

## **2012 Junior National Qualifying Information**

**Attached is the information for the 2012 Junior National Ski Team.**

**Information subject to change. Notices will be sent out if there is new information.**

### **Making the Team:**

If you are planning on making the JO team, JO Team announcements will be made during the Besh Cup Awards. The awards will start approximately 30 minutes after the last finisher in the Birch Hill Chalet in Fairbanks, directly after Besh Cup 6.

Skiers planning on attending the JO's must confirm their acceptance and turn in their forms upon completion of the awards. Skiers making the 2012 JO Team and who will not be in Fairbanks may contact Joey Caterinichio [joeycat@pobox.alaska.net](mailto:joeycat@pobox.alaska.net) or 229-6427 by February 3, 2012 and let me know if you are coming so that your spot is not given to an alternate. Pre-quals please let me know as soon as you can.

Forms and information are available on the web.

### **Payments and Deadlines:**

Payments for athletes attending the JO's must be received in full by February 13, 2012. You may mail payment in the form of a check...see forms for more info. Or pay by credit card through the CCAK website.

### **Flight Plans:**

Currently there are no deviations from the flight plan. Team Alaska has already purchased 60 tickets.

Changing Flights: There are NO outbound changes to group tickets. ONLY returns. If you are planning on changing your trip for spring break, you may utilize your ticket but will incur a change fee. You may also use an alternative ticket. Your delta ticket will be in your name and you would have a credit to use for one year. You would be responsible for Delta rules, any change fees etc.

# 2012 Junior National Ski Team

Congratulations Skier!

Welcome to the 2012 Junior National Ski team. You will be joining Team Alaska to participate in the Junior Olympics February 29-March 11, 2012. This should be a great trip.

We welcome an excited coaching staff! Ja Dorris; Head Coach. Peter Leonard, Ben Arians, Jan Buron, Eric Strabel, Nick Grimmer, Nate Normandin, Mikey Evans, Mark Strabel; Sam Sterling, Ira Edwards; Assistant Coaches. Joey Caterinichio; Logistics and Trip Organizer.

Your dedication and great results have earned you a spot on Team Alaska. We are excited to make this a great event and achieve success at the 2012 JO's.

Making the Jr. Olympic Team is just the first step; remember your goal is to ski well at the event in March. Most of you will have several big races in the next three weeks. Take extra care of yourself during this time.

If you have any questions regarding Team Alaska and the 2012 Junior Nationals, please feel free to contact Team Alaska at any time. We will be updating the Team Alaska page on the CCAK website for any changes prior to the departure of the event & contacting you by e-mail.

Congratulations on your fine skiing!!

Sincerely,

Joey Caterinichio  
Trip Organizer  
[joeycat@pobox.alaska.net](mailto:joeycat@pobox.alaska.net)  
(907) 229-6427

# 2012 Junior National Ski Team

## Immediate Action

Congratulations on your successful season! You have been selected to represent Alaska at the 2012 Junior National Championships in Soldier Hollow, Utah.

In this packet there are several forms that need to be filled out and returned. Please fill out the forms that need to be turned in (Skier Information sheet, uniform size sheet) by Besh Cup 6.

### **Payment Due:**

Payment is due in full by February 13, 2012. You may bring it Fairbanks OR you may also pay/mail the entire amount by the deadline. Payment must be received in full by February 13. (Failure of payment may result the skiers spot on the team forfeited to the alternate). Payments may be made by **check to CCAK** (mailed) or **Credit Card** (CCAOK website, **finance charge applies to your total**). **Make checks payable to Cross Country Alaska.** You may mail in your medical waiver at this time as well to:

Joey Caterinichio  
2500 Brooke Dr.  
Anchorage, AK 99509  
Home: (907) 274-6960  
Cell: (907) 229-6427  
Fax: (907) 248-2886

**NOTE: The Skier information sheet and uniform sizes forms along with you deposit must be turned in BEFORE you leave Fairbanks!**

### **Check List:**

- Uniform order form (turn in immediately)
- 2012 skier information form (turn in immediately)
- Medical & Dental form (mail with payment)
- Code of conduct form (mail with payment)
- Check made out to Cross Country Alaska
- Paying by credit card? CCAK website or Tim Stallard.
- Please check your e-mail for last minute forms to be filled out and brought with you to the airport. This is usually sent from the event organizers

**2012 Junior Olympics  
Soldier Hollow, UT February 29- March 11**

**Head Coach: Ja Dorris**

**JO Program and Trip Organizer: Joey Caterinichio**

Uniform: \$145.00 PoduimWear New Pro-line Fabric  
Jacket: \$115.00 New Pro-line Material  
Shipping: \$ 10.00  
**Uniform: \$270.00**

Entry: \$150.00  
Plane Ticket: \$652.00  
Airline baggage \$ 65.00  
Equipment shipping \$100.00  
Lodging: \$600.00 (breakfast included)  
Coaches fees: \$350.00  
Wax: \$150.00 (Include waxing and supplies)  
Meals: \$350.00 (lunch and dinner)  
Picture: \$ 15.00  
Team Hat: \$ 20.00  
Transportation \$ 150.00 (ground/vans)  
Contingency: \$100.00 **(any remaining funds get refunded to athletes)**

\*We will be staying at a hotel. All meals included.

**Total: \$ 2702.00(without uniform)  
\$ 2973.00(with uniform and shipping)**

**Out of town athlete: Plane Ticket/Travel: On your own to the Anchorage airport.**

## **AIRLINE and Hotel Destination:**

We will be traveling on Delta Airlines from Anchorage to Minneapolis.

### Delta Airlines: Itinerary

| Carr/Flt# | Date      | Departure | Arrival           |
|-----------|-----------|-----------|-------------------|
| DL / 2223 | 29FEB2012 | ANC 115AM | SLC 754AM March 1 |
| DL / 2312 | 11MAR2012 | SLC 950PM | ANC 1250AM        |

## **Housing and Food:**

### **LODGING:**

**Holiday Inn Express**  
**1268 S. Main Street**  
**435.654.9990 fax 435.654.9991**  
[fdheber@nvnhotels.com](mailto:fdheber@nvnhotels.com)

### **FOOD:**

Breakfast will be from the Holiday Inn  
Lunch and Dinner will be provided by the  
Lazy Bass Cafe'  
435-654-8611

# 2012 Junior National Skier Information Sheet

## PLEASE PRINT NEATLY

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ age \_\_\_\_\_

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

e-mail address: (print neatly!) \_\_\_\_\_

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

High School \_\_\_\_\_ Club \_\_\_\_\_

Current Ski Coach \_\_\_\_\_

JO Roommate Request (1-2) \_\_\_\_\_

### **Parent Info:**

Phone number: \_\_\_\_\_

Parents' names: \_\_\_\_\_

Parents' wk #'s \_\_\_\_\_ cell phone # \_\_\_\_\_

Parents' e-mail address: \_\_\_\_\_

**2012 Junior National/Team Alaska Medical and Dental Release Form**

Permission Form

I, \_\_\_\_\_ give my son/daughter permission to participate in the 2011 Junior National Ski races scheduled in Soldier Hollow, UT, February 29-March 11, 2012. I understand that my son/daughter will be transported to and from the venue, by team vans and will not hold the coaches/ and or persons in charge responsible in case of harm or injury for circumstances **unknown. I understand that if any discipline action may be taken against my child than he/she will be dismissed from the team and not participate further.**

\_\_\_\_\_  
**Parent/ Guardian**

\_\_\_\_\_  
**Date**

**Medical/Dental Release**

I, \_\_\_\_\_, the parent/guardian of \_\_\_\_\_ hereby authorize the coaches and other adult representatives of the Alaska Junior National Ski Team to obtain such medical or dental care for my child as the coach or adult representative deems necessary. This authorization shall remain in effect during my child's participation of the 2011 Junior National races., travel to and from the competition, and all other activities incidental thereto. I agree to be responsible for the cost of such medical or dental care.

The following information is needed by any hospital or practitioner not having access to my child's medical history:

Allergies: \_\_\_\_\_

Medications being taken: \_\_\_\_\_

Date of last tetanus shot: \_\_\_\_\_

Other pertinent facts to which the physician should be alerted: \_\_\_\_\_

Medical insurance company: \_\_\_\_\_

Group/policy number: \_\_\_\_\_

Dental insurance company: \_\_\_\_\_

Group/policy number: \_\_\_\_\_

Dated: \_\_\_\_\_

\_\_\_\_\_  
Signature of parent or guardian

\_\_\_\_\_  
Home number

\_\_\_\_\_  
work number

**ALASKA JUNIOR NATIONAL SKI TEAM  
CODE OF CONDUCT AGREEMENT**

Guidelines for disciplinary action resulting from breach of the USSA Alaska Division Codes of Conduct for team members during the 2011 Junior Nationals.

This should be considered a supplement to the existing Alaska Division Code of Conduct and the USSA Code of Conduct. Violation of these codes including but not limited to the possession or use of any drugs or illegal substances and the possession or consumption of any alcohol by an athlete under the legal drinking age will result in the following immediate disciplinary actions. Additional sanctions by the USSA and Cross-Country Alaska Committee will be determined at a later hearing,

**Process for Immediate Disciplinary Action:**

- 1.1 Any athlete violating the Code of Conduct will be suspended for the remainder of the competition
- 1.2 Parent / guardian will be notified
- 1.3 Any athlete using or possessing alcohol, drugs, or any other controlled substances AFTER the completion of the competition shall be subject to a hearing with the USSA Alaska Division Cross Country Competition Committee and will receive additional actions, such as , but not limited to the following:
  - a. The skier may not compete for the Alaska Division for the following year.
  - b. Additional sanctions from the USSA may be anticipate
- 1.4 No portion of the contingency fund will be returned to the athlete or parent/guardian of an athlete who violates the Codes of Conduct.

**Procedure for Coaches**

- 1.5 Report all infractions to the Head Coach and Team Manager
- 1.6 Isolate athlete from other team members
- 1.7 Each coach witnessing the situation shall submit to the Head Coach written statement, which records his or her observations.
- 1.8 Notify parents of the athlete.

**Agreement:**

I agree to comply with the Code of Conduct and other reasonable requests of the coaching staff.

Signature of Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

I agree to accept full financial responsibility for any additional expense caused by violation of the Code of Conduct by son or daughter.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

# 2012 Junior National Team Uniform Order Form

## MUST FILL OUT BEFORE LEAVING FAIRBANKS

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

The Uniform is the same as last year. (this is the last year of this design).

- I DO NOT need a uniform.
- I DO need a uniform.

Suit Top:                   XS   S    M    L    XL

Suit Bottoms:            XS   S    M    L    XL

Jacket:                    XS   S    M    L    XL

**2012 Junior National Ski Team**

**PRACTICE/MEETING SCHEDULE**

Please check web for practice schedule.

**Non-Anchorage skiers**

**Remember to train and rest on your own and work with your local coach.**

NOTE: Skiers remember this is an important week for recovery! Your fitness homework is done! You have done a lot of racing. Rest is the most important thing you can do for yourselves. Be smart.

## 2012 JN SCHEDULE:

For detailed information please visit:

**Coming soon**

### **Complete Detailed Schedule**

Schedule Coming soon:

March 1 arrive:  
March 2 acclimate  
March 3 acclimate  
March 3 acclimate

#### **Race Days:**

Monday, March 5: Sprint

Wednesday, March 7 Individual Race

Friday, March 9 Individual Race

Saturday, March 10 Relay

Sunday, March 11 DEPART for home