

High School Nordic Racing Program

Ford Sayre Memorial Ski Council

Hanover, New Hampshire



Athlete and Parent Handbook

2006 - 2007

Contact Information

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Age-Group Information

In the Nordic ski world, racers compete against other racers in the same general age group, and each of those age groups has a name, as in "J2," for "junior group 2," or "OJ," for "older junior group." (Not to be confused with "JO," for "Junior Olympics" or "JOQ," for "Junior Olympic Qualifier"!) Birth-date cut-offs for the age groups served by this program for the 2004-2005 season (see www.nensa.net for a complete list of all age groups):

Age Group	Age as of 1/1/06	Birth Year
J2	14-15	1991-1992
J1	16-17	1989-1990
OJ	18-19	1987-1988

Important Dates 2006/07

- *Thursday, October 16, 7-9 PM:* Omer and Bob's Team Night equipment sale
- *Saturday, October 28, 10 AM-4 PM:* Dartmouth Ski Team equipment sale, Collis
- *Wednesday, November 22, 3 PM:* First practice (for those who've had a week off)
- *Sunday, November 5, 12-3 PM:* Ford Sayre Ski Sale, Richmond School Gym
- *December, January, February, March:* Racing season! Full schedule to be announced
- *Saturday, February 18:* Silver Fox Trot NENSA Eastern Cup & JOQ, Hanover
- *March 5-10:* Junior Olympics, Soldier Hollow, Utah
- *March 9-11:* J2 Championships, Prospect Mtn., Woodford, VT
- *March 16-18:* Eastern High School Championships, Rangeley Lakes, ME

Welcome to Ford Sayre High School Nordic Racing!

Nordic skiing is a lifelong sport offering recreational, social, fitness, and competitive opportunities. The high-school age program is for 14 to 19 year olds (J2, J1 and OJ categories) who are involved in Nordic competition and want to better their racing skills and understanding of the sport. This program has a dual emphasis on skiing improvement and competition. It builds on the Ford Sayre Junior Nordic Racing program and also complements and supplements local school programs. Most participants train and race with their high school's Nordic ski team as well as the Ford Sayre Nordic racing team. Hanover High School skiers are excused from high school practice 2 days a week to train with Ford Sayre (usually on Wednesday and Friday afternoons), and Hanover High School and Ford Sayre coaches work to coordinate training schedules. Skiers at other schools should discuss scheduling with the Ford Sayre coaches as early as possible. While graduates of the program have gone on to ski competitively in top college Nordic racing programs, and to coach in clubs, schools and colleges across the country, we ultimately measure our success in terms of our skiers' love for the sport at either a competitive or recreational level, their commitment to healthy living, and their joy in vigorous outdoor activity.

Skiers should plan to participate in the majority of Ford Sayre supported NENSA races, which are scheduled on weekends. Skiers seeking additional support in school, regional and national races will find the low athlete/coach ratio and group setting advantageous. The benefits of this program are the following: personalized planning, technical instruction and group logistical support for practices and races coupled with the flexibility to adapt to each skier's individual goals and schedule. Enrollment is limited to 15 skiers, with priority enrollment for previous participants who have demonstrated their commitment to the goals of the program. The program runs from November (when we begin dryland training) into March, with a separate, optional summer (dryland) training program which runs from the end of school until Hanover High School fall teams begin their pre-season training. We train on skis as soon as there is snow on the ground in November or December, sometimes traveling to train at nearby Nordic ski centers when early-season snow is scarce in Hanover. The program's home training course is the Dartmouth College Nordic ski center trails at Oak Hill and Garipay Field, near Storrs Pond in Hanover. Skiers who have previously participated in the program and plan to continue should consult with the coaches during the summer about their training and plans for the coming fall and winter. New skiers interested in the program should discuss their interest with the coaches prior to registration in the fall.

History

Who was Ford Sayre? Though born in Glen Ridge, New Jersey, Ford K. Sayre was a New Englander at heart. He learned to ski at Dartmouth College as an undergraduate (Class of 1933), and even then he encouraged friends to take up the infant sport.

Ford's love of the outdoors and the spirit of New England kept him in New Hampshire after graduation, and he continued his close association with the College through the

Dartmouth Outing Club. It was on a joint Dartmouth-Smith College trip to Mt. Moosilauke, organized by him, that he met his future wife, Peggy.

During the depression years, Ford Sayre worked at the Hanover Inn. It occurred to him that he might stimulate the Inn's winter business by making ski lessons available to children of guests. Peggy Sayre, an accomplished skier in her own right, joined Ford in the early ski school venture.

At the same time, Ford recognized that many local children were unable to learn to ski or to afford the simple equipment of the day. He decided to set up a ski school for rural children and did so at a hill in Hanover Center, New Hampshire.

Ford Sayre enlisted in the Army Air Corps in August 1942. His learn-to-ski program continued under Peggy Sayre's supervision, with frequent advice and encouragement from Ford in his letters home from his Spokane, Washington base. On July 23, 1944, at age 34, he was killed in a crash during a War Bond Drive exhibition.

After the war, through the efforts of Peggy Sayre and other local organizers, the Ford Sayre Memorial Ski School was formed. In the winter of '45-'46, hundreds of children joined the classes. In 1950, a variety of children's skiing organizations in the Hanover area merged their activities into the Ford K. Sayre Memorial Ski Council.

Though there have been some changes, the Ski Council has never lost the inspiration for the kind of instructional program that was the dream of Ford K. Sayre.

Organizational Structure

The High School Nordic Racing Program is just one of several instructional, recreational, and competitive programs that operate as part of the Ford Sayre Memorial Ski Council, including alpine instruction/recreation, alpine racing, snowboarding, jumping, Nordic recreation, junior Nordic racing, Ford Sayre Academy, Freestyle and Free Skiing, and the Ford Sayre Club (for families and skiers of all ages). Each program is overseen and coordinated by a director, who serves on the Ford Sayre Memorial Ski Council.

All skiers in the Nordic racing programs need to join the New England Nordic Ski Association (NENSA), the sanctioning body for races in our region and the umbrella organization for ski clubs. NENSA maintains a very informative website (www.nensa.net), with information about race schedules, points and rankings, and links to other useful Nordic sites. Individual membership is \$30, and there is a discount for family membership. You can join on-line, or you can also fill out a form and pay for membership at the annual Ford Sayre registration.

Practices

Practices are held Wednesday and Friday afternoons, beginning at 3pm (Weds) and 3:30pm (Fri). It is best to arrive at practice a bit early, especially on classic ski days, so that you are ready to go at practice start time. Due to the nature of training for cross-country skiing at this level, practice ending times vary depending on the type of training week and the activity of the particular day (and available daylight!). Coaches

usually provide information about an estimated pick-up time, however, and participating families often arrange car pools. Winter practices begin in early November with dryland training. Each athlete joins the group after s/he has had a minimum of one week off following the conclusion of her/his fall competitive season.

Each practice is conducted by one or more coaches. Groups of athletes will train under the supervision of, but not always with, a coach. Supervision and safety plans are in place for athletes at all times.

During dryland training (summer and fall), we do a combination of roller skiing and foot-based activities. When snow arrives in the Upper Valley or within a reasonable driving distance, we will shift to skiing. In both roller skiing and skiing, practices are evenly split between classic and skating. Always have your running shoes with you - in all seasons - as running is our bad-weather contingency plan.

Practice is rarely cancelled; in extreme weather conditions we will modify the schedule/location as necessary. Coaches communicate about any last-minute changes in schedule via e-mail, so if parents don't have access to e-mail they should ask their children to call them about any changes in plans that might have an impact on family schedules and arrangements for pick-up. Sessions are held over school vacations (skiers should communicate in advance with Scottie about absences because of conflicts with family plans), and are shifted to alternate days when there are Hanover High School races scheduled on Wednesdays and/or Fridays.

We expect all athletes to be at each practice, on time and ready to go, unless we hear otherwise. If you will be missing a practice, please let Scottie know in advance. If a skier can't make it to practice at the last minute because of illness, etc., the skier can e-mail Scottie at work or send word to practice with another skier.

The Hanover High School and Ford Sayre coaches work together to create and implement a training schedule that suits all of the athletes. Due to weekend racing, the Ford Sayre participants have a slightly different flow during most weeks than do the HHS-only skiers. The coaches do their best to make the programs work well together - but none of us is involved in both programs, so we do rely upon the athletes to let us know how things are working and where we can make improvements.

In most weeks, each athlete should have one day completely off - to give your body a recovery day and give you some time to stay on top of schoolwork and other commitments. Try to plan your day off according to the various factors in your life: daylight, tests/papers, family commitments, and the race schedule. (A lot of skiers find that a pattern of doing a long ski the day after a race and taking a day off two days after a race works well...) If your day off falls on a practice day for either HHS or Ford Sayre, be sure to let the coaches know you will not be there.

REQUIRED ITEMS FOR EVERY PRACTICE, snow or dryland: watch, water, running shoes, dry clothes and healthy snack for after practice.

Communication

Paper monthly training calendars are distributed at practice. These calendars detail practice locations and activities, type of training week, and any scheduled races. Athletes are responsible for sharing the calendar with their families so that all may be apprised of the draft schedule. This may require some adjustment by 9th graders and other new participants and families, who may be used to having more direct communication to parents about their younger children's activities. One of the goals of this program, though, is to promote individual skier responsibility. That parallels the increased amount of responsibility for schedules and assignments that participants are assuming in high school as well. Keep in mind that the monthly calendar is mapped out ahead of time – we're often forced into changes as the weather, group, etc evolve, but those changes will be communicated to participants at the earliest opportunity.

More detailed weekly training schedules are emailed (usually Sunday evening or Monday morning) to the athletes. It is the responsibility of each athlete to know what is on the schedule for a given week, and to share this with other family members.

Last-minute changes to the schedule are communicated either via email or telephone by 2 pm. Please check your e-mail by then if you have questions about possible changes.

Athletes, coaches and parents gather early in the season (December) for a potluck dinner which includes introductions, a discussion of the basic logistics of the program, and a chance to get to know each other. We hold a second potluck at the end of the season (usually late March or early April) to wrap things up.

Feel free to contact Greg or Scottie with your questions, comments, suggestions, or concerns. Programmatic questions should be addressed to Greg. Training, racing, practice, etc questions should be directed to Scottie. Please no phone calls at home after 9:30pm. If you realize at midnight that you'll be missing practice, please use email or leave a message on Scottie's work voicemail.

Dryland Equipment

We are very conscious of safety, so helmets are required for all roller ski practices. Likewise, during fall training, a bright orange reflective vest is also mandatory for all practices (for visibility in waning daylight on the road and in the woods during hunting season). We ski and run where it is safe to do so, and younger skiers are given close supervision, but wearing a reflective vest is a general good practice for any outdoor activity on a late fall afternoon or in the woods during hunting season. Vests are usually available at Omer & Bob's and Stateline Sports. A water bottle carrier (waist belt or Camelback) is also an essential item for training year-round. The program owns two pair of roller skis that are available for first-time participants to share. After a skier's first year in the program, s/he is expected to purchase her/his own roller skis (coaches will make recommendations and place a discounted team order each spring/summer).

On-Snow Equipment

Program participants are expected to have racing equipment for both techniques. Some of the skiers use 'combi' boots, and some have separate classic and skate boots. All athletes should have classic- and skate-specific skis and poles.

Skiers are also expected to have adequate 'training skis' (also known as 'rock skis'). These may be combi skis, although many prefer to have separate classic and skate skis for scratchy conditions as well. It is best if these skis approximate a racer's racing equipment (for example, training on old and outgrown kids' skis is economical but does not allow a skier to develop a good feel for classic technique or a sense of the length of racing skate skis).

Omer and Bob's in Hanover offers an equipment night where Ford Sayre and other local team skiers can purchase new equipment at a team discount. Representatives from several manufacturers (skis, boots, wax) are there to promote their products, and our coaches will also be there to answer questions and help our skiers make the best choices. The prices offered at O&B's team night are the best retail prices you will find on new equipment.

All items brought to practice should be labeled with your name.

Costs

Sample budget for a typical athlete's annual expenses:

Program Expenses:

Program Fee	\$465 + \$40 insurance
NENSA Membership	\$30
Race Entries	\$175
Travel Race Weekend	\$100
Miscellaneous	\$70
<i>estimated total</i>	\$875

Additional Expenses (see pg. 8 re special events):

J2 Championships	\$240
Eastern High School Championships	\$200
Junior Olympics (varies depending on location)	\$1000-\$1500
Uniform (suit and jacket)	\$45 (rent) / \$210 (buy)
Equipment (varies depending on need)	\$150-800

Wax and Tools

Assembling a wax kit can seem intimidating – and expensive! – to newcomers to the sport, but most skiers start with the basics and build a more complete kit over time. You probably already have the good beginnings of a basic kit from your recreational skiing or from your participation in the Bill Koch or high school programs. Here is

some information about basic glide and kick waxes you should have as well as about some extra options. Consult with coaches before you make any major investments.

GLIDE WAXES

each skier should have the following glide waxes:

FOR BASE LAYERS:

- Swix Graphite Cold (10 to 21°F)
- Swix Graphite Warm (25 to 34°F)

HYDROCARBON WAXES:

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|--------------------------|--------------------------|
| · Swix CH4 (-26 to 14°F) | optional/suggested: |
| · Swix CH6 (10 to 21°F) | · Swix LF6 (10 to 21°F) |
| · Swix CH7 (18 to 28°F) | · Swix LF7 (18 to 28°F) |
| · Swix CH8 (25 to 34°F) | · Swix LF8 (25 to 34°F) |
| · Swix CH10 (32 to 50°F) | · Swix LF10 (32 to 50°F) |

HIGH FLUORO PARAFFINS AND PURE FLUORO:

We do not often use these waxes in regular season competition because of the length of the races and the expense of the waxes. When conditions and the level of racing call for the use of high and/or pure fluoro waxes, we will draw from the team wax box and you will reimburse Ford Sayre accordingly. If you are dying to have your own supply, Swix HF8 is the high-fluoro hydrocarbon wax we are most likely to use.

KICK WAXES

every skier must bring waxes and corks for practice; we will use the team wax box for races only. We recommend the following Swix- and Rode-brand kick waxes

SWIX:

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|-------------------------------|----------------------------|--------------------------|
| · Green (5 to 18°F) | · Violet (32°F) | optional/suggested: |
| · Blue (14 to 28°F) | · Special Red (32 to 34°F) | · Swix VR45 (28 to 32°F) |
| · Extra Blue (19 to 30°F) | · Red/Silver (32 to 38°F) | · Swix VR55 (32 to 36°F) |
| · Special Violet (27 to 32°F) | · VG35 binder | · Swix VR70 (34 to 38°F) |

RODE:

- Special Green
- Blue Special Multigrade (20 to 26°F)
- Violet Multigrade (28 to 32°F)

KLISTER:

- one tube each: Swix K10 ice blue, K30 red wet snow, K22 universal
 - optional/suggested: Swix KR20 (binder klister), KR50 (flexi), KR60 (vario)
 - Rode klister is excellent but must be mail-ordered
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TOOLS

- iron
- metal scraper
- several plastic scrapers
- groove scrapers (either from the klister box or special groove scraper)
- several corks (synthetic is best - generates more heat)
- wax remover
- torch kit - for use at home, cleaning skis
- white nylon brush (mandatory)
- horsehair brush (optional)
- blue nylon brush (optional)
- stiff putty knife (in the bottle return area of Dan & Whits) for wax removal
- form bench for home use
- fibertex (Swix, or generic green scrubbies from the Coop)
- fiberlene (Swix)
- sandpaper (from D&W is fine - 220 grit and higher)
- sprayer bottle

Preparing Skis for Practices and Races

Skiers are expected to glide-wax their skis on their own, either at home or at school, and arrive at practice ready to apply kick wax on classic days.

The day before a race, coaches will give advice on selection of glide wax and often on initial prep of the kick zone for classic races. Skiers should arrive on race day with their skis prepared according to these instructions.

Your skis will only get faster if they are cleaned and waxed regularly, with an iron set at a low temperature (only hot enough to melt the wax of the day)!

Families can learn about waxing by coming to waxing clinics offered by the program or the Ford Sayre Club, by asking other families or skiers for advice, by watching other skiers wax, or by asking the coaches for tips. The basics are simple, and from there it can get as sophisticated as your interest allows.

Clothing

Athletes should dress for practice in weather-appropriate athletic clothing. In most seasons this includes various layers of capilene/polypropylene, lycra, and windproof nylon warm-up pants and jackets. Wind briefs are frequently a necessity for the boys, and everyone should have earmuffs (Omer & Bob's sells the Swix variety).

For races, it's a good idea to travel with two sets of ski clothing: one for warming up/cooling down, and one for racing. This includes extra hats and gloves and socks. In any event, it is essential to have dry, warm clothes to change into after races and after practice.

Skiers are expected to race in the Ford Sayre uniform at all Ford Sayre-supported races. The two-piece racing suit and warm-up jacket may either be purchased or rented on a season-by-season basis.

Special note for extreme cold weather: it is almost never too cold to ski or race (although occasionally practices and races are cancelled or postponed because of low temps). With appropriate clothing and some other techniques (judicious and strategic application of duct tape as a wind barrier to vulnerable areas, dermatone applied to exposed skin, double gloves or mittens, face masks, insulating booties, etc.) you can be safe and even comfortable and warm when the weather is quite cold. In those conditions, coaches will keep a close eye on younger and less experienced skiers.

Transportation

Participants are responsible for providing their own transportation to and from practices held in the Hanover area. This may mean that skiers ride to practice in a car driven by another skier (or parent). There must be a very clear understanding amongst parents and children regarding this possibility. For the participant, the question is, "Do I have my parents' permission to ride to and from practice in a car driven by another athlete?" For parents, the question is, "Do I know how my child is

traveling to and from practice?" Please talk to Greg or Scottie about any concerns or limitations in this area.

We have addressed van-safety concerns by limiting the weight in the van by reducing seating capacity to 10, replacing the heavy wooden roof-box with a much lighter aluminum box that will carry only skis, mounting top-quality winter tires, and making sure that those of us who drive the van have participated in some extra safety training. Program enrollment and the reduced seating capacity in the van will mean that sometimes there will not be room for everyone. Consequently, we'll be looking to parents for assistance with transportation to some races and non-local practices (eg Mountain Meadows, Lyme, etc); we will have a parent volunteer to coordinate this supplemental transportation during the season.

When the team travels by van, the cost of the gas for each trip is split by that trip's participants. Skiers should always bring enough cash for incidental costs on the trip and their share of the gas cost (usually \$5 or less per skier per trip).

Racing Season

We will be traveling as a team to most of the NENSA Junior Olympic Qualifier races (a list of Ford Sayre supported races will be distributed early in the season). The van will always go, and as stated above we will sometimes be enlisting parent drivers to supplement the seating available in the van.

In order to assist the parents in arranging supplemental transportation for each race, Scottie must know by the end of Wednesday's practice who intends to race the following weekend.

Race entries are the responsibility of the athlete and her/his family. This may be done online via www.nensa.net or www.skireg.com, or by filling out the NENSA race entry form and mailing it, with a check, to the race organizer (details for each race are on the NENSA website). Please be aware that each race has a published deadline for entries - usually mid-week preceding the race. For mass start events, it may not be possible to register after this deadline. For other events, the entry fee increases (sometimes dramatically) after the deadline, and you are likely to end up with a less-desirable starting position.

Parents and families are always welcome to ski the trails at races before and after the event. During the event it is often fun to ski out on the course to watch and cheer, but please be careful to stay out of the way of racers, and ski only in the direction of the race. If you wish to be on the course during the race, you must be on skis. You will usually be able to *walk* around the start/finish area, but not on the course.

Special Events / Championships

Silver Fox Trot: During most winters, Ford Sayre hosts a major NENSA race (usually serving as a Junior Olympic Qualifying race, which means that skiers hoping to attend the Junior Olympics can use this and other "JOQ" races to accumulate points toward qualifying). The Silver Fox Trot usually draws over 300 competitors from ages spanning eight decades, and is one of the highlights of the winter calendar for many.

The race is run entirely by volunteers, most of whom are current and past Ford Sayre parents and club members. We count on your help (and the cooperation of the snow gods...) to continue the race's excellent reputation!

Norway Trip: In March 2000, 2003 and 2006, Ford Sayre coaches organized and led a 10-day training/racing/cultural trip to Norway. We will explore the possibility of going again in March 2009 or 2010.

Depending on an athlete's goals and age group, the following Championship events also occur on an annual basis:

J2 Championships: J2-age skiers from New England compete on state-based teams in a combination of individual distance and sprint races and a relay race. Qualification for J2's is through the NH Series races (usually two Saturday events that are supported by the high school teams). Skiers must race both NH Series races to be eligible for the NH J2 team. The J2's occur over a Fri/Sat/Sun in late February or early March, and Ford Sayre skiers compete on the NH team which is coached by various NH high school coaches.

Eastern High School Championships: High school skiers from New England and New York compete on state-based teams in a combination of individual distance and sprint races and a relay race. Qualification for EHSC's is more competitive than for J2's, and is also through the NH Series high-school team races (usually two Saturday events that are supported by the high school teams). Skiers must race both NH Series races to be eligible for the NH EHSC team. The EHSC's occur over a Fri/Sat/Sun in early to mid-March, and Ford Sayre skiers compete on the NH team which is coached by various NH high school coaches.

Junior Olympics: Junior skiers (ages 14-19) from across the country compete on regional teams in a combination of individual distance and sprint races and a relay race spread over a week of competition that moves annually from region to region. Qualification for JO's, through the NENSA Junior Olympic Qualifier series, is quite competitive. For more information on qualifying for JO's, see the NENSA web site. The JO's occur in the second week of March, requiring a week's absence from school, and qualifying Ford Sayre skiers compete for the New England team which is coached by club, school and college coaches from around New England.

Goals / Evaluations

One of the strengths of this program is its ability to help participants work toward highly individual goals. These goals are defined by each skier, and the importance of this process should never be underestimated! The athletes who reap the greatest rewards from their participation in competitive cross country skiing are those who give some thought to their goals - long-term, short-term, dream goals, realistic goals. Sharing these goals with the coaches enables us to help you reach your goals.

We distribute a goal-setting sheet in November. Each athlete should set aside some time to think about her/his goals, using this sheet as a guide. The completed goals

sheet is to be returned to the coaches prior to the first race weekend (usually the middle weekend of December).

We return a copy mid-season, which forms the basis of a mid-winter check-in with each athlete. Another copy is returned at the conclusion of the season along with a program evaluation, which is to be guided by the athlete's goals.

Timely completion of both the goals sheet and the evaluation is an expectation of your participation in the program.

Role of Families

Participants' families play an important role in the success of the program. A successful ski experience for the participant requires organization, support and enthusiasm on the part of parents. By the time skiers participate in the high-school age program, however, we expect the skiers to be increasingly responsible for themselves and for communicating with their families about schedules and logistics. In addition to the equipment and clothing required to enjoy Nordic skiing, we are dependent on parents to help provide transportation to races when we have more racers than the van can accommodate. We also encourage families to attend races, not only to cheer for Ford Sayre skiers but for everyone racing, which is a wonderful part of Nordic ski racing "culture."

It is useful for parents and their children to talk in advance about their interactions at races. From our perspective, it is important for parents to recognize that skiers need time and space to warm-up without distraction, to focus their minds and attention, to make sure their skis and other equipment are ready, and to communicate with their coaches. The hour before the race probably isn't the best time for lots of family conversation with the racer, and many skiers also like to have an hour or so after the race to unwind before talking too much about how the race went for them. It's good to talk with your skier in advance about what he or she wants and needs from you at a race, rather than having that become a challenging issue later. If you are interested in a more detailed and thoughtful discussion of this issue, there is a very interesting chapter in the excellent Nordic ski-training book *No Pain, No Gain?* by Richard Taylor.

There are many opportunities for parents to volunteer their time and talents to the Ford Sayre Nordic Racing Program. Every year, we need a parent to organize transportation to races on the occasional dates when we have more racers participating than the van can accommodate. We always have our own race, the Silver Fox Trot, which is completely run by parent and community volunteers. Parents can fundraise, register racers, assign bibs, provide food, time the race, monitor the course, help keep racers warm in the start line, tabulate results—you don't have to be a skier to help, just be willing. We also need "hosts" for our fall and spring potlucks as well as "mentor" parents to be resources for families who are new to the program.

We'd love to hear your ideas about any way that you'd like to contribute to the program!

Note to Families / Mentoring

One of the great ways families support the program is by mentoring each other and reaching out to new families – to share experiences and tips, to answer questions about practice routines and races, to share rides, to share the joy of race days together, and ease new families into the high school routine. We encourage parents to call each other with questions, get to know each other at pick-up time, and build relationships that will support parents as well as skiers through the season. If you're an experienced parent, particularly a 2nd year high school family who remembers the feeling of being new – we encourage you to reach out to new parents. And if your family is new to high school skiing – don't feel afraid to call another parent to ask, "how did you manage it?" If you would like to be a mentor parent(s) for a family new to the program, or if you would like to be assigned mentor/contact family, please let us know.

Some families may find the transition to high school sports in general to be a significant step up in intensity and time commitment. The Ford Sayre Nordic program supports families' efforts to create a school-sports-home life balance, and we encourage you to ask other families how they manage the "balancing act." It's OK to create a balance that works for your family, apart from how other families choose to manage it, and to expect this balance to evolve from year to year as students explore their own athletic and academic goals and learn to manage more responsibility.

Resources

- **Websites**

The team's website is:

www.fordsayre.org/hsnordic This website will have our race schedule, an archive of news previously emailed, photos, and links to other helpful sites.

In addition, here are a few other helpful sites:

www.fordsayre.org The Ford Sayre web site.

www.nensa.net The official site of NENSA, offering comprehensive information on Nordic skiing in New England, including a race schedule and links to other relevant sites.

www.nexcski.com The 'former' website of Bob Haydock (who sponsors the great local race in Pomfret). The site has been absorbed by NENSA, but the archive still offers equipment selection guidelines, information about Nordic skiing in New England.

- **Local stores** that have good supplies and knowledgeable staff:

Omer and Bob's Holds an equipment night for local team skiers with ski industry representatives, offering a team discount on equipment ordered that evening.

West Hill Shop in Putney. Very knowledgeable and helpful staff. 802-387-5718 or www.westhillshop.com

Golf and Ski Warehouse in W. Lebanon. A good source for wax and accessories.

The Nordic Skater in Norwich. (802) 649-3939 or Toll-Free (866) 244-2570 or www.nordicskater.com

- **Catalog equipment sources**

Akers 207-392-4582 or www.akers-ski.com Akers has been a wonderful resource for decades, offering lots of equipment and advice over the phone; they often have older models or non-mainstream brands, being sold for great prices.

Reliable Racing 800-223-4448 www.reliableracing.com

Eagle River Nordic 800-423-9730 www.ernordic.com

- **Waxing Books**

A number of short books on ski preparation and waxing are available. At Omer & Bob's Team Night, check out the *Swix Sport Nordic Tech Manual*.

- **Local ski sales/swaps** where you can find discounted equipment, both new and used

Dartmouth Ski Sale (see this year's date on the inside cover) at Collis

Ford Sayre Ski Sale (see this year's date on the inside cover) at the Richmond School Gym. If you help with two or more shifts you can attend the workers' sale and get first choice of the new and used equipment.

Omer and Bob's Night (see this year's date on the inside cover) at Omer & Bob's an equipment night for team skiers with ski industry representatives, offering a team discount on new equipment ordered. This is a one-time deal each year.

Also, Ski Swaps happen throughout October and November all across New England, so keep your eyes open!

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