

## HELLO EHSC SKIERS AND FAMILIES!!!

Hello Team NH Skiers, Families and Supporting Coaches,

Congratulations and welcome to EHS Team NH! I'm Sam Evans-Brown and will be one of your trip leaders for Eastern High School Championships. I formerly coached at Concord High School, and while I'm taking a break while my kids are still small, I'm happy to be keeping in touch with the racing community as your team leader. Kevin Lee, from Kearsarge is our Head Coach/Assistant Team Leader. Our coaching staff is still being finalized, and we'll give you final roster when we have it fleshed out.

This year Easterns is at the legendary Black Mountain of Maine, and we are staying at the [Wilson Lake Inn](#), about 35-40 minutes from the race venue.

Please be aware that this email will be STATIC. But **we will keep the most up-to-date information on [our Team Packet Spreadsheet](#).**

### **CHECKLIST FOR PARENTS:**

1. Please contribute to our team lunches by sending a reheatable meal, premade sandwiches or some goodies. It is vital to keep our athletes nourished and energized so they can both perform and feel their best! Please fill out this [Food Spreadsheet](#) put together by our spectacular food coordinators. Remember to label anything you want back!
2. Get or Renew your skier's [NENSA membership](#) ASAP if you haven't already! All skiers need one to participate in these Championship events.
3. **Make sure your skier has lunch and snacks for Friday** (travel day). Included meals will begin with Friday dinner.

### **Trip Fees and Scholarships:**

The trip cost is \$550/skier, plus a \$25 uniform rental fee (wait until you see our new uniforms!) **for a total of \$575/skier**

This includes race registration, lodging, linens, transportation, meals, coaching and wax. Jackets are an additional \$180 (and are optional!). The price of the jackets is higher this year because due to supply chain issues our vendor, Podiumware, is not offering the "silver jacket" that we normally purchase, and so we are upgrading to the "gold" jacket. While we regret the higher price point, this is a higher quality garment!

We will use the info gathered from the Team NH GoogleForm you filled out a few weeks ago to distribute jackets. **There may be a few of you whose jackets won't be available (out of stock), but they will come in the next few weeks. We'll work on getting some for folks to borrow for the weekend out.**

- Please have your check payable to "NHNCA" for Trip + Jacket Fees in the mail by March 8th at the absolute latest, unless you have requested a scholarship (see below). Memo line "EHSC Trip- skier name". Contact me immediately if you will have trouble meeting that deadline.

Mail to:  
Gary Christie, Treasurer  
12 Hampton St.  
Concord, NH 03301

- If you are in need of financial support in order for your athlete to attend and you have requested scholarship we are hopeful that we will be able to meet all requested needs. We will communicate with you each individually regarding these requests!

### **SCHEDULE & HELPFUL WEBSITES:**

- Please arrive at the bus on time (Friday March 9):
  - Concord: In front of Shaw's in the Fort Eddy Plaza by **8:45 am** ([Click here for the location on Google Maps](#))
  - Plymouth: Parking lot adjacent to the PSU Ice Arena by **9:45 am** ([Click here for the location on Google Maps](#))
  - ~~We have eliminated the Gorham Stop, due to low demand...~~ Gorham: Parking Lot of the Quality Inn & Suites by **11:15 am** ([Click here for the location on Google Maps](#))
- On the return trip Sunday, we'll be stopping at these locations in reverse order. Consult [the schedule in the packet](#) for more details
- To reiterate on the [NH Nordic Coaches Website](#) under Eastern High School Championships, you will find our Master spreadsheet aka "[2025 EHSC Team NH Packet Spreadsheet](#)" with rosters, contacts, packing lists, ski prep info and schedules. We will keep this updated and it's the best source for Team NH information.
- Similarly, you can find more details on [NENSA's website.](#)

### **GENERAL POLICIES:**

- Once your child joins the team, skiers are with “Team NH” for the full experience. Parents, by all means be supportive on race day, however, we ask that parents respect the experience their skier is having.
- We encourage mindful, healthy use of cell phones on this trip. Please help us with this goal and encourage “real time” engagement with peers by messaging and calling your skiers outside of the cell phone shut off times noted in the master schedule (generally during meals or meetings and after 9:00pm).
- Behavior and code of conduct - [Please review and discuss NENSAs code of conduct with your skier](#). It is a parent’s responsibility to come collect their child if that skier is found to be in violation of this code on this trip.
- Injury and Illness - In the event of an injury or illness on our trip, coaches will help oversee care until a guardian is able to come pick up or assume care for their athlete. We will make these decisions on a situational basis. Our first steps in an illness scenario will be to isolate and contact the guardian to work out a plan as needed.
- Relay Teams - We are required to submit our preliminary relay teams to NENSA in advance of the weekend and are able to make only minor adjustments by Saturday afternoon. Teams are made up of 4 athletes including 2 skiers of each gender. One skier from each gender will ski either the classic or skate technique. Teams are created based primarily on skiers’ season-long performances. Relay teams will be announced Saturday night. Remember, everyone on Team NH is pulling in the same direction!

### **LODGING:**

- Lodging is included in the trip fee
- We will be staying at the [Wilson Lake Inn](#).
- Rooms and roommates are assigned by coaches.
- It is possible that some skiers will need to share a queen or king bed, or sleep on pull-out sofa-beds.
- Coaches will be performing routine room checks
- Socialization and bonding between genders is very much encouraged (it helps to get to know one another for Sunday’s relay), and needs to take place in an identified ‘common area.’ Opposite genders are not to be in one another’s room without permission from a coach or trip leader.
- Quiet hours start at 9:00pm. Lights out by 9:30 or 9:45p each night.

- Please reach out to Sam and Kevin if there is a special circumstance or situation that we should be aware of in making room assignments. Please note however, that we are not fielding general roommate requests.

### **PACKING LIST:**

- Read and follow the “[Packing List](#)” tab on the master spreadsheet
- Please pack economically.
- BRING A RAIN JACKET! And lots of dry socks.
- Bring RUNNING SHOES! As we may need to do portions of our warm-up or cool down on foot.
- Each day, you need to bring a day-bag that fits everything in it you will need for the day. We will be at the venue until all racing for that day is completed.

### **JACKETS & UNIFORMS:**

- Each skier will be given a NH uniform to race in for the weekend. While we will do our best to accommodate sizes noted on the registration form, there are limited numbers of each size. We always make it work! Uniforms will be returned on Sunday after the races.
- Pre-ordered Team NH jackets will be distributed on Friday contingent upon payment.

### **WAX & EQUIPMENT INSTRUCTIONS:**

- General Info:
  - **LABEL EVERYTHING. EVERY. SINGLE. INDIVIDUAL. THING.** There will be thousands of pieces of equipment and clothing lying around the venue this weekend...much of which will be identical!
  - Come with 100% clean (not sticky anywhere) race skis that are scraped, brushed and with KICK ZONES CLEARLY MARKED ON BOTH SIDES OF EACH SKI. This makes for a happy wax team and fast skis. Both good things!
  - Details for how to prep your skis can be found on the “[Ski + Wax Prep](#)” Tab on the master spreadsheet – this will be finalized WEDNESDAY EVENING (March 5th) with the paraffin glide wax call for the weekend. We will also email the final information.

- Ideally, each skier should have: [1 pair each SK/CL race skis](#) and [1 pair each SK/CL warm-up skis](#). If you don't have any warm-up skis, please try to borrow some. If you cannot find some to use, don't sweat it! We will make it work!
- Skins or waxless classic skis are great as warm-up skis!

## **FOOD & MEALS:**

- All meals, except for Friday lunch are included in the trip fee.
- Make sure to stay hydrated on Friday's bus ride and throughout the weekend.
- Breakfasts will be at the hotel and will be provided by your amazing food coordinators.
- Dinner Friday (pasta) will be a catered meal provided by Team NH, with details forthcoming. Dinner Saturday will be provided at the awards Banquet by the venue.
- Meals will be buffet style – there will be options to accommodate those with dietary restrictions and/or allergies.
- PLEASE let us know ahead of time if you have any food allergies or further dietary restrictions if you didn't already communicate those through the Registration Form.
- We will reach out directly if we have further questions about the above.
- **Again, Friday lunch will be on the road. Skiers** should pack their own lunches and snacks.
- Lunch will be provided at the venue each day. Parents – we are counting on you for substance! We will fill it in with fresh fruits, veggies, drinks and some snacks as needed. [Sign-up to bring or send food here](#). Please be sure to label any supplies you want back!