

2009 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 2009 JO Team and who will not be in Fairbanks may contact Joey Caterinichio joeycat@pobox.alaska.net or 229-6427 by February 9, 2009 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 Wednesday, February 16, 2009. You may mail payment in the form of a check...see forms for more info. Or pay by credit card through the CCAK. Note: a 3% transaction surcharge will be added to the amount.

2009 Junior National Ski Team

Congratulations Skier!

Welcome to the 2009 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, Charlie Renfro, Jon Kehler, Holly Brooks, Sarah Rotman, Ira Edwards, Nick Faulkner, Brian Erickson 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 2009 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 2009 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

2009 Junior National Ski Team Immediate Action

Congratulations on your successful season! You have been selected to represent Alaska at the 2009 Junior National Championships in Truckee, CA.

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 \$800.00 in Fairbanks OR you may also pay the entire amount. Payment must be received in full not later than Monday, February 16. (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.

Please mail payment by Monday, February 16, 2009.

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)
- 2009 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? Visit the CCAK website. A 3% fee will be tacked on for credit card surcharge.
- 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

**2009 Junior Olympics
Truckee, CA March 4-15**

Head Coach: Ja Dorris

Team Leader: Peter Leonard

Assistant Coaches: Ben Arians, Jan Buron, Charlie Renfro, Jon Kehler, Holly Brooks, Sarah Rottman, Ira Edwards, Mark Strabel, Brian Erickson, and Nick Faulkner.

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

Entry:	\$135.00	
Team Head Wear	\$ 10.00	
Plane Ticket:	\$840.00	\$755.00 base fare plus taxes.
Airline baggage	\$ 25.00	
Equipment shipping	\$ 30.00	
Lodging:	\$640.00	
Coaches fees:	\$300.00	(CCAK paying \$6000.00 towards the trip)
Wax:	\$120.00	(Include waxing and supplies)
Meals:	\$360.00*	(Breakfast, lunch and dinner for all days)*
Team Van U-Haul	\$160.00	(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. All meals provided with the above. Athletes will need some extra travel money for misc., snacks and souvenirs.

Total:	\$ 2720.00 (without uniform)
	\$ 2990.00 (with uniform and shipping)

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

AIRLINE:

We will be traveling on Alaska Airlines from Anchorage to Sacramento and driving from Sacramento to Truckee.

Flight 114Q 04MAR W ANCSEA 2:00A 612A
Flight 366Q 04MAR W SEASMF 7:25A 914A
Flight 361 V 15MAR S SMFSEA 9:55A
Flight 99Y 15MAR S SEAANC 1:35pm arrive 4:10P

Housing: Housing includes use of all Northstar village facilities including swimming pool and shuttle.

More info:

www.northstarattahoe.com

2009 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 and sign below: Travel information

My ticket has already been purchased. I know that I am flying with the team and understand that there is no alternative travel arrangements that will be made.

Signature _____

Parent signature _____

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 2009 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: _____

2009 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

2009 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.

2009 JN SCHEDULE:

For detailed information please visit:

www.xcjuniorolympics2009.org

Schedule:

Wednesday March 4, 2009

Arrive in Sacramento, Drive to Truckee

Monday, March 9, 2009

Freestyle Sprints

Wednesday, March 11, 2009

Freestyle Individual Race

Mid week Awards

Friday, March 13, 2009

Classic Individual Race

Saturday, March 14, 2009 Classic Relay races

Awards Banquet

Sunday: March 15, 2009

Return Home.

**2009 Junior National Ski Team
March 4-15**

Permission Form

I, _____ give my son/daughter _____ permission to participate in the 2009 Junior National Ski races scheduled in Truckee, CA on March 4-15. 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 2009 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

Parents Housing Deal near team. Looking for a place to stay near the team?

The Parents' Code for discounted lodging is AP0304. They will receive the following rates (at 10 – 30% off rack) when booking through 1-800-GO-North and using the code:

Type	Sunday – Thursday Rate	Friday – Saturday Rate
VILLAGE ROOM	174	224
VILLAGE LOFT	237	305
STUDIO	151	194
1 BDRM / 1 BATH CONDO	202	260
2 BDRM / 1 BATH CONDO	258	332
2 BDRM / 2 BATH CONDO	279	359
3 BDRM / 2 BATH CONDO	349	449
4 BDRM / 2 BATH CONDO	419	539

Happy Holidays!

Thank you,

Brett Fox

Group Lodging Sales Manager, Leisure Market
Northstar at Tahoe TM
bfox@boothcreek.com

p.530-562-3830
f. 530-562-3836