

# **Mid-Atlantic/USSA Division** **Junior XC Skiing Handbook** **2008-2009**

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# **1. Division Information and Contacts**

## **A. Mission Statement:**

Mid-Atlantic 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. The division's goals for this region are: to implement on-going development programs which promote cross-country skiing and competition, provide pipelines to elite development programs, oversee Junior Olympic (National) qualifying events, policies and procedures, and to work closely with the New York State Ski Racing Association (NYSSRA Nordic) to develop youth ski programs such as Bill Koch Ski Leagues.

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

<b>Executive Committee</b>			
Chairman	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
Bill Koch Sub-Committee	Open Spot		
Treasurer	Bill Brooker	PO Box 677 Old Forge, NY 13420	(315) 369-6479 bbrooker@frontiernet.net

<b>Non-Executive Board Members</b>			
Eastern Liaison	Bill Brooker	PO Box 677 Old Forge, NY 13420	(315) 369-6479 bbrooker@frontiernet.net
Secretary	Julie Hinsdill	9160 Dean Rd. Boonville, NY 13309	(315) 942-5570 zimmerjm@yahoo.com

<b>Regional Representatives</b>			
Capital District	Tim Leach	North Creek, NY	tleachsr@frontiernet.net
Central LeatherStocking	Marie Birtle	Old Forge, NY	(315) 724-4932
Finger Lakes	Eric Metzler	Fairport, NY	coachmetzler@gmail.com
High Peaks	Margaret Maher	Lake Placid, NY	margm@nysef.org
Hudson Valley	Jon Stern	14 High Ridge Rd. New Paltz, NY 12561	(845) 255-7937 sternjs@msn.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	Bill Brooker	PO Box 677 Old Forge, NY 13420	(315) 369-6479 bbrooker@frontiernet.net

<b>At Large Representatives (not associated with a region)</b>		
Jason Hettenbaugh	Fairport, NY	jhetenb@vt.edu
Bernie Gardner	773 Cheese Factory Road Honeoye Falls, NY 14772	(585) 624-3718 bernie_gardner@hflcsd.org
Rob Hinsdill	9160 Dean Rd. Boonville, NY 13309	(315) 942-5570 hinsdill@yahoo.com
Open Spot		

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

The Mid-Atlantic Division Handbook, race results, current point standings, race schedules, team information and Junior Olympic team selection criteria will be posted to the Mid-Atlantic Division Junior link at [www.nyssranordic.com](http://www.nyssranordic.com)

**D. Mid-Atlantic Programs:**

**1) Bill Koch Development:**

Programs and format will be developed with the selection of a Bill Koch Representative. Information will be made available as this progresses.

**2) Junior and Senior Skier Development: Camps and Clinics**

Proper technique and fitness training are crucial to success in cross-country skiing. Mid-Atlantic coaches will be hosting several training days during the summer and fall which athletes are encouraged to attend. In addition, camps are held throughout New York State through NYSEF, JLS Sports, RXCSF and other organizations that focus on these elements. Information will be posted to the NYSSRA Nordic, NYSEF, JLS Sport and RXCSF websites as it becomes available.

**3) Coaches Development:**

The Mid-Atlantic Division is working on a format to provide clinics and workshops geared toward coaches in NY State, both at the High School and the Elite level. Information will be made available as this is developed.

## **2. Junior Olympic Team: Athlete Qualifying Procedures and Policies**

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

The Mid-Atlantic (Mid-A) District of the United States Ski Association (USSA) is committed to developing excellence in cross-country skiing. The Mid-A District includes New York, New Jersey, Pennsylvania, Delaware, West Virginia, Maryland and the District of Columbia. Mid-A will be selecting a team this season for competition in the 2009 USSA Junior Olympics in Truckee, California, March 7 – 15, 2009. The Mid-A Junior Committee has developed a team selection process for naming the Junior Olympic team as stated below.

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

- 1) Athletes must have a current race season NYSSRA Nordic license prior to the first JOQ. It is the athlete's responsibility to have her/his NYSSRA Nordic license and competition number in place before the first Junior Olympic qualifier. Sign-up online through [nyssranordic.com](http://nyssranordic.com) or mail membership application and check to NYSSRA Nordic, PO Box 413, Peru, NY 12972.
- 2) To compete in the Junior Olympics, athletes must be a competition-licensed member of USSA. Contact USSA online at [ussa.org](http://ussa.org), by mail at PO Box 100, Park City, UT 84060, by phone at (435)647-2666 or fax to (435)647-2052 regarding membership. The Eastern Division must be listed as the athlete's home division in order to compete for Mid-A at the Junior Olympics.
- 3) Any college skier who has not previously skied for Mid-A needs to submit a letter of intent to the Mid-A Chairman by January 1, 2009 stating that he or she wishes to compete for Mid-A at the 2009 Junior Olympics.

### **C. Qualifying standards for the 2009 Mid-Atlantic Junior Olympic (JO) Team:**

- 1) Athletes who qualify through automatic USSA Qualifications (USSA rules 70.1.2 – 70.1.5). See the 2009 USSA Nordic Competition Guide for more details. These skiers can enter JO's as part of the team above the quota from their home division.
- 2) Up to 15 J1/OJ male and 15 J1/OJ female skiers (with no more than 12 athletes in each age/sex category) will be chosen for the Mid-A JO Team. Up to 6 J2 male and 6 J2 female skiers will be chosen for the Mid-A JO Team.
- 3) Automatic qualification for any skier who finishes in the top 40 on the final junior ranking list from the 2009 US Nationals in Anchorage, AK. These skiers count towards the team's quota.
- 4) Athletes must complete 4 out of the 8 Mid-A JO Qualifiers. An athlete's 4 best point races will be averaged for a final Mid-A JO Team ranking list based on the USSA points calculation system. If an athlete has current USSA points and finishes in the top 5 in a Mid-A JOQ, the athlete's current USSA points will be used to score the Mid-A JOQ. If an athlete finishes in the top 5 in a Mid-A JOQ and does not carry current USSA points, the athlete's Mid-A points from the 2007-08 Mid-A JO final ranking list will be used first and if those are not available, the athlete will be assigned 350.00 points for calculation purposes. Athletes must count at least 2 out of the 8 Mid-A JO qualifying races. Athletes must count at least one freestyle point race and one classic point race. Athletes will be allowed to substitute up to 2 race points from either 2009 US Senior Nationals or current season NENSA JOQs, which occur prior to the final Mid-A JOQ. Athletes are responsible for submitting race points to the Mid-A committee for verification. J1/OJ athletes will be scored and ranked together. J2 athletes will be scored and ranked separately. An athlete's point race average must be below 350.00 to qualify for the 2009 Mid-Atlantic Junior Olympic Team.
- 5) 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 JO's as part of the team above the quota from their home division.
  - b) Automatic qualification for any college skier who places in top 20 at Senior Nationals.
  - c) Automatic qualification for any college skier who qualifies for NCAA championships.
  - d) Have qualified for the Mid-A Junior Olympic Team previously and are racing on their college carnival team with at least two carnival finishes in the top 50.
  - e) Qualify for the 2009 NENSA Junior Olympic Team.
- 6) Qualify for the 2009 New England JO Team.
- 7) There is a force majeure and Mid-A committee discretion to make exceptions to these qualifying standards.

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

- 1) The Mid-A Junior Olympic 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 – 70.1.5. See the 2009 USSA Nordic Competition Guide for more details.
  - b) Athletes who qualify through Mid-A qualification criteria, in order as stated above in part 2.C 1-7 (Qualifying standards for the 2009 Mid-Atlantic Junior Olympic (JO) Team).
  - c) Any open spots may be filled by athletes based on the final 2008-09 Mid-A JO Team ranking lists, first starting with J1/OJ athletes (up to 15), then J2 athletes (up to 6) at the discretion of the Mid-A Competition Committee.
- 2) Naming of the 2009 Mid-A JO Team will take place following the final Mid-A JOQ. All named athletes planning to attend the Junior Olympics are expected to attend the final Mid-A JOQ.
- 3) Appeal Process to the Mid-A JO Team Naming:
  - a) Pay the \$50 check deposit to the Mid-Atlantic Ski Division. This deposit is refundable only if the appeal is upheld.
  - b) The appeal must be in writing and turned in on the day of the Mid-A JO Team naming to either the Mid-A Chairman, Mid-A Junior Sub-Committee Chairman or the Mid-A JO Team Head Coach.
  - c) The appeal will be reviewed by the Mid-A Chairman, Mid-A Junior Sub-Committee Chairman and the Mid-A JO Team Head Coach. A decision will be made within 24 hours of team naming.

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

All athletes who have qualified and will compete for the Mid-Atlantic Division at Junior Olympics will be expected to follow the rules and regulations laid out by the MACC and follow the USSA Code of Conduct (see part 4 of Mid-A 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-A Sponsorship and Donation Distribution:**

There may be financial aid available to Mid-A skiers through sponsorships and/or donations made to the Mid-Atlantic Fund. From the total of all money donated within that year, 50% will go into the Mid-A account, to serve as support money for JO trip expenses. The remaining 50% will be distributed as follows:

- 1) Athletes who obtained All-American Status at the 2008 JO's and will be competing in the 2009 JO's will split the remaining money up to 25% of the trip cost.
- 2) If 25% of the trip cost is paid to those athletes and there is money remaining it will go to a scholarship fund. Any athlete competing in JO's can apply for a scholarship on an application basis for each cross-country ski season. Applicants must be current NYSSRA members and submit a letter of application, which states specific reasons for request and cites performance with examples of results. Deadline to submit letters of application is February 2, 2009. Letters should be mailed to Julie Hinsdill, Secretary – Mid-Atlantic Cross-country Division, 9160 Dean Rd., Boonville, NY 13309

### 3. Mid-Atlantic JOQ Competition Schedule (final as of) September 21, 2008

Dec 20	<b>Event:</b>	<b>World Famous Osceola Christmas Race JO Qualifier - Freestyle</b>
	<b>Site:</b>	Osceola Ski Center, Osceola, NY
	<b>Info:</b>	Sec III/JOQ/ESGQ/NYSSRA Series Qualifier, Free technique. Start time: 10:30am bkysl, 11am scholastic/open. 5km all racers
	<b>Registration:</b>	Registration 9-10:30am. \$15 by 12/17; \$25 after* Payable: Camden Ski Club. Register online nyssranordic.com
	<b>Contact:</b>	Julie Hinsdill, 9160 Dean Rd, Boonville, NY 13309, 315-942-5570

Jan 3	<b>Event:</b>	<b>Glens Falls JOQ - Freestyle</b>
	<b>Site:</b>	Crandall Park, Glens Falls, NY
	<b>Info:</b>	SEC II/JOQ/ESGQ/NYSSRA Series Qualifier. Freestyle. 10:00am start; juniors first, 5k all Junior women, 7.5k all Junior men, 7.5k all others BKYSL to follow
	<b>Registration:</b>	Registration closes 9:30 AM, \$15 Payable: Bob Underwood. Register online nyssranordic.com
	<b>Contact:</b>	Bob Underwood, 12 Pilot Knob Road, Kattskill Bay, NY 12844, 518-656-3127

Jan 17	<b>Event:</b>	<b>Rochester JO Qualifier – Duathlon</b>
	<b>Site:</b>	Pittsford Middle School, Pittsford, NY
	<b>Info:</b>	Sec V/JOQ/ESGQ/NYSSRA Series Qualifier. Duathlon classic/freestyle mass start. Start time: 11am 6.4km all women J2/J1/OJ/open/Master; 9.8km all men J2/J1/OJ/Open/Masters. Counts as either classic or freestyle
	<b>Registration:</b>	Registration closes 9:30am \$15 by 1/14 - \$20 late * Payable: Anna Gorbold. <u>Note:</u> write "Jan 26 race" on checks. Register online nyssranordic.com
	<b>Contact:</b>	Anna Gorbold, 3 S.Pittsford Hill Circle, Pittsford, NY, 14534 (585) 586-5096

Jan 18	<b>Event:</b>	<b>Rochester JO Qualifier – Classic Sprint</b>
	<b>Site:</b>	Pittsford Middle School, Pittsford, NY
	<b>Info:</b>	JOQ/ESGQ/NYSSRA Series Qualifier. Classical Sprint race, qualification in rounds. Start time: 10am
	<b>Registration:</b>	Registration closes 9:30 am \$15 by 1/14 - \$20 late. * Payable: Anna Gorbold. <u>Note:</u> write "Jan 27 race" on checks. Register online nyssranordic.com
	<b>Contact:</b>	Anna Gorbold, 3 S.Pittsford Hill Circle, Pittsford, NY, 14534 (585) 586-5096

Jan 24	<b>Event:</b>	<b>NYSEF JOQ/USSA NRL/ESG - Classic</b>
	<b>Site:</b>	Mt Van Hoevenberg, Lake Placid, NY
	<b>Info:</b>	NRL/JOQ/ESGQ/NYSSRA Series Qualifier. Classic Technique, Start time: 12 noon. 7.5 km for all racers.
	<b>Registration:</b>	Registration from 9:30-11:30am. \$30 by 1/21, \$35 after*. Payable: NYSEF Nordic. Register online at alpinereg.com closes Wednesday 1/21 8pm
	<b>Contact:</b>	Margaret Maher / margm@nysef.org / http://www.nysef.org

Jan 25	<b>Event:</b>	<b>NYSEF NRL JOQ/ESG - Freestyle</b>
	<b>Site:</b>	Mt Van Hoevenberg, Lake Placid, NY
	<b>Info:</b>	JOQ/ESGQ/NYSSRA Series Qualifier. Free technique, Start time: 10 am. 5k all J2. 10k J1/OJ/Open Women. 15k J1/OJ/Open men. BKYSL to follow. Lollipop 0.5k, J5 1k, J4 2k, J3 3k.
	<b>Registration:</b>	Registration closes 9:30am. \$30 by 1/21, \$35 after*. Payable: NYSEF Nordic. Register online at alpinereg.com closes Wednesday 1/21 8pm
	<b>Contact:</b>	Margaret Maher / margm@nysef.org / http://www.nysef.org

<b>Jan 31</b>	<b>Event:</b>	<b>Mid-Atlantic JO Championships - Classical</b>
	<b>Site:</b>	McCauley Mt, Old Forge, NY
	<b>Info:</b>	SecIII/JOQ/ESGQ/NYSSRA Series Qualifier. Classic technique. Start time: 12noon 5 km all racers. Bkysl at 1:30pm
	<b>Registration:</b>	Registration closes 11:30am. \$15 by 1/28 - \$25 after* Payable: Polar Bear Ski Club. Register online nyssranordic.com
	<b>Contact:</b>	Patty Foley, race secretary, PO Box 696, Old Forge, NY 13420; 315-369-2134

<b>Feb 1</b>	<b>Event:</b>	<b>Mid-Atlantic JO Championships - Freestyle</b>
	<b>Site:</b>	McCauley Mt, Old Forge, NY
	<b>Info:</b>	JOQ/ESGQ/NYSSRA Series Qualifier - free technique; Start time: 10:00am. 5km All J2's, 10km J1/OJ/open/master women, 15km JI/OJ/open/master men.  <b>JO Team, J2 Championships Team and Eastern High School Championship Team will be named following this Event.</b>
	<b>Registration:</b>	Registration closes 9:30am. \$15 by 1/28 - \$25 after* Payable: Polar Bear Ski Club. Register online nyssranordic.com
	<b>Contact:</b>	Patty Foley, race secretary, PO Box 696, Old Forge, NY 13420. 15-369-2134

## **4. Code of Conduct**

USSA members, including athletes, coaches, officials and volunteers must conduct themselves in a sportsmanlike manner, and are responsible for their actions in competitions, going to and from competitions, and while at areas hosting competitions. Members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the USSA national teams, camps or other projects when participating in such. Unsportsmanlike conduct may result in disqualification from an event and possibly prevent participation in future events.

Sportsmanlike conduct is defined as, but is not limited to: respect for competition officials, resort employees, and the skiing and snowboarding public, respect for facilities, privileges and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol\* and use of illegal or banned drugs.

\* Note: USSA considers the legal age for consumption of alcohol, as it pertains to USSA teams and projects, as 21 years of age or older, regardless of local law.

### Section 1

All members of USSA shall be subject to the jurisdiction of the International Ski Federation Statutes, the USSA Constitution and Bylaws, and the USSA Code of Conduct.

USSA members shall conduct themselves at all times and in all places as befits worthy representatives of their country, region, division, state or club and in accordance with the best traditions of national and international competition.

### Section 2

1. USSA members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for, the physical and emotional well being of others, and courtesy and good manners.
2. Competitors, coaches, and officials shall abstain from the use of illegal drugs and from immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official USSA or event organizer function. Members who do so risk being sanctioned for an alcohol related infraction.
3. No member shall violate the customs, travel or currency regulations of a country while traveling with a USSA group or on a USSA ticket.
4. No member shall commit a criminal act while representing USSA.
5. Members and/or participants in USSA calendared events will avoid profane or abusive language and disruptive behavior.
6. Competitors shall abide by the rules of competition in all events entered.
7. Members shall abide by USSA rules and procedures while traveling to and from and participating in official USSA team or development camps and competitions.

### Section 3

Failure to comply with any of the above provisions may lead to disciplinary action against competitors, coaches, or officials by the designated team leader. The disciplinary action taken can include:

1. Removal from the team trip or training camp;
2. Suspension from training and/or competition;
3. Elimination of coaching, travel, and other benefits.

Any action taken shall be applied fairly and equitably to all parties involved. To better understand the disciplinary actions permitted by USSA refer to the USSA bylaws.

### Section 4

1. Any athlete or official who uses any substance or material, by whatsoever route introduced into the body, with the sole objective to artificially increase performance-before or during a competition, is, by definition, engaging in doping, and shall be subject to immediate suspension procedures. Action with intent to violate this section of the Code of Conduct, whether successful or not, shall be sufficient to warrant suspension of the competitor.
2. In the case of coaches or officials, any person who participates in the violation of the rule in the preceding paragraph by encouragement or consent communicated to the competitor, or by furnishing prohibited materials or substances, shall be subject to suspension, or removal from the team or event (officials don't belong to the team).

### Section 5

At awards ceremonies conducted immediately following a competition where the competitors are in competition clothing,

competitors receiving awards must openly display the bib of the competition for which the awards are being given. This applies both to USSA members in USSA and/or FIS-sanctioned competitions as well as all competitors in USSA-sanctioned competitions that are not FIS-sanctioned.

Section 6

Nothing in this Code shall be deemed to restrict the individual freedom of a competitor, coach, or official in matters not affecting competition as a representative of USSA or the well-being of the team. In choices of appearance, lifestyle, behavior and speech while not traveling or competing with the team, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of U.S. Ski and Snowboard Association, including the U.S. Ski and Snowboard Teams.

Grievances, Suspensions and Appeals

The U.S. Ski and Snowboard Association is committed to principles of fairness, due process and equal opportunity. Members are entitled to be treated fairly and in compliance with USSA's Bylaws, policies and procedures. Members are also entitled to fair notice and an opportunity for a hearing before being prevented from participating in competition. Those rights are protected by Article IX of the USSA Bylaws, which prescribe procedures for grievances, suspensions and appeals. Information on the processes for grievances, suspensions and appeals is available at <http://www.ussa.org/>, or from your USSA club program.

I have read and understand the above code of conduct.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Parent or Guardian Signature

Date\_\_\_\_\_

Date\_\_\_\_\_

## **5. Mid-Atlantic Elite Team**

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

- 1) J2 or older skiing for the Mid-Atlantic Division.
- 2) Top 10 American in World Junior Trial or J1 Scando 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 Junior Nationals.
- 4) Collegiate skiers can be selected by qualifying for NCAA Nationals in their school's home division.
- 5) U-23 skiers can be selected by finishing in the top 15 Americans on the U-23 result list in any race at US Nationals.
- 6) Seniors can be selected by finishing in the top 25 Americans in any race at US Nationals.

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

Athletes can qualify during the 2008-09 season and will be named to the Elite team at the 2009 Spring Mid-A meeting. Elite Team members will receive an invitation to the REG Camp, free entry to Mid-Atlantic JOQs the following season and financial subsidization (as available) to be used toward training camps and equipment.

#### **2008/2009 Elite Team**

Steve Mangan (Honeoye-Falls Lima)

Carly Wynn (Queensbury)

Laura DeWitt (Northern Michigan University)

## **6. Directory of local support groups and governing bodies:**

### **A. Local support groups:**

#### **JLS Sports Training**

JLS offers an educational training environment for Nordic skiers in the Hudson Valley area. Winter, summer and fall programs include education on ski technique, nutrition, basic physiology, racing and equipment maintenance.

[http://www.geocities.com/jls\\_sports](http://www.geocities.com/jls_sports)

#### **New York Ski Education Foundation**

NYSEF offers full-time Nordic Training programs in cross-country skiing, biathlon, Nordic combined and ski jumping in Lake Placid and North Creek. <http://www.nysef.org> (under Nordic tab).

Partner ski academies: National Sports Academy <http://www.nationalsportsacademy.com>

Northwood School <http://www.northwoodschoo.org>

#### **New York State Ski Racing Association**

NYSSRA-Nordic is a membership organization, which works in conjunction with state and national governing bodies to support the development of the Nordic sports in New York State. NYSSRA-Nordic serves various disciplines of Nordic skiing, including biathlon, cross country skiing, ski orienteering, ski jumping, Nordic combined and telemark and publishes the annual Competition Manual for its members. Spring and fall meetings are held and are open to all members.

<http://www.nyssranordic.com>

#### **Rochester XC Ski Foundation**

Provide a structure for the development of cross country ski recreation, sport, and racing for all ages and abilities and serve as the coordinating organization for cross country skiing in the Greater Rochester New York region to both establish and expand already present links to regional, state, and national entities. <http://xcrochester.com/new/home.htm#>

### **B. Regional support groups:**

#### **New England Nordic Ski Association**

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 hosted or sanctioned over 45 competitive events and more than 20 clinics for skiers and coaches last year 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. 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>

### **US Olympic Training Center**

Serves Nordic skiers as well as other Olympic sports with sanctioned training and development programs and room and board for eligible athletes. (518) 523-2600

## **C. National support groups and governing bodies:**

### **Fédération Internationale de Ski ("FIS"), the International Ski Federation**

FIS performs several duties for the ski community. Their mission is to promote the sport of skiing, organize world ski championships, world and continental cups, to draft and impose sanctions, to prepare rules and make recommendations for recreational skiing, to serve as the highest court of appeals for protests and legal questions. <http://www.fis-ski.com>

### **US Ski Association**

The Ski and Snowboard Association (USSA) is the national governing body for Olympic skiing and snowboarding. Founded in 1904, the nearly century-old organization provides leadership and direction for tens of thousands of young skiers and snowboarders who share an Olympic dream. As a company, USSA's management and staff coordinate a nationwide program in seven distinctly different Olympic sports -- alpine, cross country, disabled, freestyle, ski jumping, Nordic combined, and snowboarding. The U.S. Ski Team has been based in Utah since in 1974, with the now U.S. Ski and Snowboard Association consolidating with the Team in Park City in 1988. Rule book, Code of Conduct and Athletes Rights and Responsibilities can all be found at the USSA website. <http://www.ussa.org>

#### **Other informative sites:**

US Ski Team <http://www.usskiteam.com/public/>

USSA <http://www.ussa.org> (membership information, NRL points lists, national schedules)

Faster Skier <http://www.fasterskier.com>

Team Today <http://www.teamtoday.org>

XC Ski World <http://www.xcskiworld.com>

XC Canada <http://canada.x-c.com/>