

2024 Midwest Junior National Team

Team Itinerary and Trip Information



Location: Mt. Hovenberg, Lake Placid, NY

Trip Dates: Friday March 8th – Sunday March 17th, 2024

Contact Info and Team Coaches

Siiri Morse, Head Coach, DXC, siirimorse@northxc.com, 218-590-5851

Please direct all team naming and points questions to Siiri Morse

Julia Curry, Trip Leader, Loppet Nordic Racing – julia.c.curry@gmail.com, 651-295-3199

Please direct all trip logistics questions to Julia Curry (ex: flights, travel, forms, etc)

Wax & Age Group Coaches

Head Wax – Max Anderson

Assist Wax – Matt Clarke

Assist Wax – Speedy McCollor

Assist Wax – Joe Haggemiller

U16 Boys coach – Piotr Bednarski

U16 Girls coach – Ellen McCarthy

U18 Boys coach – Chris Harvey

U18 Girls coach – Vivian Johnson

U20 Boys coach – Deno Johnson

U20 Girls coach – Liz Peterson

Important Websites:

Midwest Team Information –

<https://cxcskiing.org/programs/midwest-junior-national-team/about.html>

2024 Event Calendar (website TBD) –

<https://drive.google.com/file/d/1jOH477kkWUOKHCHXqdTYkT1j3LNMJ8Wx/view>

Athlete Participation Form

Please complete the 2024 Midwest Team google form. Responses are sent to trip leader Julia

Curry: [Athlete Participation Form](#)

Trip Fees:

Trip fee is **\$3280** and must be paid at the Team Naming Meeting at Mt. Itasca on January 21st to Julia Curry. Trip fee includes group flight (Minneapolis to Albany both ways), lodging, transportation (during week), entry fees, food, waxing support, team swag, and overall team costs such as radios for coach communication on course and COVID-19 tests / masks. The trip fee does not include team uniform and jacket. Athletes should also be prepared to pay for checked baggage at the airport and meals while in transit. If you are new to the Midwest team, please review the team uniform and jacket section below.

Checks are the only method of payment accepted and should be written to the **Midwest Junior National Team**. Checks should be given directly to Trip Leader Julia Curry on January 21st at the Mt. Itasca Junior Cup race. **If not attending the Team Naming Meeting please send forms and payment to:** Julia Curry, 216 Griggs St S, Saint Paul, MN 55105.

Trip Acceptance and Forms/Payment Received

All forms and payment must be received by January 23rd if you are not attending the Team Naming Meeting. After January 23rd, your spot is forfeited and alternates will be invited to join the team.

How to Decline your Spot-

- 1) You decline your spot on the MW team by **not** submitting forms / payment by January 21st if present at the Team Naming Meeting or by January 23rd if sending checks to Julia. Absence of forms and payment will be taken as declining your position.
- 2) You can decline your spot via email to Siiri Morse (siirimorse@northxc.com) and Julia Curry (julia.c.curry@gmail.com).
- 3) You cannot decline your position on the phone or verbally.

How to Accept your Position

- 1) Submit athlete participation form and pay the trip fee in person at the team naming meeting on January 21st.
- 2) Submit forms and pay the trip fee via mail received by January 23rd to Trip Leader Julia Curry.

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 January 23rd. There are other items available to purchase, but the only required items are the MW race suit and jacket. Cost of a team race suit and jacket is \$386 and is paid via the Podiumwear website. Cost of the uniform is NOT included in the trip fee.

To order your uniform go to:

<https://www.podiumwear.com/team-storefront/midwest-jn-team-2024/>

Storefront will close on January 23rd at MIDNIGHT, so please order ASAP. Sizing charts are available at [this link](#). Very likely you have worn a Podiumwear suit, but if not suits from other brands are similar in size.

Lodging

[The Devlin](#) – 2764 Main St, Lake Placid, NY 12946 | 518-523-3700

The team has 35 hotel rooms rented for the Midwest Team athletes and coaches. There will be 2-athletes per room, alike age groups and gender in each room. All meals will be on site.

Meal Plan

There will be 3 meals (plus snacks) per day provided buffet style by a local catering company – Lakeview Catering. If you have special food needs (ex: gluten free, vegetarian, allergies, etc) please notify Trip Leader Julia Curry immediately and specify in detail on the athlete participation form.

Flight Info

The team will fly as a large group from Minneapolis to Albany, NY via **United Airlines**. There is a layover in Chicago both ways. Most all athletes will be on the team group flights (exception is collegiate athletes under certain conditions and exceptions if family is traveling following trip). Please contact Julia ASAP if your travel plans are different. See flight information below:

Departing flight from MSP

UA 2417 on March 8th at 8AM (arrive at ORD at 9:39AM)

UA 1113 on March 8th at 1PM (arrive at ALB at 4PM)

Returning flight from ALB

UA 2225 on March 17th at 6AM (arrive at ORD at 7:52AM)

UA 634 on March 17th at 9AM (arrive at MSP at 10:34AM)

Checked Luggage

Each athlete is responsible for paying checked luggage fees at the time of check in (have credit card ready to charge). All bags must be under 50lbs. Please weigh bags ahead of time. Large ski bags can get to 50lbs pretty quickly.

- 1st checked bag - \$35.00 / 2nd checked bag - \$45.00

Ground Transport

We will be renting large passenger vans for transportation to and from Albany airport to Lake Placid, and throughout the week when traveling in Lake Placid to Mt. Van Hoevenberg.

Day Schedule – [this is the schedule of events for the week](#)

- **Friday March 8th – TRAVEL DAY!** You need to be at MSP NO later than 5:30AM to get checked in. There will be coaches present to help with the process of getting bags checked and going through security. Please do not hang around the sliding doors waiting to check in since the airport will likely be busy for spring break travel.
 - We will arrive in Albany around 4PM and then drive to Lake Placid, which is about a 2 hour drive. Will get to the hotel, drop off luggage (unload box truck of duffle bags), check into rooms and then head to have pizza at a nearby restaurant.

- Saturday March 9th – Ski scraping party and classic ski training day.
- Sunday March 10th – Skate ski testing and training day.
- **Monday March 11th – RACE DAY! Interval Start SKATE:** U16 - 5km, U18/20 - 7.5km
- Tuesday March 12th – Classic ski testing and training day.
- **Wednesday March 13th– RACE DAY! Sprint CLASSIC:** 1.3km course
- Thursday March 14th – DATE SKI and training day.
- **Friday March 15th – RACE DAY! Mass Start CLASSIC:** U16 - 5km, U18 - 10km U20 - 15km
- **Saturday March 16th – RACE DAY! Mixed gender relay:** 3.3km course
- **Saturday March 16th to Sunday March 17th – TRAVEL DAY!** After a fun morning of ski racing we will boogie back to the hotel to pack and then go to the banquet. Following the banquet we will load up and drive to Albany (early morning) for our 6AM flight back ORD and then onto MSP. It will be a big day.

Health & Wellbeing

We are lucky to have Cara Battles, PT traveling with the Midwest team to JNs in Lake Placid. Her email is battles12@gmail.com. Please forward her questions / information if you have an injury or potentially will require rehab services during our week in Lake Placid.

Illness Prevention Guideline for 2024 Spring Trip to Lake Placid, NY

1. Participants are strongly encouraged to be fully vaccinated and, when appropriate, up to date with booster doses for travel to the 2024 USSS Junior National Cross Country Ski Championships in Lake Placid, NY.
2. Masking is encouraged, but not required during travel (at the airport terminal, on the airplane, or any ground transport during the trip) and indoors while in group settings.
3. If any participant becomes symptomatic while on the MW JN trip and tests positive for COVID or influenza they will be isolated in their hotel room. The roommates will be moved to another room and asked to continue to monitor for symptoms.
4. Any participant who develops a febrile illness prior to the day of travel is asked to contact the Midwest Head Coach and Trip Leader. Please do not show up to the airport sick!

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.

Athlete signature

Date

Athlete printed name