named to the team.

Summary:

- **Confirm Attendance at Sun Valley or to Will Wierski wwierski@jhsclub.org by Wed 2/26**
- Purchase Jacket and Racing Suit through Podiumwear online storefront **Sunday 2/23 @ 11pm**
- Complete payment by **February 28th.**
- Complete [IMD Competitor Google Doc](#)
- An event Bio will be emailed directly to you to complete prior to the event

Athlete Code of Conduct

I agree to abide by the rules, schedules and guidelines as established by the 2024 Intermountain Junior National Coaching Staff, including all USSS Athlete Code of Conduct and Safe Sport Regulations. I understand that failure to do so on my part may result in my removal from the team and return to my home at my own cost and that my further participation in Intermountain Divisional Camps and Competitions may be prohibited as well.

Signature of Skier	Date	Signature of Parent/Guardian	Date
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Participation, Transport and Medical Treatment Authorization:

I agree to the supervision of my child by the Intermountain Coaching Staff. I authorize them to transport my child in vans as part of the required activities of the trip, to direct my child in their daily schedule, including curfews, and to secure medical treatment in the event of an emergency. I understand that significant risks are involved in the sport of ski racing as well as both air and ground vehicle travel and that my child may incur bodily harm as part of their participation in this competition and travel. I hold the Coaching Staff of the Junior National Team, The Junior National Championship Organizing Committee and all associated volunteers and parties harmless from any claim stemming from my child's participation on the 2025 Intermountain Junior National Team.

Signature of Parent/Guardian	Date	Signature of Skier if 18 or Older	Date
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