



# **USSA MID-ATLANTIC DIVISION**

## **Junior XC Skiing Handbook**

### **2015-2016**

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**UPDATED DECEMBER 2015**

## **1. DIVISION INFORMATION AND CONTACTS**

### **A. Mission Statement:**

The Mid-Atlantic Division operates as a division of the United States Ski Association (USSA) with a focus on cross-country ski competition and development. The Mid-Atlantic Division is governed by the Mid-Atlantic Competition Committee (MACC) and its Sub-Committees, in conjunction with USSA and the New York State Ski Racing Association – Nordic, Inc (NYSSRA–Nordic, Inc.). The division's goals for the region are to implement on-going development programs which promote cross-country skiing and competition, provide pipelines to elite development programs, oversee Junior National qualifying events, policies and procedures, and to work closely with the New York State Ski Racing Association – Nordic, Inc (NYSSRA-Nordic, Inc).

### **B. Mid-Atlantic Competition Committee (MACC) and Sub-Committees:**

Chairman & Secretary	Julie Hinsdill	9160 Dean Rd. Boonville, NY 13309	(315) 942-5570 zimmerjm@yahoo.com
Junior Sub-Committee Chairman	Margaret Maher	Lake Placid, NY	margm@nysef.org
Senior Sub-Committee Chairman	Julie Hinsdill	9160 Dean Rd. Boonville, NY 13309	(315) 942-5570 zimmerjm@yahoo.com
Treasurer	Lee Mahood	Woodstock, VT	leemahood@comcast.net
USSA Mid-Atlantic Nordic Divisional Leadership	Margaret Maher	Lake Placid, NY	margm@nysef.org

Capital District	Dave Paarlberg-Kvam		dakvam06@gmail.com
Central Leatherstocking	Joe Phaneuf	Old Forge, NY	jphaneuf@frontiernet.net
Finger Lakes	Jana Gardner	Mendon, NY	jana.gardner@hflcsd.org
High Peaks	Margaret Maher	Lake Placid, NY	margm@nysef.org
Hudson Valley	Nick Mancuso	New Paltz, NY	mancusonicholasp@yahoo.com
Niagara Frontier		inactive	
Non-New York State		inactive	
Collegiate Liaison	Julie Hinsdill	9160 Dean Rd. Boonville, NY 13309	(315) 942-5570 zimmerjm@yahoo.com
High School Liaison	open		

<b>At Large Representatives (not associated with a region)</b>		
Jason Hettenbaugh	Honeoye-Falls, NY	jason@rochesternordicracing.com
Bernie Gardner	773 Cheese Factory Road Honeoye Falls, NY 14772	(585) 624-3718 bernie.gardner@hflcsd.org
Rob Hinsdill (Points Scoring)	9160 Dean Rd. Boonville, NY 13309	(315) 942-5570 hinsdill@yahoo.com
Anna Gorbald	Pittsford, NY	anna_gorbald@pittsford.monroe.edu

<b>NYSSRA NORDIC</b>		
NYSSRA Nordic (President)	Tim Huneck	thuneck@nycap.rr.com

### **C. Mid-Atlantic Junior Website:**

The USSA Mid-Atlantic Division Handbook, race schedules, race results, current point standings, team information and Junior National Team selection criteria will be posted to the Mid-Atlantic Juniors link on the NYSSRA-Nordic, Inc. website:

[www.midaxc.com](http://www.midaxc.com)

## **2. USSA MID-ATLANTIC DIVISION JUNIOR NATIONAL TEAM: Athlete Qualifying Procedures and Policies**

### **A. Selection Criteria for the Mid-Atlantic Junior National Team:**

The Mid-Atlantic (Mid-A) Division of the United States Ski Association (USSA) is committed to developing excellence in cross-country skiing.

The Mid-Atlantic Division includes New York, New Jersey, Pennsylvania, Delaware, West Virginia, Maryland and the District of Columbia.

The Mid-Atlantic Division will be selecting a team this season for competition in the 2016 USSA Junior National Championships at Telemark Trails in Cable, WI (March 6 – 13): <http://xcjuniornationals2016.com/>

The Mid-Atlantic Competition Committee (MACC) has developed a team selection process for naming the USSA Mid-Atlantic Junior National team as stated below.

### **B. Licensing requirements:**

- 1) Athletes must have a current race season NYSSRA-Nordic membership prior to the first JNQ. It is the athlete's responsibility to have their NYSSRA-Nordic membership in place before the first JNQ. Sign-up online at [skireg.com](http://skireg.com).
- 2) To compete in the USSA Junior Nationals, athletes must be a cross-country competition-licensed member of USSA. Contact USSA online at [ussa.org](http://ussa.org), by mail at PO Box 100, 1 Victory Lane, Park City, UT 84060 or by phone at (435) 647- 2666 regarding membership. The Eastern Division must be listed as the athlete's home division in order to compete for Mid-Atlantic at the USSA Junior National Championships.
- 3) Any college skier who has not previously skied for Mid-Atlantic needs to submit an email of intent to the Mid-Atlantic Junior National Head Coach by January 1, 2016 stating that he/she wishes to compete for Mid-Atlantic at the 2016 USSA Junior National Championships.

### **C. Qualifying standards for the 2016 USSA Mid-Atlantic Junior National (JN) Team:**

- 1) Athletes who qualify through automatic USSA Qualifications (USSA rules 70.1.2 – 70.1.6). See the 2016 USSA Nordic Competition Guide for more details. These skiers can enter JN's as part of the team above the quota from their home division.
- 2) Up to 15 U18/U20 male and 15 U18/U20 female skiers (with no more than 12 athletes in each age/gender category) can be chosen for the USSA Mid-A JN Team. Up to 6 U16 male and 6 U16 female skiers can be chosen for the USSA Mid-A JN Team.
- 3) Automatic qualification for any skier who finishes in the top 40 on the final junior ranking list from the 2016 US Cross Country Championships (Houghton, MI). These skiers count towards the team's quota.
- 4) Final 2015-16 USSA Mid-Atlantic JN Team ranking list will be based on the following:
  - Athletes must complete a minimum of 2 Mid-Atlantic JNQ races.
  - A minimum of one freestyle and one classic points race will be used in the athlete's point average.
  - Athletes will be allowed to substitute 1 out-of-region race points from either the 2016 US Cross Country Championships or from a current season NENSA JNQ, which occur prior to the final Mid-A JNQ.
  - Athletes are responsible for submitting out-of-region race points to the Mid-A Competition Committee for verification.
  - USSA points calculation system will be used to score the Mid-A JNQ races.
  - If an athlete finishes in the top 5 in a Mid-A JNQ, the athlete's USSA 2015 list 7 overall points will be used to score the Mid-A JNQ. If an athlete does not carry USSA 2015 list 7 overall points, the athlete's points from the 2014-15 Mid-A JN Team final ranking list will be used and if those are not available, the athlete will be assigned 350.00 points for calculation purposes.
  - U18/U20 athletes will be scored and ranked together. U18/U20 athletes point race average must be below 300.00 to qualify for the 2016 USSA Mid-Atlantic Junior National Team.
  - U16 athletes will be scored and ranked separately. U16 athletes point race average must be below 350.00 to qualify for the 2016 USSA Mid-Atlantic Junior National Team.
- 5) Results from Mid-A JNQ races will be posted to the website within 24 hours after finish. Results from Mid-A JNQ races are final 48 hours after finish. Points from Mid-A JNQ races will be posted to the website within 72 hours after the finish. Points from Mid-A JNQ races are final 96 hours after the finish. It is the athlete's responsibility to verify that their Mid-A JNQ results and points are correct.
- 6) College skiers may qualify by any of the above listed methods for all skiers, or by one or more of the following methods:
  - a) Automatic qualification for the top 5 juniors on the final NCAA East, NCAA West or NCAA Central ranking lists (USSA rule 70.1.4). These skiers can enter JN's as part of the team above the quota from their home division.
  - b) Automatic qualification for any college skier who places in the top 20 overall at 2016 US Cross Country Championships.
  - c) Automatic qualification for any college skier who qualifies for the 2016 NCAA championships.
  - d) Have previously qualified for the USSA Mid-A Junior National Team and are racing on their college carnival team with at least 2 carnival finishes in the top 50 in an EISA carnival.
- 7) There is force majeure and Mid-Atlantic Competition Committee discretion to make exceptions to these qualifying standards.

**D. Mid-Atlantic Junior National Team Selection Priority and Naming:**

- 1) USSA Mid-Atlantic Junior National Team selection will be prioritized and named in the following order:
  - a) Athletes who qualify through automatic USSA qualifications as stated in USSA rules 70.1.2 – 70.1.6. See the 2016 USSA Nordic Competition Guide for more details.
  - b) Athletes who qualify through Mid-Atlantic qualification criteria, in order as stated above in part 2.C 1-7.
  - c) Any open spots may be filled by athletes based on the final 2015-16 USSA Mid-Atlantic JN Team ranking lists, first starting with U18/U20 athletes (up to 15), then U16 athletes (up to 6) at the discretion of the Mid-Atlantic Competition Committee.
- 2) Naming of the 2016 USSA Mid-Atlantic Junior National Team will be posted to the Mid-Atlantic Team website following the final Mid-A JNQ.
- 3) Appeal Process to the USSA Mid-Atlantic JN Team Naming:
  - a) Pay the \$50 check deposit to NYSSRA-Nordic, Inc. This deposit is refundable only if the appeal is upheld.
  - b) The appeal must be emailed within 24 hours of Mid-A JN Team naming to the Mid-A Chairman, Mid-A Junior Sub-Committee Chairman and the Mid-A JN Team Head Coach.
  - c) The appeal will be reviewed by the Mid-A Chairman, Mid-A Junior Sub-Committee Chairman and the Mid-A JN Team Head Coach. A decision will be made within 48 hours of team naming. This can be sent via email.

**E. Mid-Atlantic Team Rules and Guidelines:**

All athletes who have qualified and will compete for the USSA Mid-Atlantic Division at the USSA Junior Nationals will be expected to follow the rules and regulations set by the Mid-Atlantic Competition Committee and follow the USSA Code of Conduct (see part 4 of USSA Mid-Atlantic Division handbook). This includes competing in all races (both classic and skating), traveling with the team and staying with the team at designated housing throughout the duration of the event.

**F. Mid-Atlantic Sponsorship and Donation Distribution:**

Athletes in need of financial support should refer to the NYSSRA-Nordic Elite Racer Grant Program (as available) on the NYSSRA-Nordic website. Grant applications are reviewed December 15 and February 15.

### 3. USSA MID-ATLANTIC JNQ COMPETITION SCHEDULE

<b>Dec 30 2015</b>	<b>Event</b>	<b>NYSEF NORDIC JNQ (FREESTYLE)</b>
	<b>Site</b>	Olympic Sports Complex, Mt Van Hoevenberg, Lake Placid, NY
	<b>Info</b>	Mid-Atlantic JNQ start time: TBD distance: all racers 5 km
	<b>Registration</b>	entry fee: \$35 by 12/26/15. non-NYSSRA add \$5. no day of race registration. (race entry fee included with NYSEF NORDIC HIGH SCHOOL CAMP registration) register online at NYSEF.org
	<b>Contact</b>	Margaret Maher margm@nysef.org

<b>Jan 10 2016</b>	<b>Event</b>	<b>OLD FORGE POLAR BEAR JNQ (CLASSIC)</b>
	<b>Site</b>	McCauley Mountain, Old Forge, NY
	<b>Info</b>	Mid-Atlantic JNQ start time: 11:00 am distance: all racers 5 km. individual start.
	<b>Registration</b>	entry fee: \$25 by 1/6/16. \$30 day of race entry fee. non-NYSSRA add \$5. make checks to: Friends of the Polar Bears register online at SKIREG.com
	<b>Contact</b>	Janine Phaneuf neen54@gmail.com (315) 369-3240

<b>Jan 30 2016</b>	<b>Event</b>	<b>ORDA SUPERTOUR (FREESTYLE)</b>
	<b>Site</b>	Olympic Sports Complex, Mt Van Hoevenberg, Lake Placid, NY
	<b>Info</b>	USSA SuperTour and NRL / Mid-Atlantic JNQ / New England JNQ / FIS NYSEF Harry Eldridge Race Weekend start time: 10:00 am distance: sprint with heats ORDA webpage: <a href="http://www.whiteface.com/">http://www.whiteface.com/</a>
	<b>Registration</b>	entry fee: \$45/race or \$80 for 2 races. non-NYSSRA/NENSA add \$5. no day of race registration. all athletes must be a USSA member or have a 1 day-membership to race.
	<b>Contact</b>	ORDA

<b>Jan 31 2016</b>	<b>Event</b>	<b>ORDA SUPERTOUR (CLASSIC)</b>
	<b>Site</b>	Olympic Sports Complex, Mt Van Hoevenberg, Lake Placid, NY
	<b>Info</b>	USSA SuperTour and NRL / Mid-Atlantic JNQ / New England JNQ / FIS NYSEF Harry Eldridge Race Weekend start time: 10:00 am distance: U16 boys and girls 5km. U18/U20 boys and girls 10 km. mass start by race distance/gender. ORDA webpage: <a href="http://www.whiteface.com/">http://www.whiteface.com/</a>
	<b>Registration</b>	entry fee: \$45/race or \$80 for 2 races. non-NYSSRA/NENSA add \$5. no day of race registration. all athletes must be a USSA member or have a 1 day-membership to race.
	<b>Contact</b>	ORDA

## **4. USSA CODE OF CONDUCT**

Link to USSA Code of Conduct:

<http://ussa.org/ussa/ussa-code-conduct>

## **5. USSA MID-ATLANTIC ELITE TEAM**

### **A. Selection Criteria:**

- 1) U16 or older skiing for the USSA Mid-Atlantic Division
- 2) Top 10 American in World Junior Trial or U18 Scandinavian Trip Trial results for any one race involved in the qualification process for those trips
- 3) Top 10 American in their age group in any one individual race at the previous season USSA Junior National Championships
- 4) Collegiate skiers can be selected by qualifying for NCAA Nationals in their school's home division
- 5) U23 skiers can be selected by finishing in the top 15 Americans on the U23 result list in any race at US Cross Country Championships
- 6) Seniors can be selected by finishing in the top 25 Americans in any race at US Cross Country Championships

### **B. Naming and support benefits:**

Athletes can qualify during the 2015-16 season and will be named to the USSA Mid-Atlantic Elite Team in the spring. Elite Team athletes will receive free entry to Mid-Atlantic JNQs the following season and financial support (as available) to be used toward training camps and equipment.

## **6. DIRECTORY OF GOVERNING BODIES**

### **U.S. Ski and Snowboard Association (USSA)**

*The U.S. Ski and Snowboard Association provides opportunities for athletes in the most exciting Olympic action sports. It is driven by a vision to be best in the world with an emphasis on building character through strong personal values. The USSA's programs provide education, development and competition opportunities for young athletes, with from grassroots USSA club programs up through national teams and the Olympic Winter Games. The USSA is the national governing body for Olympic skiing and snowboarding, and the parent organization for the U.S. Ski Team, U.S. Snowboarding and U.S. Freeskiing. The USSA provides athletic programs in alpine skiing, cross country, freestyle, freeskiing nordic combined, ski jumping and snowboarding. Programs are implemented through a national network of over 400 USSA Clubs. Rule book, Code of Conduct and Athletes Rights and Responsibilities can all be found at the USSA website. <http://www.ussa.org>*

### **New York State Ski Racing Association (NYSSRA-Nordic, Inc.)**

*NYSSRA-Nordic, Inc. purpose is to serve as a coordinating body for all Nordic skisport related activity within New York State. Nordic skisport activities shall include but not be limited to: cross country skiing, biathlon, ski orienteering, jumping and Nordic combined. As such NYSSRA-Nordic shall work in conjunction with the designated national governing bodies of these discipline including USSA for cross country, jumping and Nordic combined, USBA for biathlon, and USOF in ski orienteering. Spring and fall meetings are held and are open to all members. <http://www.nyssranordic.org>*

### **New England Nordic Ski Association (NENSA)**

*The New England Nordic Ski Association (NENSA) is the Olympic development organization for cross-country skiing in New England as well as the umbrella for most organized Nordic skiing events in the region. NENSA hosts over 50 events and more than 20 clinics for skiers and coaches at venues across the Northeast. Cross-country skiing, as practiced by our youth skiers and families, is a lifetime activity firmly rooted in New England tradition. Cross-country ski racing, as performed in the NENSA Eastern Cup series, and at our Championship Events, is a fast, explosive, and visually dynamic sport. It is the mission of the New England Nordic Ski Association to implement year-round educational, recreational, and competitive programs at all levels of cross-country ski racing. NENSA works to sustain a vital and active skiing community in New England, and to provide the support structure necessary to bring athletes to their highest potential at regional, national, and international events. <http://www.nensa.net>*