



## **I. Midwest Junior Committee By-laws**

### **A. About Midwest Junior Committee**

The Midwest Junior Committee (Committee) is the governing body of Midwest Junior National Team (Midwest Team) that competes at the USSA Cross Country Skiing Junior National Championships (JNs). All criteria, by-laws and rules for Midwest Junior skiing and development are set forth by this body. This includes but is not limited to the governance of the Midwest Junior National Team and CXC Junior Cup Races.

### **B. CXC Junior Cup Name Change**

Junior National Qualifiers will now be called the CXC Junior Cup. The new name better describes the race series. Junior Cup weekends are more than just qualifying races for MW team. Follows suit with Youth Cup and Marathon Cup.

### **C. Junior Cup Goals**

- Provide the highest level of racing for juniors
- Bringing the top junior athletes together on a regular basis
- Stepping stone to national events and collegiate racing
- Provide experience racing on technical and vertically challenging courses comparable to national events
- Races are split evenly between sprints, mass starts, and interval start (1/3rd each)
- Races are spread out geographically
- Promote year-round training within clubs and training groups
- Select athletes for the Midwest Team and NENSA team
- Opportunities to score USSA points and improve USSA points profile when racing with college and senior athletes
- Exposure to senior and collegiate athletes
- Schedule should help Juniors racing at Senior Nationals
- Select the best team possible for JN's and ensure that athletes are well prepared for JN's

## **II. Midwest Junior Committee Make-up**

### **A. Voting Members**

The Committee's voting members are comprised of any coaches who are licensed coaches for both Central Cross Country Ski Association (CXC) and United States Ski and

Snowboard Association (USSA), and have attended either the spring junior committee meeting or the Central Regional Elite Group (REG) Camp. A voting member must be a current coach of a registered CXC or USSA club or high school team. Each registered club or high school team can only have one voting coach. Anyone can attend the junior committee meetings, present agenda items and participate in discussions. However, only the official members may vote.

#### **B. Committee Meetings**

The Committee meets three times each year: a weekend in spring, a selected date during Regional Elite Group Camp (REG) and during the first Junior National Qualifier weekend. The Executive Committee (executive committee includes head coach, two wax coaches and the trip leader) will communicate in November to name the Junior National coaches. Each even-numbered year, the committee meets a third time at Junior Nationals (JNs) for the sole purpose of selecting a Trip Leader for a two-year term.

#### **C. Committee Chair**

The Committee shall be represented on the CXC board by the Midwest Junior National Team Head Coach. That person will also serve as the Committee chair. The term for a chairperson coincides with their term as head coach.

### **III. Junior National Coaching and Roles**

#### **A. Coaching Certification Requirements**

All coaches selected to the Midwest Team must have current USSA and CXC coaches license at least a week before the day of departure to the JNs and USSA Level 100 coaches' certification before the first JNQ weekend.

#### **B. Head Coach**

The Head Coach position is a two-year term selected each even-numbered year during the spring meeting of the Committee. Applications for Head Coach are due to the Trip Leader and CXC Executive Director in written form or via email before April 15. The Trip Leader and CXC Board representative will then turn them over to the junior committee for selection.

##### **1. Head Coach Responsibilities**

- Represent Committee at CXC annual meeting
- Act as chairperson for Committee
- Attends all meetings at JNs
- Seeds athletes as required at JNs
- Sets weekly schedule in conjunction with other coaches
- Leads all team and coaches meetings
- Selects two wax coaches in the summer prior to JNs
- Selects coaches as part of the executive committee involving two wax coaches and the trip leader

##### **2. Requirements for head coach**

Four years JN Coaching experience preferred, three minimum to apply, applicants cannot vote for position, applicants will be asked to write up a paragraph outlining their

qualifications to the Trip Leader as a part of their application and will be asked to speak on those qualifications at the spring Committee meeting.

### **C. Trip Leader**

The Trip Leader is a two-year term which starts during the Junior Nationals each odd numbered year. Trip Leader selection will be made at a mid-week meeting at Junior Nationals ensuring he or she can attend the national junior committee meeting at JN's. To apply for Trip Leader, an applicant must have three years of Junior National coaching experience and submit an application to the Head Coach by Junior Nationals. The Trip Leader receives a stipend of \$1,000 at the conclusion of JNs in recognition of the hundreds of hours this job entails.

#### **1. The general responsibilities of Trip Leader are as follows**

- Organizes logistics of the JN trip
- Books air transport, ground transport, lodging, and arranging for meals
- Compiles JN entry forms
- Collects all fees from athletes
- Develops the budget for JNs and handles all finances for the trip.
- Works with the head coach to develop the daily schedule at JNs

#### **2. Requirements for Trip Leader**

To apply for Trip Leader an applicant must have three years of Junior National coaching experience. Applicants cannot vote for the position. Applicants will be asked to write up a paragraph outlining their qualifications and submit it to the head coach prior to Junior Nationals. They will be asked to speak on those qualifications at the midweek JN meeting. The Trip Leader and Head Coach are selected on opposing years, so there is never a time when both are new.

### **D. Wax Coaches**

#### **1. Wax Coach Applications and Selection**

Wax coaches need to apply to Head Coach before the junior committee's spring meeting. The Head Coach in consultation with the Trip Leader will name wax techs by Dec 1st. Applications should outline qualifications in written or email form.

The head coach, in consultation with the trip leader selects kick and glide wax coach. Applications need to be submitted to the Head Coach before the April meeting. Previous Junior National coaching experience recommended.

#### **2. Kick wax coach**

- The kick wax coach is responsible for the following duties at JNs
- Kick waxing and testing
- Relay to athletes what they need to do to get their skis ready for each race
- Testing wax on course during race and training days
- Applying kick wax on classic race days

- Serving as assistant glide wax coach on skate days
- Maintaining the kick wax inventory and filling out any bare spot in the inventory before JNs.

### **3. Glide wax coach**

- The glide wax coach is responsible for the following duties at JNs
- All glide waxing and testing
- Relays to athletes ski prep responsibilities for each non-race day
- Purchases glide waxes before the Junior Nationals
- Keeps inventory of what is left over.
- Works with trip leader to develop a budget for wax

Note: Must have access to test skis and speed trap equipment (usually one of more of the JN coaches has these items if applicant does not)

### **E. Executive Committee**

The previous four positions (Head coach, trip leader, kick wax coach and glide wax coach) must all be filled by December 1st. These four coaches make up the executive committee. The remaining six JN coach positions will be filled by the first JN Qualifier. Applications for coaching will be on the CXC website.

### **F. Other roles at Junior Nationals**

The Head Coach will assign these roles, as needed, after the six additional coaches have been named to the Midwest team. There are many other roles that Junior Olympic coaches will be called on to perform. All coaches are expected to help wherever they are needed. This will include lots of shuttling athletes around in vans and wax application and testing.

#### **1. Assistant Trip Leader/Social Chair**

The assistant trip leader helps the Trip Leader with whatever is needed. Duties may include, overseeing the social/site seeing activities for the week, and helping to prepare the Midwest JN Face Book. This includes gathering questionnaires from each athlete and coach, gathering pictures from each athlete and coach, doing the layout and getting the printing done before the team leaves for JN's. Coordinate printing budget with Trip Leader.

#### **2. Communication Coach**

Is responsible for letting athletes know what is expected from them each day during the trip. Communications coach is responsible for working with the Head Coach to determine schedule and posting that schedules daily -- both skiing and social. The communication coach is also responsible for keeping the JNQ Ranking list. This list must be kept electronically, and must be updated and sent to the webmaster by Monday night after each JNQ.

#### **3. Parent Volunteer/Coach Liaison**

Organize the parents who are interested in helping at and attending the JN trip. Find out if any would like to help with any shuttling duties, glide wax application, etc.

#### **4. Transportation Supervisor**

Transportation coach oversees van shuttle schedules for the entire week. Will work with other coaches to set up race-day and training day schedules and will work with assistant trip leader to arrange shuttles for social outings and banquets.

#### **5. Uniform Supervisor**

Uniform coach oversees all JN uniforms for that year. Includes ordering fill-in uniforms when needed, maintaining inventory count, handing out uniforms at Midwest championships. Needs to work closely with the Trip Leader on fill in orders and budget. The Midwest team uniforms shall change every home (central division) championships.

#### **6. Age Group Coaches**

Every coach who is not assigned to the wax tech team will work with a specific age group during the training days. A coach will work with one age group all week, and may also be responsible helping to ensure age group athletes are at meetings, banquets, and complete all ski prep.

#### **7. U16 Trip Leader Selection**

The Midwest Executive Committee will select the U16 Trip Leader from candidates that apply for the Midwest Team. The U16 Trip Leader is a one-year position and includes all the duties of organizing and executing the U16 trip in March.

#### **IV. Classic Waxing Pure Fluoro Restriction**

For all classic races, including distance races and sprints, the use of pure fluoro powder, liquid or block is prohibited. Maximum of high fluoro waxes only. Low fluoro waxes, cold powders, and hardeners are acceptable. Pure fluoro used in the kick zone is acceptable.

#### **V. Midwest Junior National Team Points List/Selection**

Twenty-five (25) boys and twenty-five (25) girls will be named to the team off the MW points list after the Midwest Junior Qualifiers. Age categories are based on USSA guideline (attached).

##### **A. Athlete Requirements**

1. All athletes must meet USSA national eligibility requirements described in the USSA Competition Guide.
2. A CXC membership/license is required to obtain a point score in a JNQ event.
3. All athletes must have a current MW license to be placed on scoring list. Athletes who do not have a license or whose license is Great Lakes (GL) or another division will not be scored on the MW qualifying list.

##### **B. USSA Automatic Qualification (USSA Rule 070.1.2)**

1. Skiers ranked in the first 20 men or first 20 women on the final World Junior Championships Tryouts points list are automatically qualified to enter JN's as part of the MW team.
2. Skiers who are named and attended the Scandinavian U18 Trip are automatic qualifiers
3. Skiers ranked in the top five U.S. junior men or the top five U.S. junior women on the final NCAA East, Central or West ranking list are automatically qualified to enter JN's as a part of the MW Team.
4. Skiers who are automatic selections do not count against the MW quota.

##### **C. Midwest Automatic Divisional Qualifiers**

1. In addition to the skiers pre-qualified through USSA rule 070.1.2, Midwest skiers ranked from 21st through 30th on the final Junior World Championships Team selection list, regardless of class, will automatically qualify for the Midwest Team to the Junior National Championships. These skiers will be listed in the Junior National Selection Rankings as having automatically qualified, but will not be assigned a rank.
2. Upon publication of the final Junior World Championships Team selection list, the number of Midwest skiers ranked in positions 21 through 30 on that list will be subtracted from the Midwest quota of 25 males and 25 females. The respective remainders will equal the number of male skiers and the number of female skiers who will be selected from the CXC Junior National Points List. Thus, the skier who is assigned the number one ranking on the Junior National Selection List will be the highest-

ranked skier on the list who is neither a pre-qualifier on a national basis, nor an automatic qualifier on a division basis.

EXAMPLE: If three Midwest males and two Midwest females finish within the range of 21st through 30th on the JWC selection list, then 22 Midwest males (25 minus 3 = 22), and 23 Midwest females (25 minus 2 = 23) will be selected from the Junior National Team selection list based upon the final CXC JNQ points list.

3. Each divisional qualifier subtracts one spot for their respective age group from the Midwest team quota.

EXAMPLE: IF one u18 boy finishes 25th of the JWC selection list and the Midwest team selection criteria selects 9 U18 boys to the Midwest Team THEN 8 spots remain on the Midwest Team for u18 boys.

4. Automatically qualified skiers will continue to score Junior National selection points in all Junior National Qualifying races in which they finish in the point-scoring positions in their respective classes.

#### **D. Number of Races and Seeding**

1. Four events will be scored for each individual in U16, U18 and U20.
2. If receiving points from more than four events, the top 4 will be scored.
3. Tie breakers. Top scoring event will break a tie. Second top score on down to the eighth-place score. A race not entered will be counted as a zero-point result.
4. In the event of a Junior Cup Weekend cancellation, then 3 races will be used to determine the JNQ ranking and name the Midwest team.
5. U16, U18 and U20 races will be seeded based on current USSA points.

#### **E. Point Scoring**

##### **1. World cup point scoring will be used.**

- 1st place = 130 points
- 2nd place = 110 points
- 3rd place = 90 points
- 4th place = 80 points
- 5th place = 75 points
- 6th place = 70 points
- 7th place = 66 points
- 8th place = 62 points
- 9th place = 59 points
- 10th place = 56 points
- 11th place = 54 points
- 12th place = 52 points
- 13th place = 50 points
- 14th place = 48 points
- 15th place = 46 points

16th place = 45 points

Below 16 each place is one point lower down to 60 places.

2. In sprint races, skiers advancing to rounds will be scored based on USSA sprint rules, if points need to be awarded beyond advancing racers, qualifying times will determine points, with most points to lowest time.
3. U18 and U20 will be scored on a combined list.
4. Automatic qualifiers will score.

**F. Team selection (same for both genders)**

1. Maximum number per age group is 12 (per USSA rules), not including pre-qualifiers.
2. U16's will be scored independently of the other age groups. The top 9 skiers in the U16 list will be added to the team
3. U14's are not allowed to race up in the U16 category at Junior National Qualifying races or to be named to the Midwest Junior National Team.
4. U18/U20 list
  - a) From the combined list, any pre-qualified skiers are added to the team and removed from the points list (all MW athletes including pre-qualified will score points at races.)
  - b) The first nine U18's on the combined points list will be added to the team.
  - c) The first seven U20's in the top nine of the combined points list will be added to the team.
  - d) If there are remaining U20 places, the top first year U20's that placed in the top 15 of the combined list can be added until the U20 quota of seven is filled.
  - e) Not including Automatic qualifiers, in order to make the JN Team a second year U20 MUST be ranked in the top nine of the combined list.
  - f) A first year U20 MUST be ranked in the top 15 of the combined list. If the U20 quota (seven) is not filled by the 15th spot the remaining places will go to U18 skiers.
5. If individuals decline, the executive committee will choose replacements, which may or may not come from the same age group. The executive committee will choose athletes as fairly and objectively as they can. These decisions are often based on strength of field in an age group, and/or development of our younger skiers.

**G. U16 National Camp Selection**

The Midwest gets one discretionary selection for the U16 National Camp. The top qualifier from Midwest U16 points list that does not make the objective criteria will be named as the discretionary pick. The objective criteria can be found on [ussa.org](http://ussa.org).



**H. Event Registration Deadline**

JNQ event registration closes at 11:59pm the Tuesday prior to the event. Registration lists must be posted at 6pm on Thursday before weekend. Late registrations are subject to approval by organizing committee and would not be seeded.

**I. Travel/Hotels**

All JNQ's are on weekends. Finding hotels in most of the towns can be difficult if you wait to obtain one within a week of the event. Book rooms ahead of time. Many of these small towns have other activities such as hockey going on and it can be difficult to find rooms with a limited supply. It is best to travel to an event the afternoon or evening before the first race. It gives time for course review and wax testing which can be a great advantage on unknown courses.



AGE GROUP / DIVISION	AGE ( as of December 31 )	YEAR OF BIRTH IN
		2018-2019 SKI SEASON
Master	30 & Over	< 1988
Senior	Under 30	1989-98
U20	19	1999
	18	2000
U18	17	2001
	16	2002
U16	15	2003
	14	2004
U14	13	2005
	12	2006
U12	11	2007
	10	2008
U10	9	2009
	8	2010
U8	7	2011
	6	2012
U6	5	2013
	4	2014