

Racing

Methow Valley Nordic encourages skiers to race as we believe it enhances the skiing experience by enabling athletes to be challenged, to use technique in varying situations, to set goals, and to handle successes and disappointments. We do not require that anyone race and we aim to make each skier's racing experiences as positive as possible. Though competition can be intimidating, it is an opportunity to test abilities learned, similar to a recital in music or dance, or a test in school.

There are several local racing opportunities and more in the greater Pacific Northwest region and in British Columbia. We support the regional races and encourage athletes to attend. Racing schedules with information on the suitability of the event will be provided early in the season and posted on the website.

At the Arctic Fox and Polar Bear level, the local Ski Rodeo and Hanz's Big Adventure are both great opportunities to introduce skiers to events. Ski to Sun also has a relay component which is a great way for younger skiers to be involved. We encourage all racers to ski in their respective age categories and to participate at an age appropriate level. Generally, younger skiers race shorter distances and compete in fewer events during the season.

Regional **Washington Cup** races are good opportunity to test out racing on regional scale. There are usually 4-5 Washington Cup races each season, they are mostly free. Information on these races which make up a season long series can be found at: <https://www.wncup.org/>.

Skiers ages 9-12 are eligible to participate in the **BC Midget Championships**. We usually send a coach and strongly encourage skiers to attend this weekend long event (when it is within a reasonable distance). We encourage skiers that might like to attend this event to participate in at least one local race first.

The PNSA Junior National Qualifiers target skiers ages 14-19 but often have events for younger skiers. To participate in these races, skiers must be members of US Ski and Snowboard. A general membership is adequate unless the skier is 14-19 and plans to attend national level events such as US Senior National Championships or Junior National Championships. (see Affiliations) There are usually three JNQ's in the region and one Super JNQ that we attend, often in Utah. The Wolverines are geared towards these events with athletes setting goals for the season and working towards success at some level of racing. Wolverines are encouraged to participate in these events but it is not mandatory.

Junior National Team selection information can be found at <http://www.pnsa.org/cross-country>. Once a skier reaches this level there will be guidance at our fall informational meeting. Junior Nationals is a week of events (4 races) held in different regions in the US with about 400 skiers attending. PNSA usually takes a team of 35 or so selected from our regional JNQ's.

Relay Team Selection: Some of the events we attend include a relay where three to four skiers will be part of a team. These are often the most fun events of the season. Skiers will consistently push beyond their usual racing abilities in relays. It can be difficult to decide who races on what relay team. Our belief is that all skiers should have an opportunity to

participate in the relays; we will select the strongest teams we can from the athletes in our group. We look at results, with the most recent weighing most heavily, commitment and racing abilities.

Funding: All skiers pay for their own race registration fees and travel expenses to races and expenses at the race. If it is a team supported event, the coach attending will give an estimate of costs ahead of time and once skiers commit and attend, they will be billed by the Team after the event. There is some financial aid available for larger trips (Super JNQ, Junior Nationals, Senior Nationals, Canadian Championships) which families must apply for ahead of time through the Training and Racing Financial Aid procedure.