

2010 Junior Olympic Qualifying 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 2010 JO Team and who will not be in Fairbanks may contact Joey Caterinichio joeycat@pobox.alaska.net or 229-6427 by February 6, 2010 and let me know if you are coming so that your spot is not given to an alternate.

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 20, 2010. You may mail payment in the form of a check...see forms for more info. Or pay by credit card through the CCAK website.

2010 Junior National Ski Team

Congratulations Skier!

Welcome to the 2010 Junior National Ski team. You will be joining Team Alaska to participate in the Junior Olympics March 4-15, 2009. This should be a great trip.

We welcome an excited coaching staff! Ja Dorris, Peter Leonard, Ben Arians, Jan Buron, Holly Brooks, D'anna Gibson, Eric Strabel, Nick Crawford, Darin Marquardt, Mikey Evans, Nate Normandin and Mark Strabel.

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 2010 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 2010 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,

Ja Dorris
Head Coach
jdorris@alaska.net
(907) 440-9944

2010 Junior National Ski Team Immediate Action

Congratulations on your successful season! You have been selected to represent Alaska at the 2010 Junior National Championships in Presque Isle, Maine.

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 into by Besh Cup 6. (Skier Information sheet, uniform size sheet)

Payment Due:

A Minimum deposit is needed of \$1000.00 in Fairbanks OR you may also pay the entire amount. Payment must be received in full by February 19. (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** (CCA website, finance charge applies).

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 immediately before you leave Fairbanks!

Check List:

- Uniform order form (turn in immediately)
- 2010 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 call Joey.
- 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

**2010 Junior Olympics
Presque Isle, Maine March 4-15**

**Head Coach: Ja Dorris
Team Leader: Peter Leonard**

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:	\$752.00	
Airline baggage	\$ 50.00	
Equipment shipping	\$100.00	
Lodging:	\$600.00	
Coaches fees:	\$450.00	(CCAK paying \$6000.00 towards the trip)
Wax:	\$150.00	(Include waxing and supplies)
Meals:	\$400.00	
Picture:	\$ 15.00	
Team Hat:	\$ 20.00	
Team Van U-Haul	\$190.00	(Includes Gas and transport of all team equipment)
Contingency:	\$100.00	(Any money left over goes back to the athletes at the end of the trip)

*We will be staying in condos. Athletes will having breakfasts on their own on non-race days. Athletes will need some extra money for costs and will shop in groups. Coaches will help.

**Total: \$ 2977.00(without uniform)
 \$ 3247.00(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 Alaska Airlines from Anchorage to Boston. We will drive to Freeport and spend the night on the 4th and continue to Presque Isle on the 5th. On Sunday the 14th we will drive to Freeport and spend the night and proceed to Boston on the 15th. Freeport has a lot of outlet shopping for Sunday the 14th.



Alaska Airlines AS114
Boeing 737-800

Anchorage (ANC)
Thu, Mar 4
2:30 am

Seattle (SEA)
Thu, Mar 4
6:45 am



Alaska Airlines AS12
Boeing 737-800

Seattle (SEA)
Thu, Mar 4
8:50 am

Boston (BOS)
Thu, Mar 4
5:10 pm



Alaska Airlines AS35
Boeing 737-800

Boston (BOS)
Mon, Mar 15
4:45 pm

Portland, OR (PDX)
Mon, Mar 15
8:13 pm



Alaska Airlines AS143
Boeing 737-800

Portland, OR (PDX)
Mon, Mar 15
9:20 pm

Anchorage (ANC)
Tue, Mar 16
12:12 am

Housing and Food:

Presque Isle Inn and Conention Center

For info on hotel lot onto:

<http://www.presqueisleinn.com/>

2010 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 Room mate Request (1-2) _____

Parent Info:

Phone number: _____

Parents names: _____

Parents wk #'s _____ cell phone # _____

parents e-mail address: _____

Please read, sign and return

**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 2010 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: _____

2010 Junior National Team Uniform Order Form

MUST FILL OUT BEFORE LEAVING FAIRBANKS

Name: _____

Phone number: _____

- 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

2010 Junior National Ski Team

PRACTICE/MEETING SCHEDULE

Please check web for practice schedule.

Out of Town 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.

2010 JN SCHEDULE:

For detailed information please visit:

o www.juniorolympics2010.org

RACE Schedule:

Sprint Heats : Classic	Monday, March 08, 2010 (10:00 AM - 4:00 PM) This event does not repeat
Sprint Qualifications Classic	Monday, March 08, 2010 (10:00 AM - 4:00 PM) This event does not repeat
Classic Mass Start Competitions	Wednesday, March 10, 2010 (10:00 AM - 3:00 PM) This event does not repeat
Freestyle Competitions /Individual	Friday, March 12, 2010 (10:00 AM - 3:00 PM) This event does not repeat
Freestyle Relay Competitions	Saturday, March 13, 2010 (10:00 AM - 3:00 PM) This event does not repeat