

# MVNT Program Handbook



Methow Valley Nordic Ski Team is a community based organization that promotes and supports the enjoyment of Nordic skiing and racing in young people. Through the collaborative efforts of families, coaches, community members and sponsors, this high quality program is made accessible to any motivated family.

## **Mission Statement**

The mission of the Methow Valley Nordic Team is to share a love of nordic skiing with Methow Valley Youth!

We believe in fun, commitment, challenge and excellence.



## Welcome

Welcome to the Ski Team! We are glad you've decided to join us. You and your children can look forward to a fun and productive year of skiing with the Methow Valley Nordic Team. This manual is intended to provide answers and information about almost all aspects of the Methow Valley Nordic Team.

## Ski Team Organization

The Methow Valley Nordic Team is part of the non-profit Methow Valley Ski Education Foundation. We are a non-profit, local, self-funded group that provides a world-class cross-country experience for kids six to eighteen years old. From learning to ski to improving technique, from improving fitness to developing competitive endurance, from growing as a person to developing and practicing life values, from having fun and skiing with friends to creating the memories of a lifetime, the Methow Valley Nordic Team provides all of these experiences through Nordic skiing.

### HOW IS THE SKI TEAM ORGANIZED?

Skiers are organized into different groups based on age and ability. The list below shows how the groups may be organized. Groups are subdivided into smaller groups of skiers with similar skills. The groups are determined at the beginning of the ski season, and may change after observing and assessing skiers' physical, technical, social and behavioral needs.

U8 (approx. 5-7 yrs old)

U10-U12 (approx. 8-12 yrs old)

U14 & Older Development (Devo) Team (approx. 12-18 yrs old)

U14 Competition (Comp) Team (approx. 12-14 yrs old)

U16 & Older Competition (Comp) Team (approx. 14-18 yrs old)

Nationally, athletes are organized and ranked according to their age. Below is the National rating system that we refer to skiers by, ages based on age as of December 31:

U20 (Older Junior) 19-18 yrs  
U18(Junior 1st Level) 17-16yrs  
U16 (Junior 2nd Level) 15-14  
U14 (Junior 3rd Level) 13-12  
U12 (Junior 4th Level) 11-10  
U10(Junior 5th Level) 9-8  
U8 (Junior 6th Level) 7 and younger

## WHAT ARE THE GOALS OF EACH GROUP?

### U8:

Learn the basics of cross-country skate and classic technique, play and have fun on skis, learn to be responsible for ski equipment, develop age appropriate fitness and to have enough fun to want to continue skiing in the future!

U10: Refine and develop classic and skate technique, play and have fun on skis, learn to be responsible for ski equipment, develop age appropriate fitness, continue to enjoy the sport enough to continue.

U12: Refine and master classic and skate technique, play and have fun on skis, learn to be responsible for ski equipment, develop age appropriate fitness. Consider becoming more involved in ski specific training.

### U14 & Older Development (Devo) Team

Refine and master classic and skate technique, play and have fun on skis, learn to be responsible for ski equipment, develop age appropriate fitness. Additional outcomes of the Devo Team are to keep our kids skiing throughout high school, even if they don't want to race, provide an opportunity for older kids to join the program in high school, and to move interested kids from the Devo team to the Comp team. The Devo team also provides an array of ski experiences for participants, including an overnight Rendezvous Hut Trip at the end of the season (for U14 age skiers), point-to-point skis, and other regional and local event opportunities.

### U14 Competition (Comp) Team

Refine and master classic and skate technique, play and have fun on skis, learn to be responsible for ski equipment and waxing, develop fitness for racing. Additional outcomes of the U14 Comp Team are to introduce kids into competitive racing, training plans, goal setting and race tactics.

### U16 & Older Competition (Comp) Team

Refine and master classic and skate technique, play and have fun on skis, learn to be responsible for ski equipment and waxing, develop fitness for racing. Additional outcomes of the U16+ Comp Team are to allow skiers to excel in competitive racing, training plans, goal setting and race tactics.

## Expectations of MVNT Skiers, Parents and Coaches

It is our expectation that all members of the Methow Valley Nordic Team honor in practice and intent the philosophy upon which our team was founded. The team promotes good sportsmanship, teamwork and support for fellow team members. The following MVNT expectations are meant to help ensure the smooth running of our program so that everyone can ski to his or her potential and have fun.

Every MVNT skier, parent and coach should:

1. Attend scheduled training sessions, unless sick or other conflicts prevent participation. Please try to alert your coach or Program Director if your or your athlete can not attend. Be on time and ready!
2. Athletes are expected to participate in volunteer obligations such as Trail work days on the McCabe trails and with Methow Trails trail work days when scheduled.
3. Be responsible for personal equipment, the team's equipment and team facilities and be properly prepared for each day of training or racing.
4. Support fellow team members, show respect for competitors, and exhibit exemplary sportsmanship.
5. Demonstrate high standards of moral and ethical conduct, including self control and responsible behaviors, consideration for others' physical and emotional well-being, and courtesy and good manners in public.
6. Treat with respect the coaches, volunteers, and parents who help make this program possible.
7. Team members should refrain from use of alcohol, tobacco in any form, marijuana or performance enhancing drugs.
8. Write thank-you letters to team sponsors every year.
9. Any skier who is exhibiting signs of contagious illness, i.e. fever, nausea, green sinus discharge, mucousy cough, etc. is not allowed to ride in the team van or with other kids. Skiers and Parents should use good judgment and consider teammates by alerting the Coach/team that they are ill. Alternatively, if the Coach believes a skiers state of health is a danger to other skiers he or she may request that the skier not participate. If a Coach is sick they will attempt to find a replacement Coach.

Inappropriate actions or behavior will be brought before the MVNT Committee for review. Sanctions include, but are not limited to, the following:

1. Withholding of team financial support.
2. Temporary or permanent suspension from the team.

MVNT has values consistent with the Methow Valley school system and any suspension from school will result in an equivalent suspension from MVNT training and racing. A skier has the right to appeal any decision of the MVNT Committee.

## Affiliations

United States Ski & Snowboarding (USSA) is the governing body of skiing in the United States. Methow Valley Nordic Team tries to follow the basic development plan set out by USSA. There are many resources available at [www.ussa.org](http://www.ussa.org).

All athletes that compete in regional qualifying races for Junior Nationals must be USSA members. Regional "citizen races" do not require USSA membership (such as the Ski Rodeo).

Pacific Northwest Ski Association (PNSA) is an independent organization that manages ski racing in the northwest in partnership with USSA. Information on the regional nordic programs can be found at [www.PNSA.org](http://www.PNSA.org). Athletes participating at Junior Nationals represent the PNSA division. When athletes sign up with USSA they pay a PNSA fee.

## Ski Practice

Cross-country skiing is comprised of two basic styles: classic/diagonal stride and skate/freestyle. Athletes on the Methow Valley Nordic Team learn both. For all skiers, two different types of skis are needed. The simplest classic skis have fish-scale bottoms that grip the snow. Skate skis have a smooth bottom with no grip or kick zone.

### PRE-SEASON TRAINING (A.K.A. DRY-LAND TRAINING)

Dry-land training/pre-season training takes place before the first snow. In the dry-land activities, skiers take uphill hikes to strengthen their leg muscles and play games together to build team spirit. All skiers are invited to participate in dry-land training beginning in November. Between the first week or second week of December, on snow ski team practice starts for most of our teams. Practice usually includes a combination of games, skill-building drills, and group skiing.

### U16 & OLDER COMP TEAM PRE-SEASON TRAINING

Spring - spring training starts the beginning of April through May one-two days a week. A spring training plan will be given to athletes with multiple "on your own" workouts that should be completed by the athletes. Please check the website or call the coach for costs, dates and times. A minimum of five sign-ups are required for Spring Training to officially go.

Summer - summer training the beginning of June (sometime after the last day of school and graduation) 3 days a week. A summer training plan will be given to athletes with multiple "on your own" workouts that should be completed by the athletes. Please check the website or call the coach for costs, dates and times. A minimum of five sign-ups are required for Summer Training to officially go. Three to four Summer Training Camps are held throughout our region that we highly encourage our athletes to attend.

Fall - fall training starts mid-September through the beginning of November, two to three days a week. A fall training plan will be given to athletes with multiple "on your own" workouts that should be completed by the athletes. Please check the website or call the coach for costs, dates and times. A minimum of five sign-ups are required for Fall Training to officially go.

## Practice Locations and Times

U8-U12: practice on Tuesdays and Thursdays. Skiers should arrive at the practice venue ready to go by 3:15/3:30 PM. It is very important to start on time because darkness falls very early in early winter. Practice ends around 4:30 pm, but you should return to the practice area by 4:20 in case it turns cold and the kids stop early. During the longer, sometimes warmer days of February, practice may go an extra 15 minutes. Some groups who might ski longer point-to-point skis or groups that want more time on skis might go until 5 pm. Regardless, your coach or the Program Director will alert you if practices are expected to go longer.

U14 & Older, Comp and Devo practices start right after school. We allow time for travel and waxing classic skis. Skiers should show up with the proper skis, properly prepped for practice. U14 Comp squad practices Tuesday, Wednesday and Thursday from 3:30 to 5:00/5:30 (depending on the workout, technique, waxing conditions and goals for the day). Devo skiers practice TU and TH. Coaches will try to be more specific week to week when practices should end and what time to pick up your athlete. The U16 and older comp team practices Tuesday, Wednesday, Thursday, sometimes Friday and Saturday. The team races many weekends throughout the season. Travel days may interfere with school on races farther away. Practices end at approximately 5:15-5:45 pm.

### PRACTICE LOCATIONS

Chickadee Trailhead—starting point for the popular Sun Mountain trail system. Reach Chickadee from Patterson Mountain Road (the road to Sun Mountain Lodge). Go past Patterson Lake and the Sun Mountain Cabins, and turn left into the Chickadee parking lot. 15 min. From school.

Methow Valley Community Trail-, Town trailhead—also called the MVC trail, or town trail. The parking lot is located on the north side of Twin Lakes Road at Highway 20 just south of the Winthrop Bridge, next to Winthrop Fitness Center. 5 min from school.

Wolf Ridge Resort—from Highway 20 at the Winthrop bridge take Twin Lakes Road to Wolf Creek Road (first right). Follow this road approx four miles to the Wolf Ridge Resort. Turn right into the resort area to park. Tight! 15 minutes from school.

Mazama Corral—Take Highway 20 north from Winthrop about 15 miles, go right at the Mazama turn-off. Proceed about ½ mile to the parking lot at the end of the road. 25 minutes from school.

McCabe Trail @ LB Schools— We gather in the open area along the back parking lot of the school. Please park in the middle of the parking area so the buses can turn around the outside at school.

### Team Office

Beside the Winthrop Red Apple. Access the office door from the Red Apple Parking lot. 910 State Route 20. First office on the left.

## Equipment and Clothing

### CLOTHING

Put on ski clothes before coming to the practice site; there are no changing rooms. Most kids get dressed at school. Don ski boots in the car, and carry your skis and poles to the trailhead. Kids should always arrive at practice with hat, gloves and a jacket. Ski team jackets will be provided to each skier after registration, to use for the season. Appropriate pants that can keep an active skier warm and protected from the wind are best. Downhill/snowboard pants are usually too bulky and/or too hot for most Nordic skiers. The same goes for downhill/snowboard jackets.

#### GEAR AT A GLANCE:

- Classic "fish-scale" skis and ski poles for classic skiing. Waxable classic skis for U14 and older skiers and some U12 skiers.
- Skate skis and poles for skate skiing
- Ski boots, usually one pair of "combi" boots works well.
- Some practice days are designated for classic skiing and others for skate skiing.  
**Read your emails and consult the Practice Schedule for your child's age group on the website.**
- Long underwear or other light layers
- Synthetic or wool socks
- Synthetic pants
- Water-resistant team jacket (shell)
- Gloves or mittens
- Hat or headband REQUIRED

#### U16 & OLDER COMP TEAM (ADDITIONAL GEAR)

- Heart Rate Monitor-optional but recommended!
- Water bottle and water bottle carrier
- Rock skis (classic and skate)
- Roller skis (MVNT has some roller skis to loan)
- Cork for kick wax
- Watch
- Training food
- Personal email address

Final Note: **your child needs not just some, but every item on the list.** Skiing is hard work. It causes sweating. A skier without appropriate clothing quickly becomes chilled in winter weather.

### FOOD

Have a healthy snack on the way to practice (like a Power Bar or Granola Bar). Skiing is hard work and most kids need an energy boost before practice.



## SKIS

Classic and skate skis, bindings that match your athlete's boots, and classic and skate poles. MVNT works with local rental shops to provide the quality gear at great prices. Information will be provided about local rental programs during the fall. If your child has never used cross-country equipment before, you should rent a ski package. Other resources for obtaining equipment include buying equipment at any sporting goods store. However, unless you know exactly what kind of equipment your child needs, renting equipment may be a better option than purchasing. Always have your child professionally measured before making any purchases.

## TRAIL PASSES

Currently Methow Trails does not require trail passes for skiers 17 and younger. This is great for our skiers! Parents are required to have passes if they are skiing during practice on the Methow Trails trail system. We will make an effort to do some trail work for Methow Trails as well as on our own McCabe trails to help keep our wonderful trails in great shape and as support for Methow Trails for their great program of kids skiing free. Each family should make a good effort to attend these sessions.

## Emergency Action Plan

### Purpose

The Methow Valley Nordic Team (MVNT) program procedure for emergency action is designed so that coaches have clear and simple direction when responding to emergencies. The Emergency Action Plan (EAP) must be followed in any emergency so that a breakdown does not occur. Coaches will be given specific duties by the program director or lead coach in the event of an emergency consistent with this EAP.

### Responsibility

The Methow Valley Nordic Team head coach/program director is responsible for ensuring all MVNT coaches are informed of the Emergency Action Plan.

**First Aid Assistance - First Aid Kit is located in the MVNT van, also several lead coaches have backpacks with first aid kits and radios.** When a skier, coach, or parent requires first aid assistance, they are to report the injury, regardless of severity to a coach on duty. The coach will provide first aid assistance and document the incident. When first aid response is beyond the coach's ability, they will stabilize the injured person and ensure emergency services are called. \*Call 911 for ambulance & EMT.\*

### Lost Child

. One person stays in parking lot with radio, each search team has radio to communicate back to parking lot. If skier cannot be located, contact Methow Trails or Sun Mountain Lodge or other trailhead facility for snowmobile and/or call parents. If skier still cannot be located, call Aero Methow.

### Steps to Follow when an Injury Occurs

#### **Step 1: Control the environment so that no further harm occurs**

- Stop all participants, secure the scene
  - Protect yourself – wear gloves if bleeding or suspect bleeding
  - If outdoors, shelter the injured participant from the elements & from any traffic
- Keep injured party warm-it will be a while before help arrives!

**Step 2: Do a first assessment of the situation**

If the participant has any of the below..... **call 911** & activate the Emergency Action Plan

- is not breathing
- does not have a pulse
- is bleeding profusely
- has impaired consciousness
- has injured the back, neck or head
- has a visible major trauma to a limb
- cannot move their arms or legs or has lost feeling in them

If the participant does not show the signs above, proceed to Step 3.

**Step 3: Do a second assessment of the situation**

- Gather the facts by asking the injured participant as well as anyone who witnessed the incident
- Stay with the injured and try to calm them; your tone of voice & body language are critical

**Step 4: Assess the Injury**

Have someone with first aid training complete an assessment of the injury & decide how to proceed. If the person trained in first aid is not sure of the severity of the injury or there is no one available who has first aid training, **activate the Emergency Action Plan or CALL 911**. If the assessor is sure the injury is minor, proceed to step 5.

**Step 5: Control the return to activity**

Allow a participant to return to activity after a minor injury only if there is no:

- Swelling
- Reduced range of motion
- Deformity
- Pain when using the injured part
- Continued bleeding

**Step 6: Record the injury on an accident report form & inform the parents.**

**Location Addresses:**

- **Mazama Corral Parking Lot** - 420 Goat Creek road, Mazama, Nearest phone & AED machine is at the Mazama Store -. (509-996-2855)
- 
- **Liberty Bell High School McCabe Trail** – 24 Twin Lakes Road, Winthrop nearest phone & AED machine: LBHS inside building
- 
- **Chickadee Warming Hut and Trailhead** – nearest phone, snowmobile and AED machine Sun Mountain Lodge, 604 Patterson Lake Road Winthrop, WA 98862, (509) 996-2211
- 
- **Brown’s Farm Trail Head** – nearest phone Brown’s Farm Bed and Breakfast, 887 Wolf Creek Road
- Winthrop, WA 98862 509-996-2571

**Emergency Contact Numbers**

\*\*\*\*\* **Emergencies call .....911** \*\*\*\*\* ambulance, fire & police

**Other contact numbers**

1. Leslie Hall 509-996-6000 (program director)

2. Laura McCabe 341-9777
3. Betsy Devin Smith 996-3159 (outdoor emergency care tech)

### **Local Medical Clinics**

|                                      |          |
|--------------------------------------|----------|
| Country Clinic, Winthrop             | 996-8180 |
| Methow Valley Family Practice, Twisp | 997-2011 |
| Aero Methow                          | 997-4013 |

## **Communication and Announcements**

**The primary mode of communication is the Website:** Check the Practice Calendar updated Sunday evenings on our website, <http://methowvalleynordic.com/practice-schedule/> find the page with your child's group in the drop down menu.

Emails: Weekly emails regarding practice location and technique MAY be sent, usually Sunday evening.

Phone: Or you may call Program Director (996-6000) your athlete's coach or Head Coach for more information or for updates about the schedule.

## **Communication Pathway**

In order to maintain a healthy focus on skiing and skier development MVNT has developed a procedure designed to assist all members with communicating in a sensible and constructive manner. Should issues, questions or concerns arise from parents or skiers the following protocol should be followed:

1. Consult with your respective coach
2. If necessary, consult with respective age group lead coach
3. If necessary, consult with Program Director
4. If necessary, consult with the MVNT Committee via written letter or email

MVNT staff and/or Committee will respond as soon as possible to ensure the needs of the skier, parents, MVNT Staff and Coaches are properly addressed.

## **Volunteers and Ski Team-Sponsored Events**

The Ski Team hosts several fun activities for all skiers and their families, including:

- **Last-Day-of-Practice** pictures, hot dog cookout at McCabe trails, fun and games
- **End-of-Season Potluck** usually held at the Liberty Bell High School. Bring a dish or two to share, your own silverware and plates/bowls
- **Championship Fundraisers**: To raise money for older athletes traveling to Championship events. Usually three during the year: Cutthroat burrito feed, opening day brat sale and another brat sale.
- **Races and Travel**: Anyone is welcome to join the team at races, but you should

check with the coaches first to find out if it is an appropriate race for your skier. Comp team skiers will have first use of the Van, starting from oldest to youngest. Skiers 12 and under likely need a parent along but there can be exceptions so check in if you have an avid young racer. We recommend that kids try racing in the Valley before traveling to a race. The Ski Rodeo in December and Hanz's Big Adventure (usually in February) are great starter events.

- **Trail Work:** We schedule trail work days infrequently on the McCabe trail and as a community service for Methow Trails since they allow all our kids to ski for free. Please attend these days regardless of your skiers age! There is always work that needs to be done.
- **Race of the Methow** A junior qualifier (USSA sanctioned) race held most winters. This is a great event to learn about racing and how it works. We always need volunteers and we have events for kids of all ages (4-84!).
- **Pursuit Race** Sponsored by Methow Trails, this is their signature event of the season. We will likely provide them with a group to run aid stations-fun! They do sometimes have relays that kids can participate in, but generally the distance is a bit much for the younger skiers.
- **Holiday Ski Camp** We host two holiday camps: one in December and one in February. These are open (for a fee-reduced if you are on the Team)to skiers aged 6-12 ish. Generally two half days of skiing instruction, games and fun.
- **Grooming the McCabe trail** We maintain our own trails at LBHS so if you are interested in joining the grooming crew, contact the Program Director!
- **Hanz's Big Adventure** You'll be hearing more about these events as the ski season progresses. A fun event at the McCabe trail where skiers follow an obstacle course and guess their time for the ski event. Kids of all ages welcome and several different distances are available.

**Parental Assistance** We offer a parent's class during the winter for a fee and can help direct parents to other classes if they are interested. Also we try to host annual waxing clinics and/or provide information on local waxing clinic opportunities. If parents want more information on how the team runs, check with the program director for a new parent handbook. Also there is a possibility of setting up a mentorship with an experienced family. Ask other families in your child's age group if you would like to establish a carpool to practice!

## Coaching and Being a Coach

If you already know how to ski and can make a weekly commitment, consider becoming a parent-coach. Volunteer coaches have their fees waived at the level of U12 skier for one child. (Currently \$160) AND if they are willing to coach two days a week, may be eligible for a Methow Trails season pass.

All volunteers who could have unsupervised contact with the kids are required to complete a standard Washington State Patrol background check which is required by state law. This includes parents who volunteer as coaches, as well as parents who accompany kids in the van or on trips.

## COACHS' DISCRETION

The coaches have the best interest of ALL ski team members at heart. They want to provide the best possible ski experience for your children. Generally, we form groups by age and ability. Since children develop at different rates, however, there may be times when the coaches use their best judgments to place a child in a different group, based on social interaction, physical abilities, or motivation. The coaches welcome input from and discussion with parents on these issues.

## Team fees and Financial Assistance

### TEAM FEES

Team fees are reviewed annually, overseen by the Program Director and approved by the Steering Committee. Please check [www.methowvalleynordic.com/juniors/ski-programs](http://www.methowvalleynordic.com/juniors/ski-programs) for our most up-to-date fees.

Some Financial Assistance is available for families in need. Please find information in the **Financial Assistance tabs**.

### SPECIAL FUND FINANCIAL ASSISTANCE POLICY

The Methow Valley Nordic Ski Education Foundation (MVNSEF) supports financial assistance for athletes participating in special events and programs due to exceptional achievements and performance. This financial assistance is to help the athlete offset expenses incurred from participating in these events such as lodging, food, race fees and travel. Examples of these special events are foreign or international competitions that an athlete has had to qualify for.

In order to qualify for financial assistance, the athlete must submit expenses that are not being covered by other programs such as the U.S. Ski Team or any event host. The athlete shall work with MVNSEF to develop a fundraising strategy. While we encourage the athlete to help market themselves to potential donors, they must not solicit funds directly channeled to themselves. All donations, sponsorships, and funds must go through MVNSEF. This is important as to be sensitive to existing relationships already established or ones that may be established in the future. Any athlete soliciting donations and funds directly to their personal account will be not be eligible for MVNSEF financial assistance

## Races and Travel

### Races

Parent help is welcomed and necessary at races. Refreshments, course help, start/finish area assistance, and cheering are all needed and helpful. No experience is necessary for most of these duties.

## Photos

Any photos you take, please share. We have several team photographers (parent volunteers) each season and will try to post many photos and make them available to all.

## Goal Setting

The team coaches consider cross country skiing and racing good metaphors for life. Skiers can learn valuable lessons for everyday life from their ski experiences. One of those lessons is goal setting.

All of us learn best when we get positive feedback from our efforts. The positive feedback given by achieving a goal is one of the biggest helps in succeeding at skiing. Unfortunately, the setting of goals is often poorly understood and practiced, which can lead to disappointment and frustration on the part of young skiers.

Goal setting is appropriate for all skiers, and will take different forms as the skier matures. Successful goal setting is like any other skill: It takes practice. We will emphasize "task oriented" goals, as opposed to "results oriented" goals.

Task oriented goals allow goal setting to progress in small, realistic steps. For example, a skier establishes a specific goal such as "I'm going to ski this course without falling" or "I'm going to ski all the up hills smoothly with good technique", or "I usually go out too hard in races; this time I'm going to ski the first half relaxed and pick up the pace for the second half." Establishing task oriented goals like these allow ANY skier to feel the rewards of success.

A results oriented goal is usually out of the skiers' control. If your goal is to "beat Jenny", how will you control what Jenny does? If Jenny has the race of her life that day, our skier might also ski exceptionally well, but if she is measuring herself against Jenny, she won't recognize her own success. There are many examples of worthwhile goals that will help make you a better skier and be proud of yourself for doing what you set out to do.

The coaches will be helping kids establish personal task oriented goals and working to achieve them. We are happy to talk with both you and your parents about goal setting.

We want both parents and kids to have realistic expectations about results, based on their level of commitment.

## Out of Town Travel

Participating in out of town races is an exciting and rewarding opportunity available to MV Nordic Team members. U16-U20 skiers must travel in order to qualify for Junior Nationals. The Team van will be used for out of town travel by the team and selected local team events. All racers who travel to races in the van are expected to room with the team. In order to travel to races without parents, skiers must be at least 12 years old and meet team

expectations. Traveling racers who are younger than 12 must be accompanied by a parent or another designated adult.

Travel expenses depend upon the number of skiers, accommodations and cooking facilities. We always strive to make the trips as inexpensive as reasonably possible.

There are opportunities to apply for financial aid for race travel. Check the financial aid section of the website.

Coaching and waxing are covered by MVNT for U14+ comp skiers.

Parents are welcome at out of town races. Please let us know if you will be attending and how you can help.

## Junior Nationals and Designated Fundraising Events

### Cost

The cost to attend these championship events varies from \$1000 to \$1300 per skier. MVNT budgets money for championship expenses for those who qualify. To receive the entire amount, the skier must do all of the following:

- Qualify in accordance with PNSA standards.
- Join USSA (application available online at [ussa.org](http://ussa.org)).
- Work volunteer hours
- Auction a ski dream at the Donor Dinner or online auction and follow through with it.
- Work at certain fundraisers. Participating in U16-U20 championship fundraisers: These fundraising efforts are in addition to the hours required for general team fundraising, and the money earned is in addition to the money budgeted to the team account.
- Write sponsor thank you letters.
- Prepare fundraising presentations for local service organizations.

The team expects racers and parents to provide the remainder of the funds by: Requesting funds from local organizations, such as Twisp Kiwanis, Winthrop Kiwanis, and Liberty Bell Booster Club. This requires scheduling and preparing a presentation. Also athletes can apply for PNSEF grants-see below!

### Applying for a PNSEF grant:

Apply to [www.pnsef.org](http://www.pnsef.org) for a grant for help with championship event expenses.

## Methow Valley Biathlon Program

Biathlon is an Olympic sport that combines cross country skiing with rifle marksmanship. Methow Valley Biathlon Association (MVBA) was formed in the fall of 2002 to promote the sport of biathlon and offer our junior Nordic Ski Team members exposure to another related Nordic event. Participants must be at least 9 years old and members of the Methow Valley Nordic Team. Biathlon is a complimentary sport to Nordic skiing and the Team encourages participation.

For more information: contact Betsy Devin Smith 996-3159, email:

## MVNT Financing

### **How does the Ski Team raise money?**

The Ski Team engages in a number of annual fundraising activities. A major fundraiser (this may change year-to-year) comprises almost half of our annual operating budget! Please plan to participate in any way that you can.

Corporate sponsors donate cash, equipment, facilities and services that make it possible for the ski team to function cost-effectively for all members.

All families are expected to volunteer on some level.

Money raised at these fundraisers supports our staff (Program Director, bookkeeper and lead coaches), overhead (office rent and incidentals), our van, insurance for the program, etc. If you have questions, feel free to contact a MVNT committee member.

Individuals donate funds through charitable contributions, either at an annual fundraising dinner in early November, or throughout the year via direct charitable gifts. If registration fees exceed costs, funding for the team is also contributed from fees charged for adult classes, clinics and camps.

## MVNT Committee

The Methow Valley Nordic Team committee is appointed by the MVNSEF board of directors to oversee the Nordic Team, including taking the lead in fundraising, organizational structure, fiscal management, program direction, and parent/community relations. The board of directors has the ultimate responsibility for establishing, reviewing, and approving all MVNT policies or decisions relating to the operation of the team and the well being of its members.

Directors are elected annually at the spring General Meeting for staggered three-year terms. Committee members are appointed by the board of directors. We welcome anyone interested in joining either group to express their interest in helping.

## Frequently Asked Questions

### **What should I do on the first day of practice?**

When you arrive at the practice site, make sure your child is wearing proper footwear and carrying their equipment (skiing is not allowed in any parking lot). Follow the crowd to the trailhead and look for any of the coaches. The practice session will seem chaotic at first, but don't despair. Groups soon form. Sometimes the program director holds a group circle. The older kids take off on the trails.



The coaches assess your child's skill level by observing their activities during game time, and over the next several practices. If you have any questions or concerns about the group that your child has been assigned to, contact our Program Director.

### **As a parent, what should I plan to do during ski practice?**

Parents are not required to participate in ski practice. Popular activities for parents during practice include:

- Help the skiers don their skis for the day and help with classic waxing if necessary.
- Skiing on the trails by themselves or with friends. Please note that you must obtain a Methow Trails trail pass to ski on all of the trails in the Methow Valley aside from the McCabe trail. Daily and seasonal trail passes are available at many locations throughout the Valley. For more information, call MVSTA at 996-3287.
- Accompanying one of the ski groups around the trails. We recommend that you go with a group that does not include your child, so as to minimize distraction for both the parent and child.
- Hanging around at the trailhead (some of the practice sites have a clubhouse), or
- Running errands in town.

Because ending times vary, always ask when you should return. In poor weather conditions, or cloudy conditions that cause early darkness, practice may end earlier than usual.

### **What about carpooling to practice?**

There is no formal carpooling program, but you are encouraged to make arrangements on your own with families that live near you.

### **What is the minimum level of involvement expected of parents?**

Some limited volunteering and ensuring that your skier(s) arrive at practice on time and ready to go and are picked up on time.

### **What about parents that want to learn to ski?**

All parents are encouraged to learn to ski! If you've never been cross-country skiing, we recommend that you rent some skis and give it a try. You can take formal lessons at many locations around the valley (Sun Mountain Lodge, Town Trailhead, Mazama Ski School) or you can join our Parent Class which will run for 6 weeks after Christmas break, one day/week during practice. Information about parent classes will be available in the Fall through the Program Director. At every practice, there are many parents who ski on their own during practice time. It's always fun to tag along with friends and get in some practice of your own. Remember your trail pass (see #16).