

# 2018 Midwest Junior National Team



**Location:** Soldier Hollow, Midway Utah

**Trip Dates:** March 3 - 11, 2018

## **Contact Info and Team Coaches**

Piotr Bendarski, Head Coach, Loppet Nordic Racing

[Bednarski@loppet.org](mailto:Bednarski@loppet.org), 952-237-0765

please direct all team naming and points questions to Piotr Bednarski.

Chris Harvey, Trip Leader, Loppet Nordic Racing

[harvey@loppet.org](mailto:harvey@loppet.org), 612-963-2327

please direct all trip logistics questions to Chris Harvey. Flights, travel, forms, etc...

## **Wax Staff**

Scott Putman, Head Kick Wax Coach, Ashwaubenon Nordic Ski Team

Liz Peterson, Head Glide Wax Coach, Endurance United

Andrew Joda, Wax Tech, Loppet Nordic Racing

Thomas Kendrick, Wax Tech, MYSL

Joe Haggemiller, Wax Tech, CXC Skiing

## **Age Group Coaches**

Deno Johnson, Nordicwerks Ski Klubb

Kim Rudd, Loppet Nordic Racing

Ted Theryl, Chippewa Valley Nordic

Julia Curry, Loppet Nordic Racing

## **Support Staff**

Elizabeth Smith, Physical Therapist

Pete and Dolly Zweig, Team Cooks

## **Important Websites:**

Midwest Team Information <http://cxcskiing.org/pages/programs/midwest-junior-national-team/trip-information-athletes.html>

2018 event website - <http://www.xcjuniornationals2018.com/>

## **Update on snow conditions from event host**

At the current time, we have a 2.5km loop, and it is 1m deep. The 1.3km sprint loop is within this 2.5km. We have started working on an additional .5km, in hopes of increasing the loop to 3km. Our forecast is for warm and dry conditions for the next two weeks. Our plan is to begin salting the courses to prevent snow loss to the best of our ability. We're experiencing a warmer and dryer winter than normal.

### **Trip Fees:**

Trip fee is \$2,200 and must be paid at the Team Naming Meeting at Mt Itasca on Feb 18<sup>th</sup>. Trip fee includes group flight (MSP to SLC), lodging, transportation (during week), entry fees, food, and waxing support. Three meals a day will be provided starting with dinner on the evening of March 3<sup>rd</sup> and ending with breakfast on Sunday. The trip fee does not include team uniform and jacket. If you are new to Midwest team see team uniform and jacket section below.

Checks are the only method of payment accepted and should be written to **Midwest Junior National Team**. Checks should be given directly to Chris Harvey on Sunday February 18, 2018 at the Mt Itasca Junior Cup race.

### **If not attending the Team Naming Meeting please send forms and payment to:**

Chris Harvey  
8227 12<sup>th</sup> Ave S, Bloomington MN 55425

### **Trip Acceptance and Forms/Payment Received**

All forms and payment must be **received** by Wednesday, February 21st, 2018 if you are not attending the Team Naming Meeting. After February 21st, your spot is forfeited and alternates will be invited to join the team.

#### How to Decline your Spot-

- 1) you decline your spot on MW team by **not** submitting forms/payment by Wed Feb 21st. absence of forms and payment will be taken as declining your position.
- 2) you can decline your spot via email to Piotr Bednarski [bednarski@loppet.org](mailto:bednarski@loppet.org)
- 3) you cannot decline your position on the phone or verbally

#### How to Accept your Position

- 1) submit forms and pay fee in person at the team naming meeting on Feb 18th
- 2) submit forms and pay fee via mail received by Feb 21 to Trip Leader Chris Harvey

### **Forms needed:**

- #1 Code of Conduct
- #2 Athlete Participation and Emergency Information

### **Ski suit and Jacket:**

Anyone new to the Midwest Team must purchase a race suit and team jacket on Podiumwear's website by Midnight on Tuesday February 20th, 2018. Cost of team race suit and jacket is \$300.

To order your uniform go to: <https://www.podiumwear.com/team-storefront/midwest-team-2018-jackets-and-race-suits/>  
password: midwest

### **Lodging**

Zermatt Resort via [Midway Vacation Properties](#)  
784 Resort Dr, Midway, UT 84049  
The team has 10 x 2 bedroom condos rented.

### **Food**

The Midwest coaching staff is happy to have Pete Zweig and his wife Dolly along the trip as team cooks. Pete has been with the Midwest team twice before at the previous Soldier Hollow and Stowe junior national trips. Special food needs (Gluten Free, Vegetarian, Allergies, etc) must be listed in the athlete participation form.

### **Flights**

The team will be on two group flights departing Saturday March 3<sup>rd</sup> and returning Sunday March 11<sup>th</sup>.

Group Flight #1 – all twin cities athletes plus half the coaching staff  
DL / 2795 03MAR2018 MSP 655A SLC 853A  
DL / 1440 11MAR2018 SLC 555A MSP 920A

Group Flight #2 – all outstate MN and WI athletes plus half the coaching staff  
DL / 1440 03MAR2018 MSP1130A SLC 121P  
DL / 1280 11MAR2018 SLC1000A MSP 135P

### **Luggage and Team Box Truck**

All luggage will go onto a team box truck driven out by two coaches to Utah. The Midwest team will not be paying for any checked luggage. A detailed box truck schedule will be sent out after team naming. The truck will pick up luggage from various locations on it's way out of the Midwest. Everyone should plan to have all checked luggage bags packed and ready to deliver to the truck Feb 28<sup>th</sup>. The truck will not be going to everyone's house so plan anywhere from 30 – 2 hrs travel time to deliver gear bags to the truck.

### **Day Schedule**

Saturday March 3<sup>rd</sup> – travel day, arrival at Zermatt  
Sunday March 4<sup>th</sup> – Skate prep day  
Monday March 5<sup>th</sup> – Classic prep day  
Tuesday March 6<sup>th</sup> – 5km/10km Classic Interval Start  
Wednesday March 7<sup>th</sup> – Skate Sprint  
Thursday March 8<sup>th</sup> – Off day  
Friday March 9<sup>th</sup> – 5km/10km/15km Skate Mass Start  
Saturday March 10<sup>th</sup> – 3x3km Relays, Banquet and Awards Ceremony  
Sunday March 11<sup>th</sup> – Depart for MSP

# **Midwest Junior National Team**

## **Athlete Code of Conduct**

Participation on the Midwest Junior National Team (MW Team) is a privilege. Along with that privilege comes expectations and responsibilities. As an athlete participating in MW Team-sponsored activities, I will strive to meet those expectations, abide by the responsibilities, and uphold the spirit of this Code of Conduct:

### **SPIRIT OF CODE**

MW Team athletes are expected to be good citizens and exemplary human beings in everything that they do.

### **PERSONAL BEHAVIOR**

MW Team athletes will:

- Respect the rights and beliefs of others and treat others with courtesy and consideration in all circumstances;
- Be fully responsible for their own actions and the consequences of their actions;
- Respect the rights and property of others;
- Be gracious, respectful and humble in victory and in defeat;
- Respect and obey the rules of the team and the laws of the community, state and country and show respect to those who are responsible for enforcing those rules and laws.

### **COMPETITION RULES**

MW Team athletes will abide by all FIS/USSA competition rules and procedures governing all races in which they compete as an MW Team athlete, including events sponsored or governed by the sport's national governing body as well as citizen events. MW Team athletes are responsible for knowledge of and adherence to competition rules and procedures.

### **POSITIVE SPORTING ATTITUDE**

MW Team athletes are expected to display an excellent sporting attitude at all times and will treat all other athletes, coaches, volunteers, parents, spectators, and officials with respect. Fair play and respectful behavior is expected of all athletes during training, racing and team activity and includes appropriate racing etiquette and sportsmanship. Kind and supportive behavior is expected at all times. Profanity in any situation is not acceptable.

### **ABUSIVE BEHAVIOR NOT TOLERATED**

MW Team does not tolerate abusive behavior. Abusive behavior includes harassment, sexual harassment, intimidation or bullying, including verbal and online communication, and can take many forms, including insults, slurs, rumors, jokes, innuendos, drawings, pranks and gestures.

## **FAILURE TO COMPLY**

Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader. Non-compliance may take the form of a single infraction, or a pattern of behavior that collectively rises to the level of an infraction.

Disciplinary action for an athlete may include:

- Verbal warning, which will include a discussion with the athlete that specifies the infraction or behavior at issue
- Written warning and a discussion with the athlete and his or her parents
- Probation period of a specified duration depending on the severity of the infractions, during which where repeat or similar offenses will result in more severe consequences
- Suspension from team training and other MW TEAM events for a specified period depending on the severity of the infraction
- Suspension from race
- Removal from a team trip or training camp
- Elimination of coaching, travel, and other benefits
- Expulsion from MW Team for an indefinite period or permanently

Suspensions, other removal of membership privileges, or expulsion will not result in a refund of fees for the benefits forfeited.

Determinations about whether and to what extent this Code of Conduct has been violated, and the consequences of any violation, will be made by the MW Team coaching staff in their sole discretion. The staff will gather information about any instances alleged to constitute a violation or pattern of behavior before making a decision on disciplinary action. For disciplinary action of suspension or a more severe discipline, the decision will be discussed among at least three staff members.

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Athlete signature

Date

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Athlete printed name

# 2018 Midwest Junior National Trip Athlete Participation and Emergency Information

Athlete Full Name (as listed on passport or driver's license) \_\_\_\_\_

\_\_\_\_ Yes, I accept my nomination to the 2018 Midwest Junior National Nordic Ski Team

\_\_\_\_ I decline my position on the 2018 Midwest Junior National Nordic Ski Team

Date of Birth: \_\_\_\_\_ Athlete's Cell Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

Parent 1 Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Parent 2 Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

USSA #: \_\_\_\_\_

High School or College Team Ski Team: \_\_\_\_\_

USSA Club Team: \_\_\_\_\_

Affiliation to be Shown in Results: \_\_\_\_\_

Roommate Requests: \_\_\_\_\_

Food - special needs: \_\_\_\_\_

If unable to contact parent, please call: \_\_\_\_\_ Phone No.: \_\_\_\_\_

Any Medical Issues Coaches should know about (allergies, asthma, medications, etc...)

\_\_\_\_\_

Health Insurance Company and Policy Number:

\_\_\_\_\_

In case of serious accident, illness or emergency requiring immediate medical attention and team coaches are unable to locate me, I hereby authorize my child to be taken to the nearest emergency room.

Parent / Guardian Signature: \_\_\_\_\_