

Tab 1

Maine Nordic Team

2026 U16 Championship Trip

Dates

Friday, March 13 - Sunday, March 15, 2026

Race Venue

Oak Hill Outdoor Center: 59 Oak Hill Drive, Hanover, NH

Official Info

[Link to NENSA](#) [Link to Information Packet](#)

Communication

WhatsApp Group- https://chat.whatsapp.com/D1okMriWmrH7eggB68ybrv?mode=gi_t

Registration

Maine Nordic Team handles registration with event organizers for all confirmed athletes. Registration includes a hat or headband and Saturday evening banquet.

Lodging

[Hampton Inn White River Junction](#)

104 Ballardvale Drive, White River Junction, VT

Each athlete will have their own bed.

2-person rooms: Two queen beds. Coaches will assign rooms to athletes.

Official team coaches each have a room at the same hotel as the athletes. Official coaches are SafeSport certified through US Ski and Snowboard, or work full-time in Maine schools. All coaches are fully volunteering their time and expertise to the Maine Nordic Team.

Opting out of the hotel is allowed, however, it will **not** reduce team fee. Let team leaders know ASAP if you plan to opt out.

[Rooming List](#) **UPDATED 3/11/2026** Please contact Trip Leader Hans with any concerns

Transportation

- Vans will be provided to transport athletes from central and southern Maine locations for all athletes who want it. Pickup locations will be shared as soon as possible.
- Local transportation throughout the weekend will be provided by van and team coaches. Van assignments will be arranged by coaches with parents' coordination.
- **UPDATED 3/11/2026 WITH WEEKEND VAN ASSIGNMENTS** [2026 Maine Nordic U16 Transportation](#)

Friday Oak Hill > Dartmouth > Hotel: same vans athletes arrived in, we'll split up those who arrived with parents however makes sense.

Saturday Morning Hotel > Oak Hill:

- Girls 7:30am- 12 with Hans, 10 with Emily, 2 with Megan Hellstedt, extra gear with Megan if necessary. Coaches and vans stay at Oak Hill, Megan goes back to the hotel.
- Boys 8:15am- 11 with Erik, 11 with Ben, 2 with Megan, extra gear with Megan if necessary. Coaches and vans stay at Oak Hill.

Saturday Evening Oak Hill > Hotel > Banquet > Hotel:

- 12 with Hans, 10 with Emily, same vans as the morning
- 11 with Erik, 11 with Ben, same vans as the morning
- 4 who came with Megan go with Coach Sam

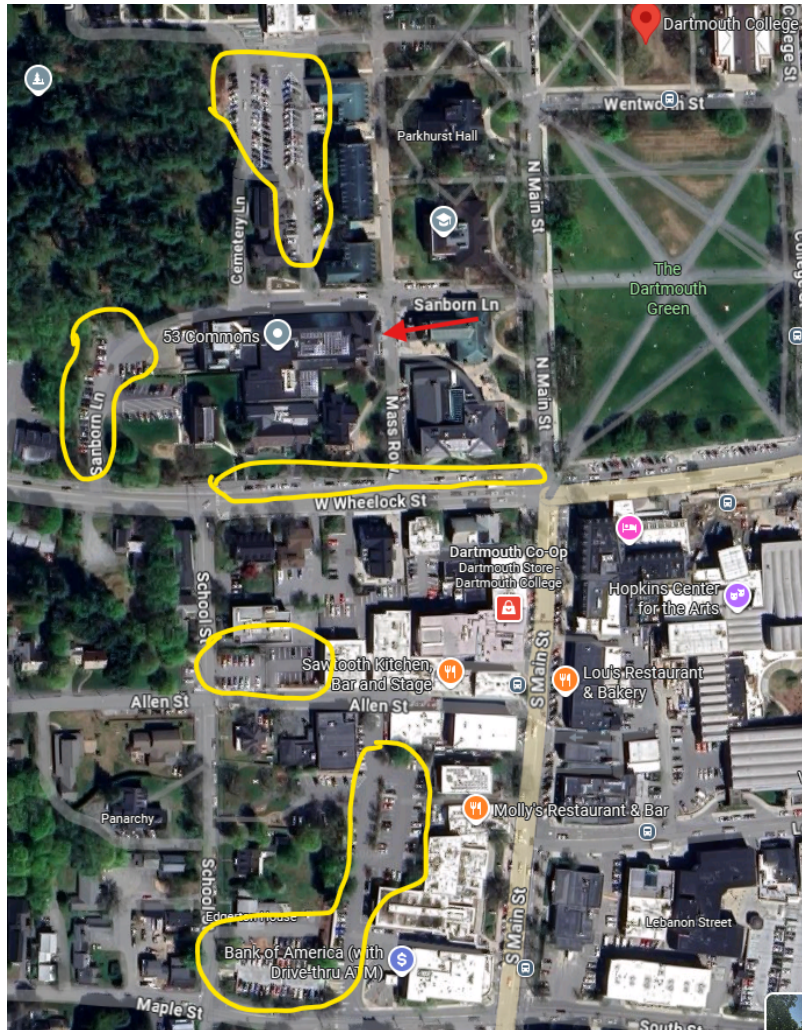
Sunday Morning Hotel > Oak Hill:

- All 8:15am- 12 with Hans, 10 with Emily, 11 with Erik, 11 with Ben, 4 with Megan, in same vehicles as Saturday morning. Extra gear with Megan if necessary. Coaches and vans stay at Oak Hill

Food

- Please pack snacks and supplemental foods (for example, if you feel the buffet breakfast will be missing something you need for race mornings)

- Friday evening meal at Dartmouth College, 53 Commons, North Dining Area (athletes and coaches only)
 - **MENU**- <https://menu.dartmouth.edu/todaysmenu>
 - **MAP**



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- Saturday and Sunday breakfast at hotel (typical Hampton Inn breakfast buffet)
- Saturday evening banquet hosted by Ford Sayre **Lebanon Middle School, 3 Moulton Ave., Lebanon NH**
 - ***Parents are welcome to join the award ceremony at 7pm, please consider carpooling, parking is limited***
 - Pizza by [Ramuntos](#)
- Lunches: Athletes should provide their own lunch for Friday. We'll have tailgate lunches Saturday and Sunday. Strong parent participation will be needed for coordination and support. **If you would like to lead the food effort, please contact a trip leader. This is a CRITICAL role!** [U16 Food Planning](#) THANK YOU!

Uniforms

Maine team race suit tops and bottoms will be worn by athletes in each race. In warm weather you may choose to race in a white or navy blue t-shirt on top instead of the race suit. Team tights must be worn for all races. Shirtless under bib is not allowed.

Uniforms are handed out prior to the first race on Friday and collected prior to departure on Sunday.

Official Coaching Staff

Trip Leader: Hans Albee, hans.albee@gmail.com, 207-322-4106

Asst Trip Leader: Erik Hellstedt, ehellstedt@gmail.com, 207-274-3609

Athlete Coaches:

Boys Coach: Ben Mitchell-Lewis

Girls Coach: Emily Cartwright

Head Wax Tech: Jeff Tucker

Official Wax Techs/Testers: Sam Langlois, Evan Graves, Ben Geissinger

Unofficial Helpers

Wax Techs/Testers: John Waterman, Leif Hellstedt, Ben Chartier, Chris DeMarco, Garred Strickland, Kevin Hankens, Stefanie Baker, Trescott Haugen, John Manganello, Ed Van Tassel

Food Crew: Alie Ainsworth, alexachilla@gmail.com, 207-431-2676

Wax and Skis

Wax during the weekend is included as part of the team budget.

Write athlete first name, last name, and gender on both skis, classic and skate, practice and race.

Race Skate Skis:

- Clean ski bases with glide cleaner if possible
- ~~Iron in graphite if available, (let sit 6-8 hrs)~~
- ~~Scrape and brush thoroughly~~
- Iron in basic paraffin, let sit 6-8 hours (Rode R30 or R40, Swix PS7 or PS8, or similar)
- Scrape & brush thoroughly

- Apply ~~medium or~~ warm liquid, such as Rode WC ~~violet or red~~, Rode RL ~~violet or red~~
- Use tape to note paraffin and liquid used
- Bring skis with unbrushed liquid on Friday

Race Classic Skis:

- Thoroughly clean all kick wax (bases, sidewalls, bindings)
- Mark the kick zone clearly
- Sandpaper the kick zones
- Clean glide zones with glide cleaner if possible
- ~~Iron in graphite if available, (let sit 6-8 hrs)~~
- ~~Scrape and brush thoroughly~~
- Iron in basic paraffin (Rode R30 or R40, Swix PS7 or PS8, or similar)
- Use tape to note paraffin used
- Bring unscraped skis on Friday

Venue Waiver

Oak Hill requires a waiver, please fill out this online waiver asap, and before Friday, March 13th so I don't have to chase at the last minute- [Ski Reg Waiver](#)

Athlete Bio

The event announcer has requested basic athlete bios and playlist requests. This is optional, but fill out as much or as little as you want, it should make the races even more fun!

DEADLINE IS MARCH 10TH

[Bios and Playlist Survey](#)

Team Roster: Confirmed as of 2/23/26

	U16 Girls Team	School		Name	School
1	Emma GRAVES	CARIBOU	1	Eli CHALMERS	YARMOUTH
2	Nell MCALLISTER	YORK NORDIC	2	Sam CHARTIER	FORT FAIRFIELD
3	Isabella ALBERT	CARIBOU	3	Jackson CHALMERS	YARMOUTH
4	Hazel WATERMAN	GNG	4	Peter COLIANNI	GREELY
5	Andrea GUNTER	WATERVILLE	5	Benjamin HANKENS	GREELY
6	Marie JOHNSTON	PRESQUE ISLE	6	Owen TARDIFF	FALMOUTH
7	Eliza RESNICK	FALMOUTH	7	Lucas DEMARCO	MT. BLUE
8	Maisy COLBY	OXFORD HILLS	8	Owen TETLOW	CARIBOU
9	Annika HELLSTEDT	YARMOUTH	9	Michael VAN TASSEL	WINTHROP
10	Anna SCOTT	MAINE COAST	10	William AINSWORTH	QUARRY ROAD
11	Amelie VAN DER MEE	WATERVILLE	11	Gunnar JACKSON	GREELY
12	Nola MEWER	YORK	12	Linden MCAULIFFE	DEERING
13	Amelia WNEK	GREELY	13	Landric RUDMAN	OXFORD HILLS
14	Piper GAGNON	FORT KENT HS	14	Henry HUTCHINSON	PORTLAND
15	Clara WENTLING	GREELY	15	William STRICKLAND	Mt.BLUE
16	Scout SIMPSON	MT. BLUE	16	Otis MANGANELLO	MAINE COAST
17	Alda DUFILHO	FRYEBURG	17	Asa KEELER	FALMOUTH
18	Charlotte DODGE	YARMOUTH	18	Landon CURTIS	MCI
19	Kaya GUNDUZ	FALMOUTH	19	Connor KIRKHAM	FALMOUTH
20	Addison PLOURDE	FORT KENT HS	20	Adrian JENKINS	PORTLAND
21	Ella DUBOIS	FORT KENT HS	21	Quinlan BARRY	GREELY
22	Skylar HAUGEN	GREELY	22	Liam FARMER	MARANACOOK
23	Gemma MORRIS	WAYNFLETE	23	Matthew PHILLIPS	QUARRY ROAD
24	Emma TYLER	MT. BLUE	24	Daniel FULLERTON	TRAIP

Weekend Schedule

Friday, March 13th

12:00pm	Hans / Erik	Team Leader Meeting (Hans and Erik)
12-12:30pm	ATHLETES	Arrive and check-in with Coaches Ben and Emily. Receive uniforms.
	Emily / Ben Leif	Organize and distribute uniforms. (Emily has a system) Organize skis on racks as part of the check-in crew.
1:30-2:50pm	ATHLETES	Course Preview with Coaches Emily and Ben
~2:45pm	GIRLS	Pick up race skis from wax techs. Warm up for race on 20mins before race time. Coach Ben supporting in start pen.
3:00pm	GIRLS	5K freestyle wave start. Return race skis to wax team after finish. EAT SOMETHING WITHIN 15 MINUTES OF FINISHING.
	BOYS	Cheer the girls race; stay warm and ready to race
~3:45	BOYS	Pick up race skis from wax techs. Warm up for race 20 mins before race time. Coach Erik supporting in start pen.
4:00pm	BOYS	5K freestyle wave start. Return race skis to wax team after finish. EAT SOMETHING WITHIN 15 MINUTES OF FINISHING.
	GIRLS	Cheer the boys race; stay warm and dry
5:15pm	ALL	Leave venue, travel by van directly to dinner at Dartmouth Class of 1953 Commons, North Dining Area
6:30pm	ALL	Return to hotel by vans
7:00pm	ALL	Team Maine meeting at hotel
9:00pm	ALL	Quiet hours begin
9:45pm	ALL	Athletes in own rooms and lights out

Saturday, March 14th

6:30am	ALL	Breakfast opens at hotel
7:30am	GIRLS	Girls vans depart (travel time to venue ~ 20 minutes)
8:00am	GIRLS, Emily	Girls course preview
8:15am	BOYS	Boys vans depart (travel time to venue ~ 20 minutes)
8:30am	Hans, Erik	Team Leader Meeting
8:45am	BOYS, Ben	Boys course preview
~8:45am	GIRLS, Emily	Pick up race skis from wax techs. Warm up for race 20 mins before race time. Coach Ben supporting in start pen.
9:30am	GIRLS	5K classic wave start. Return race skis to wax team after finish. EAT SOMETHING WITHIN 15 MINUTES OF FINISHING.
	BOYS	Cheer the girls race; stay warm and ready to race
9:45am	BOYS, Ben	Pick up race skis from wax techs. Warm up for race 20 mins before race time. Coach Erik supporting in start pen.
10:30am	BOYS	5K classic wave start. Return race skis to wax team after finish. EAT SOMETHING WITHIN 15 MINUTES OF FINISHING.
	GIRLS	Cheer the boys race; stay warm and ready to race

<<<<<<<<<< Lunch Break >>>>>>>>>>>>>>>>>>>

12:00pm	Hans, Erik, Emily, Ben	Determine relay teams
1:00pm	ATHLETES, Ben, Emily	Sprint course preview and warm-ups. Remember, the shorter the race the more important the warm-up
1:15pm	Hans, Erik	Team Leader Meeting
~1:45pm	GIRLS, Emily	Pick up race skis from wax techs. Warm up for race

		20mins before race time. Coach Ben supporting in start pen.
2:00pm	GIRLS	1K freestyle sprint wave start. Return race skis to wax team after finish. EAT SOMETHING WITHIN 15 MINUTES OF FINISHING.
	BOYS	Cheer the girls race; stay warm and ready to race
~2:45pm	BOYS, Ben	Pick up race skis from wax techs. Warm up for race 20 mins before race time. Coach Erik supporting in start pen.
3:00pm	BOYS	1K freestyle sprint wave start. Return race skis to wax team after finish. EAT SOMETHING WITHIN 15 MINUTES OF FINISHING.
	GIRLS	Cheer the boys race; stay warm
4:00pm	ATHLETES	Make sure wax trailer has your correct skis for relay; put other race skis away in your ski bag.
4:15pm	ALL	Vans return to hotel
5:15pm	ALL	Team Maine meeting: relay headbands, practice tags. ** COME TO MEETING PREPARED FOR DINNER **
5:45pm	ALL	Vans depart hotel for banquet
6:15pm	ALL	Banquet (Lebanon Middle School, 3 Moulton Ave., Lebanon NH)
7:00pm	ALL, Parents	Individual Overall Awards (Lebanon Middle School, 3 Moulton Ave., Lebanon NH). Parents may attend.
8:00pm	ALL	Vans depart banquet for hotel
9:00pm	ALL	Quiet Hours Begin
9:30pm	ALL	Athletes in own rooms and lights out

Sunday, March 15th

6:30am	ALL	Breakfast opens at hotel
8:15am	ALL	Hotel check-out, athletes depart for venue by van
8:30am	Hans, Erik	Bib pickup
8:45am	ATHLETES, Ben, Emily	Course opens for preview
9:00am	Hans, Erik	Team leader meeting
~9:15am	CLASSIC TEAM	Girls and boys pick up race skis from wax team
~9:45 AM	SKATE TEAM	Girls and boys pick up race skis from wax team
10:00am	ALL	Mixed Medley Relay, mass start: - Girls 2.5k Classic - Boys 2.5k Classic - Girls 3.3k Freestyle - Boys 3.3k Freestyle
10:30-12:30	ALL	Light lunch offered- Make-Your-Own Sandwich Bar
11:15am	ALL	TEAM PICTURE
~11:30am	ALL	Uniform and headband return
11:30am	ALL	Relay & Team Awards Clean up, goodbyes Athletes depart by van or with parents **NOTIFY YOUR VAN DRIVER IF YOU ARE RETURNING HOME WITH PARENTS **

Suggested packing list for a ski racing trip

PACKING LIST Skiing Race Trip

Ski Clothing

Feet

- 2 to 3 pair of synthetic or wool socks
- 1 Pair winter boots

Hands

- 1 pair heavy weight ski gloves/mittens
- 1-2 pairs light weight gloves for racing

Head

- 1 heavy weight winter hat for skiing
- 1 light winter hat or headband
- 1-2 buffs/balaclavas/neck gaiters
- 1 thick beanie

Legs

- 1-2 pair of synthetic base layers
- 1 pair of warm up ski pants
- 1 pair of racing tights

Torso

- 2 synthetic base layers
- 1 mid-weight layer (fleece, heavy synthetic blend)
- 1 waterproof/breathable shell/warm up jacket
- 1 to 2 extra layers (wind breaker, fleece vest, wool sweater)
- 1 parka
- 1 race top

Other Clothing

- 1 to 2 changes of casual clothes

Racing Equipment

- Race skis (up to 2 pair skate & 2 pair classic)
- Ski boots
- Practice skis (1 pair skate & 1 pair classic)
- Poles (skate & classic)
- Wristwatch w/ stopwatch mode
- Heart rate monitor (recommended however optional)
- Drink belt

Hygiene

- Toothbrush
- Small bottle of soap/body wash
- Deodorant
- Personal medication
(please notify trip leaders about nature and location of medication)

Packing & Transport**

- 1 Small day hiking backpack (1500 – 2500 cu in)
- 1 Duffle bags for personal gear
- Skis and poles in one ski bag

Other

- 1 to 2 1-liter water bottles
- Sunglasses with strap
- Headlamp w/ extra batteries
- Sunscreen
- Notebook & pencil
- Camera w/ extra batteries (optional)
- Personal snacks (optional)

If you are experiencing difficulty acquiring any of the items on this packing list, please contact your course coach.

**Packing space is limited, please make sure your equipment fits within one medium size duffle bag, one ski bag, and a small backpack.

