



**2022 New England Junior National Team
US Ski & Snowboard Junior Nationals Championships
Theodore Wirth Park, Minneapolis MN March 5th – 13th**

**Important Trip Information for Athletes and Parents
(PLUS, how to access google forms, order uniforms & pay for this trip)**

Greetings JN Athletes and Parents,

This packet is designed to give you information about logistics specific to the 2022 New England Junior National Team trip. *Please review all the info in this packet, **and most importantly, update your NENSA profile and complete ALL the links and payment, no later than Thursday February 24th at 9pm on our New England [JN Team Page on NENSA.net](#)***

You can give payment \$1900. if paying by check to Justin or Amie at the JN informational meeting & coach meet and greet this Sunday 2/20 at the final Eastern Cup race in Dublin NH when we name the team after the last race, or mail it to NENSA at: 49 Pineland Drive, Suite 301A, New Gloucester, ME 04260. There is also an on-line credit card payment option \$1957. total (use link on [JN Team Page](#)).

The JN coaching staff is very excited to be a part of this team and is looking forward to a great event at Theodore Wirth Park in the heart of Minneapolis MN! If you have any questions at all – please do not hesitate to contact Justin at Justin@nensa.net or 802-345-6720, Amie at Amie@nensa.net or 781-864-0545

Sincerely,
Amie & Justin

Justin Beckwith, NENSA Competitive Program Director & Head of NE JN Wax Team
Amie Smith, NENSA Executive Director & NE JN Team Leader

Trip Dates: Saturday March 5th – Sunday March 13th

Logistics & Travel:

The NENSA Junior National team members **will be responsible for their own air travel to the MSP (Minneapolis/Saint Paul) Airport on Saturday March 5th (morning or early afternoon arrivals please) with return flights home on Sunday March 13th (morning best, afternoon OK).** The JN staff (Amie and coaches) will be meeting our NE athletes at the MSP airport and loading athletes and gear into our AVIS rental vans for transport to our team hotel.

New England Team Housing:

Hampton Inn & Suites Minneapolis West – Minnetonka
10600 Wayzata Blvd Minnetonka, MN 55305
Phone 952-955-8855

Please bring cash (or credit card) for all your meals/snacks on your travel days. Our NE Team hotel reservations start at 3pm on Saturday 3/5, and our first team meal together is dinner that evening.

Our first team meeting will be after breakfast on Sunday 3/6. We will then break into age groups, and plan on a preview of the race course with your age group coaches. There is also an outdoor Opening Ceremony on Sunday afternoon.

Venue Location: Theodore Wirth Park, Minneapolis MN

Event websites:

Official event website: <https://www.loppet.org/juniornationals/>

There will be a JN Team Naming & Information Meeting on Sunday Feb 20th at Dublin, after the final EC races. NENSA welcomes all competitors to join us and celebrate the naming of the NE Junior National Team. After this ceremony there will be a JN Team informational meeting – to discuss the 2022 JN Packet & meet the JN Coaches. Please come if you know you will be on the team, or, if you may be on the team – all are welcome! At this gathering, you will be able to ask questions about the trip and turn in checks for JN payment. Because we are still in the midst of COVID, we will be naming a few more alternates to the team this year, in case a named athlete is unable to attend.

Trip COVID Information:

A lot has changed since our last JN's in Truckee CA when the Championships were called off mid-week due to the start of the pandemic ~ hard to believe that it was now 2 years ago...

That said, NENSA is committed to making this the safest trip we can given New England plans to bring our full team size of 42 athletes (plus autos) and 13 staff. We will travel to MN and stay in a hotel, eating, and training together. With that in mind we want to share our COVID mitigation plans with you all.

Please note that all participants in the 2022 New England JN team and attending JN's in MN this year (athletes and staff) must be vaccinated (including booster). All participants will need to upload their

vaccination cards into our NENSA google form on the [JN Team Page on NENSA.net](#). Parents who plan to attend should be too, and might be asked that question. [Read more here about NENSA's COVID Considerations](#). The Loppet Foundation and JN event organizers have their own set of COVID rules all divisions will also all be following - those links can be found [HERE](#).

We also encourage limited parent interactions during the event, ie. outside meetings and wearing masks when appropriate. To ensure our best chances of keeping athletes safe (the entire team) throughout the week we appreciate this compliance. Athletes should NOT: visit parents in hotel rooms, go out to meals with or travel with them in personal vehicles. Again we appreciate your compliance with these strict guidelines.

Testing – As per Minnesota and the Organizers Protocols for divisions to attend JN's - all JN athletes and staff will need to test no longer than 72 hours prior to departure.

The options are PCR for most participants and two, sequential, antigen tests for those who have been COVID-19 positive since December 6, 2021 (90 days prior to the event). Data has shown that people who have tested positive for COVID-19 will continue to test positive by PCR for up to 90 days. This link is also on our website on the [JN Team Page](#)

KN95 face masks will be worn at all times while traveling, in team vans and in any indoor building including our hotel (except in your own personal room).

We ask that each athlete bring 2 individual COVID test kits with them, in the event they develop symptoms. Any testing will be done only after talking with team leaders and or your age group coach.

If your child/athlete gets COVID during this trip then a parent/guardian has 24 hours to get to MN to retrieve them and any additional travel or lodging costs are incurred by the family.

If any athlete does become COVID positive, we will isolate them from the rest of the team until a parent/guardian arrives. This is an understanding we must have from all athletes and families before signing up to go to this event. NENSA and the JN coaches/staff cannot be responsible for anyone needing isolation beyond Saturday 3/12, and in all fairness to the sick athlete, and the rest of the team, we need them picked up from the team hotel as soon as possible.

A note from Matt Boobar - New England JN Head Coach

Dear Team New England,

Welcome to Team New England 2022 heading to the metropolitan city trails of MSP! We are super psyched to send all our top athletes to reclaim the Alaska cup and bring it home to NE after a week of lung and leg searing battles on the tracks..

Team NE had a commanding performance when we last raced there a decade ago. Since then the venue has gone through massive changes and improvements. One thing that has not changed is I know we can once again ski like champions on the city park courses. \

We are excited to debut the mixed gender relays. With a region as talented and deep as ours we will be able to assemble some fantastic teams!

I know we are all pumped to be back racing nationals after a year hiatus due to Covid. Let's remember we are still dealing with Covid. Also remember our responsibility to each other, the trip, our competitors, coaches, organizers, etc. to keep our covid mitigation game super tight. The bonus is we can also significantly reduce spreading common colds too! Stay healthy, stay fit, stay fast.

We want everyone on the trip working as one cohesive unit. Our greatest strength is that our entire region comes together for a massive collaborative effort. Amie, Justin and I have the coaches backs, the coaches have your backs. In return by being polite, prepared, positive and pumped up, you are proving you have the coaches and our entire region's backs. If we all have each other's backs, that is how we bring the AK Cup BACK!

The coaches and service team are there for you. They will be an awesome resource for support and education. Ask them questions and use their knowledge to better prepare and improve yourself.

One team, one goal: make everyone around you better

As you do your final preparations remember what got you to this point. Have confidence in that process and the outcome will come to you. The important thing to do now is show up organized, rested, and ready to bring back the cup!

Finally, congratulations, you made the team in the nation's strongest and deepest division!

Matt Boobar
Head Coach, Team New England

New England JN Staff:

Amie Smith	Trip Leader NENSA	781-864- 0545	Amie@nensa.net	NENSA Executive Director
Matt Boobar	Head Coach	570-594- 7555	mboobar@gosms.org	Stratton Mountain School

Justin Beckwith	Head of Wax Team	802-345-6720	Justin@nensa.net	NENSA Competitive Program Director
Adam Terko	Wax Tech Glide	(802) 355-687 1	adamrterko@gmail.com	Mansfield Nordic Club
Cate Brams	Wax Tech Glide	(617) 955-608 3	catebrams@gmail.com	EMXC
Alex Jospe	Wax Tech Kick	(617) 610-238 7	acjospe@gmail.com	SMS
Colin Rodgers	Wax Tech Kick	802-398-5122	croddgers@gmvs.org	GMVS

Age Group Coaches:

Jacob Volz	U20M	(907) 727-7437	jacob.volz@gmail.com	Gould Academy
Justin Fereshetian	U18M	(207) 616-6186	jfereshetian@waterville-me.gov	Quarry Road Ski Club
Evan Kendall	U16B	(207) 650-4381	ekendall@dublinschool.org	Dublin School
Hilary McNamee	U20W	207-227 -3324	Bigsassyhil@gmail.com	Ford Sayre/Dartmouth College
Sara Falconer	U18W	907-575 -9712	saranfalconer@gmail.com	Mansfield Nordic Club
Audrey Mangan	U16G	(585) 519-3506	audrey.mangan@craftsbury.com	Craftsbury Ski Team

Event Logistics:

All athletes are required to stay with the team throughout the entire competition. In case of emergency, call Amie, Trip Leader (781-864-0545) and/or Matt, Head Coach (570-594-7555).

Meals:

Breakfast, Lunch and Dinner will be at the Hotel, take-out style, and bag lunches. Special dietary requests can be accommodated but must be requested on the online athlete registration form.

Transportation:

It is just a few miles between our lodging and the racing venue. The NE Team will have passenger van transportation during the week to the venue for training, races, and for the scheduled off-site events – including the opening ceremony. There will be vehicles available for coaches to take athletes into town for grocery runs, etc. KN95 masks are required in all vans and a window will remain cracked for air circulation.

Please Note: Once on site with the team, athletes may not drive vehicles, or ride in vehicles driven by anyone other than a New England coach or parent, without permission from Amie or Matt.

Coaching:

The coaches for your age group will work with you on all aspects of this competition week, including organization, strategy, and waxing.

The staff of age group coaches will work with the head coach and team leader in a variety of different roles to meet the needs of the group.

The Team Leader Amie & Head Coach Matt will post the daily schedule and all meeting times on a white board/bulletin board at our hotel. Each nightly team meeting will focus on both general race preparation and specific information for the next upcoming event.

Tips on traveling and working with a large team:

While most often we will work in smaller age groups, understand that with over sixty athletes and coaches on our team, being on time is very important! All athletes and coaches must have a watch - yes, a watch, not a phone that has time on it!

What to do in preparation for racing:

A very well rested body during both competition week and its preceding week are very important. Learn from any peaks you've had in the past and analyze how many days of reduced volume and intensity you can get away with in order to be rested, and yet also stay in peak fitness. Increase the volume of fluids consumed. Increasing the amount of carbohydrates during competition week has been proven to assist in both recovery and energy levels. Also, very important - ski VERY easy on training days. With all of the energy and excitement of having friends and competitors around, it is easy to go too hard on your easy days. Have confidence in your level of fitness and in your plan and stick to it. Use the couple of days prior to racing to help you get comfortable with your new surroundings and the venue race trails.

Parents & Home Coaches:

Parents and home coaches are encouraged to spectate, to participate, and to support the team. Parents, who will be in Minneapolis and wish to help, contact Trip Leader Amie Smith at 781-864-0545.

Packing & Living:

In the time between now and departure, be sure to get lots of rest, follow the plan you have set with your coach, and get all your homework assignments ahead of time so that you won't be behind when you get home.

Dress Code:

Bring a nice shirt or sweater, khakis or nice jeans or a skirt, **and your team jacket for the awards.** Proper dress at an awards ceremony displays team pride.

Free Time:

While there is a lot to do during a race week, there is also a fair amount of down time. Be sure to bring homework, books and/or music to fill quiet free time. The age group coaches will be checking out some of the local sights and points of interest ahead of time, to share with you during your week in Minneapolis. There will also be study hall periods built into the schedule.

Packing List: (i.e., suggestions - so add what you need, being mindful NOT to over pack)

KN95 Face Masks – (10 total) two separate ones for both airline travel days (to be disposed of after traveling) as well as plenty of fresh masks to wear throughout the week. Masking is required in all vans and indoor space besides your own hotel room with your one roommate.

2 COVID individual tests (to use if you develop symptoms – see your age group coach before testing)

Race and warm up skis, poles, and boots – try to limit the number of skis you travel with.

JN Team uniform (SWIX tights and jacket mandatory) – if ordering new this year they will be shipped to the hotel and handed out at our first team meeting Sunday morning.

Additional ski suit and warm-ups

Hats, gloves, buffs, eye wear, sunglasses

Sun block & lip balm

Polypro underwear

Extra race day layers – base layers, gloves, socks etc.: (You warm up, sweat, wait, cool down, then if you race with wet layers = not good).

Wool socks

Running shoes for morning warm-ups

Respectable clothes for awards (see above)

Warm winter coat, hat, gloves, and boots

Toilet kit

Some things to read

Homework

Water bottle(s) and carrier

A sharpie (for putting your name on your new uniform and belongings!)

Personal waxes for training days (see note in wax section below)

Money for food on travel days (3/5 and 3/13) and any snacks or items you want to purchase during the week

Extras:

Ear Plugs: Will your roommate snore...?

Team Uniforms:

NE Team uniforms will be from our title sponsor Swix. NE JN Team members are expected to wear the new NE tights in all races. You will also need to have a team jacket, that you will be required to wear at all awards ceremonies. New England uniform *tops are optional* to purchase, and you are welcome and encouraged to wear your home club racing top. Information for ordering your Swix NE Team uniforms on-line, is listed in the forms section of this packet. You must order your Swix team uniform by no later than Friday 2/25 at 5pm. All uniforms will be shipped to Amie at our team hotel for distribution when we arrive.

Skis:

Please make sure that your skis are clean and kick zones are clearly marked before JNs. This means:

- all klister is removed from the sidewalls, and skis should be clean and free of any kick wax
- on classic skis: kick zones well marked, for both hard wax and klister zones (keep it simple!)
- each pair of skis is named/identified ("classic hard wax" "classic klister" etc.), and
- each pair of skis is marked (with your name as well) for identification purposes. These markings should be on the tips of the skis.

Please bring practice skis (skate and classic) in addition to your race skis. We will be working on your skis right up until your start time on most days, so you will need something to warm up on while the awesome Wax Team is preparing your skis. Do not bring "extra" skis beyond one pair of practice skis (skate and classic) that you would not race on.

Many skis will come with grind tags which will help us determine what conditions the ski is meant for – it would be very helpful if you do not have a grind tag, to write a quick note about a ski on the tip: for Skate (cold, warm, wet) and Classic (dry or kick wax, klister). **If you own zeros, bring them!**

Suggestion for preparing skis: PLEASE NOTE WE ARE 100% FLUORO FREE

Hot scrape skis with warm paraffin (**ie. Swix PS 8, Toko BP Red**). Then finish the skis with a cold wax to harden the base. This is completely adequate.

1. Apply wax with appropriate iron temperature @ 130, then immediately scrape the groove and surface of the ski. Switch ski, letting the first cool, repeat.
2. Brush ski surface, then apply cold wax to harden the ski (Swix CH4 or Toko Blue), iron temperature 145. Always make one continuous pass with the iron (no back and forth).
3. *Regardless of which preparation you choose, all skis should have the same final layer of glide wax to make ski-testing decisions easy and minimize work for the wax staff. **Swix PS 6 or Toko BP Blue would be ideal.***

If you feel your skis should be running faster than they are, consider using a reputable stone grinding service that specializes in Nordic racing skis to get fresh base material exposed. If your black ski bases get white or gray patches when you ski on them, re-saturation at a minimum is required, though this usually means it is time for a new grind.

We will be applying hand structure to skis frequently, so a basic “universal” grind is the best grind for the first pair of skis. If you have a second pair of skis for wet conditions, a moderate-wet grind is a good supplement. Ensure that you re-saturate your skis with wax if you have them ground.

Wax: The 2022 Junior National is a fluor-free wax Championship!

NENSA and the waxing staff cover race day wax and service. Athletes and age group coaches are responsible for their own wax on training days. We will have irons and wax remover for you there. Please pack a small variety of fluoro-free wax inside your luggage - a few multi range kick waxes, a cork, and a personal scraper should suffice. Please put your name on all your ski and wax equipment.

NENSA CODE OF CONDUCT for Junior National Trip and REG Camps:

Standards of Conduct ~ ALL ATHLETES and PARENTS must READ ~ Thanks!

NENSA looks to maintain values of fairness and honor in all aspects of cross-country skiing. To these ends, NENSA expects licensed athletes, coaches, officials, and members of NENSA-sponsored teams to maintain high standards of honesty and sportsmanship by, among other things:

1. Respecting the health and safety of other competitors.
2. Respecting the rules of competitions.
3. Respecting the role of race officials, volunteers, and spectators.
4. Respecting the guidance of coaches and trip leaders on NENSA-sponsored teams and trips.
5. Refraining from disruptive behavior while on a NENSA-sponsored team or trip, including, *zero* tolerance on underage drinking, use of illegal drugs, tobacco, vaping, rowdiness, or repeated non-cooperation.
6. Abiding by the rules of NENSA sponsored trips (JN’s, REG camps, U16 camps) set forth for that trip, including team lights out time (bedtime), remaining in your own room, and not having visitors in your room after team lights out time.
7. Zero tolerance on the use of banned substances in cross-country skiing, racing, and training (See USOC list of banned substances). Subject to the procedures below, serious violations of these standards of conduct can lead to sanctions including suspension or loss of competition license, and in turn may result in being barred from NENSA sanctioned events or suspension or dismissal from NENSA-sponsored teams. Inquiry into any potential violations and sanctions will be made by the NENSA Judicial Committee, in consultation, where appropriate, with coaches, and leaders of NENSA teams.

It is a privilege to be on the New England Junior National Team and we expect all athletes to behave as such. The coaches and wax techs are volunteers, many using their vacation time to be a part of this team with you all. We expect everyone to be always on their best behavior, to be leaders, and set a great example to the rest of the nation.

Disciplinary Procedures:

Applicable procedures depend on the type of sanctions in question. "Non-competition sanctions" encompass any form of discipline that does not preclude the person involved from participating in future competitions but may affect participation or placement in a competition or trip during which a sanctioned violation occurs.

Any violation of the above, but especially #5, #6 & #7 above will result in being immediately sent home from the team trip/camp, or potential loss of your spot on a future camp or trip.

THIS Page have EVERYTHING you need to sign up and pay for this trip:

Please update your personal on-line data on your NENSA membership profile, sign waivers and pay by no later than Thursday, February 24th at 9pm. If you qualify for JNs, you must update your NENSA membership on-line profile (see below) and make payment by that date - otherwise you will forfeit your spot and alternates will be named.

All JN trip forms and signatures are on-line at www.NENSA.net Please go to: [2022 JN Packet / Payment Information - New England Cross Country Skiing](#) This is the link to the NENSA.net page where you can:

1. ***Log into your NENSA membership profile to complete and/or edit all required information including and especially the JN Team Questions & Year =2022 (plus emergency contacts, medical, allergies, insurance) PLEASE UPDATE these!!*** Your roommate preferences are also listed here.
2. Make on-line payment (Trip COST is: \$1900. by check, or \$1957. on-line (via credit card)
3. Fill out google form to submit Vaccination Card
4. Fill out our airline TRAVEL plans google form
5. Order your SWIX Team uniforms! *Order your uniforms before the Friday 5pm 2/25 deadline – all team uniforms will be shipped to Amie in MN for distribution upon arrival.
6. Fill out google form to submit Negative COVID test (72 hours prior to travel)
7. Order your LUNCH for the week.

*Registration for EISA skiers who may qualify for NCAAs and are waiting on the last races, or EISA skiers who may qualify via the EISA Junior Quota. ***Deadline for acceptance and paperwork for these college athletes (top 5 juniors on East NCAA list and those who may have an option to go to NCAA's), is Sunday February 27th, at 5pm with Payment due at that time.*** Those skiers should be in touch with Matt Boobar AND Justin Beckwith immediately. *As always NENSA will make a temporary exception for "surprise qualifiers" or athletes with specific hardships. NENSA's Competitive Program Director, Justin Beckwith, justin@nensa.net, must approve all exceptions.*