

2023 Midwest Junior National Team

Team Itinerary and Trip Information



Location: Birch Hill, Fairbanks Alaska

Trip Dates: Friday March 10th – Friday March 17th 2023 (last day of competition is March 16th)
Due to significant costs of travel and lodging in Fairbanks the event organizing committee has elected to SHORTEN the JN 2023 event after lengthy discussion with team leaders from each USSS Junior Division. There will only be three races this year instead of the typical four.

Contact Info and Team Coaches

Joe Haggenmiller, Head Coach, Terra del Nord – joe.haggenmiller@gmail.com, 906-281-1214
Please direct all team naming and points questions to Joe Haggenmiller

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 – Liz Peterson, Endurance United
Assist Wax – Tom Jorgenson, Endurance United
Assist Wax – Max Anderson, Mora Nordic
Assist Wax – Erin Moening, Minneapolis Ski Club
U16 Boys coach – Chris Harvey, Loppet Nordic Racing
U16 Girls coach – Siiri Morse, Duluth XC
U18 Boys coach – Ellen McCarthy, Loppet Nordic Racing & Minneapolis Ski Club
U18 Girls coach – Deno Johnson, NordicWerks SkiKlubb
U20 Boys coach – Brian “Speedy” McCollor, Minneapolis Ski Club
U20 Girls coach – Vivian Johnson, Loppet Nordic Racing

Important Websites:

Midwest Team Information – <https://cxcskiing.org/programs/midwest-junior-national-team/about.html>
2023 Event Website – <https://jn2023fairbanks.org/>

Athlete Participation Form

Please complete the 2023 Midwest Team google form. Responses are sent to trip leader Julia Curry: [Athlete Participation Form](#)

Trip Fees:

Trip fee is **\$3490.00** and must be paid at the Team Naming Meeting at the Theodore Wirth Trailhead on Sunday Feb 19th. Trip fee includes group flight (MSP to FAI), lodging, transportation (during week), entry fees, food, and waxing support. 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 Sunday February 19th at the Theodore Wirth 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 Wednesday February 22nd, 2023 if you are not attending the Team Naming Meeting. After February 22nd, 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 Wednesday February 22nd. Absence of forms and payment will be taken as declining your position.
- 2) You can decline your spot via email to Joe Haggenmiller (joe.haggenmiller@gmail.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 February 19th.
- 2) Submit forms and pay the trip fee via mail received by February 22nd 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 February 22nd. Cost of a team race suit and jacket is \$330.

To order your uniform go to:

<https://www.podiumwear.com/team-storefront/midwest-jn-team-2023/>

Password: Midwest2023

Storefront will close on February 22nd 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

Wedgewood Resort / Bear Lodge – 212 Wedgewood Dr | Fairbanks, AK 99701

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.

Meal Plan from the Bear Lodge / Wedgewood

There will be 3 meals (plus snacks) per day provided buffet style by the Bear Lodge / Wedgewood. 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 Fairbanks via **Alaska Airlines**. Given lengthy distance to FAI, there is a stopover in Seattle both ways (to and from the event). Most all athletes must use the team group flights (exception is collegiate athletes under certain conditions). See flight information below:

Departing flight

please arrive to MSP Terminal 1 Alaska Airlines check in at 5:00AM

AS 387 leaving 03/10 from MSP to SEA at 700A – 910A

AS 106 leaving 03/10 from SEA to FAI at 1155A – 253P

Return flight

we will leave from the Wedgewood in Fairbanks on evening of March 16th around 11PM

AS 210 leaving 03/17 from FAI to SEA at 245A – 719A

AS 428 leaving 03/17 from SEA to MSP at 800A – 120P

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.

- Alaska Airlines allows 1 free carry on / personal bag.
- **The 1st checked bag is \$30, 2nd is \$40, 3rd is \$100.**

Ground Transport

The JN 2023 organizing committee has arranged ground transportation for ALL athletes and coaches who are staying at the Bear Lodge / Wedgewood this year via large coach buses. We will be picked up from the airport and brought to the hotel after all equipment is loaded into the box truck (rented in Fairbanks). Buses will be running throughout the day on training and race days for athletes to go to Birch Hill.

Day Schedule

- **Friday March 10th – TRAVEL DAY!** We will arrive in Fairbanks at approximately 3PM. Buses will pick us up at the airport then we will go to the hotel, get to rooms, go for a

jog, eat dinner, and go to bed. It will feel late given the 3 hour time change, and SLEEP IS PARAMOUNT.

- Saturday March 11th – Ski scraping party, skate ski testing and training at Birch Hill
- Sunday March 12th – Classic ski testing and training day at Birch Hill
- **Monday March 13th – RACE DAY!** Interval Start classic technique, both genders of ALL classes will race 7.5KM.
- **Tuesday March 14th – RACE DAY!** Skate Sprint
 - In the qualifying round, all classes will compete over a 1350 meter course; the U16 class will compete in heats over a shorter 1050 meter course while the U18 / 20 skiers will compete in heats over the same 1350 meter qualifying course.
- Wednesday March 15th – Date ski and skate ski testing at Birch Hill.
- **Thursday March 16th – RACE DAY!** Mass Start / Free technique.
 - U16 skiers will race 5KM, U18 skiers will race 10KM, and U20 skiers will race 15KM. Both genders in each class compete over the same distance.
 - After races, all athletes need to return to the hotel and PACK everything before departing for the banquet and awards ceremony.
- **Friday March 17th – TRAVEL DAY!** DEPART FAI at 2:45AM, RETURN to MSP at 1:20PM

Health & Wellbeing

There will not be a dedicated PT on this year's Midwest coaching staff, largely due to cost of travel and equipment shipping costs. There is a staff medical team as part of the JN 2023 event, which will be readily available to any athlete requiring medical attention (ex: injury on course, unexpected illness). There is a licensed PT on our coaching staff, but her primary role will be as an age-group coach. However, in case of immediate need she will assist with troubleshooting whether or not an injury requires enough attention for athletes to consider sitting out of an event.

COVID Policy and Vaccination Recommendation for 2023 Spring Trips to Fairbanks, Alaska and Thunder Bay, Canada (published at [THIS LINK](#) on CXC website)

Vaccination – Participants are strongly encouraged to be fully vaccinated and, when appropriate, up to date with booster doses for travel to the 2023 USSS Junior National Cross Country Ski Championships in Fairbanks, Alaska and CXC U16/U18 Trips to the 2023 Nordiq Canada Ski Nationals in Thunder Bay, Canada.

Masking

Masking is required during travel (at the airport terminal, on the airplane, or any ground transport during the trip) and indoors while in group settings.

Lodging

Per CDC guidelines, any participant who is symptomatic and tests positive will be isolated in their hotel room. The roommates will be moved to another room and asked to continue to monitor for symptoms.

Travel

If an athlete is symptomatic and unable to travel, they will extend their stay until it is appropriate to return home. If a parent or guardian is absent, one male and one female coach will stay with the athlete until they travel appropriately. One coach will be selected from the Midwest Division team, and one coach will be selected from the Great Lakes Division team.

Testing

All participants are asked to test themselves within 24 hours of departure with a home antigen test kit. Confirmation of a negative test will be required and reviewed by trip leaders before departure. All participants should bring 2 individual antigen tests along and be able to self-test as needed/indicated.

Symptomatic Participant

Any participant who develops symptoms of a viral illness will be asked to self-administer a Covid-19 antigen test and begin isolation if positive. If a symptomatic individual tests negative for CoVid-19, they will still isolate themselves from the group to prevent transmission of other respiratory viruses (Influenza, RSV) and self-administer a second antigen test 24 hours after the initial negative test.

Any participant who develops a febrile illness is asked to contact their coach and group leader.

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