

# Junior National Cross Country Ski Championships

## Information for Prospective PNW Team Members and Parents

The 2023 Junior National Championships will be held March 13-16, 2023 in Fairbanks, AK. To race in the Junior Nationals you must be selected by and represent one of the ten regional divisions of US Ski and Snowboard. PNW is the division that includes clubs from the Pacific Northwest states.

### What It's All About

For many junior cross-country skiers competing at the Junior National Championships is the ultimate goal of the season, but we hope it's about a lot more than that. Whether you just sample a few of our qualifying races, go on to race for the US Ski Team, or anything in between, we want cross country ski racing to be fun and rewarding for everyone. Cross country ski racing is about setting goals and working hard to achieve them, and the confidence and self-knowledge that comes from that experience. It's about learning to persist and do your best through both failure and success. It's about friends and sportsmanship and sharing. It's about the joy of being truly alive.

### How to Qualify for the PNW JN Team

To be part of the PNW JN team you must:

1. Be the proper age
2. Be a Cross-Country Competitor Member of US Ski and Snowboarding (formerly USSA) and a member of PNW
3. Be selected by PNW to the team that will represent PNW at the Junior Nationals
4. Make the appropriate post-selection arrangements.

Each of these is explained in further detail below.

#### 1. Be the Proper Age

The Junior Nationals are for males and females in the U20, U18, and U16 age groups. For the 2022-23 season skiers, those groups are determined by:

U20: born in 2003 or 2004

U18: born in 2005 or 2006

U16: born in 2007 or 2008

Second-year U14 skiers (born in 2009) who want to qualify can be treated as U16s by communicating that intent with trip Leader Heidi Loewen [loewenha00@gmail.com](mailto:loewenha00@gmail.com)

#### 2. Be a Member of US Ski and Snowboard (formerly called USSA) and of PNSA

You need to be a member of US Ski and Snowboard to race in the Junior National Qualifier (JNQ) races. A General Membership at \$30 per year is the least expensive option. However, to race in the Junior Nationals you need the more expensive Competitor membership, which is \$125 per year. (If you begin the season with a General Membership you can upgrade during the season by paying only the difference). Talk to your coach before you decide which membership is best for you.

You become a PNW member automatically when you join US Ski and Snowboard as a Competitor Member and select PNW as your division. You will not be eligible for the PNW JN team unless your US Ski and Snowboard competitor membership shows that your division is PNW. (If you are attending college in another division, and you wish to represent PNW at JNs, your competitor license must state PNW as your division).

#### 3. Be Selected to the Team

Qualification: Selection to the team will be based on each racer's best five finishes out of the eight qualification races (four meets, two races each meet). For further details see [The Competition Manual](#). Shortly after the conclusion of each qualifier race, the qualification standings will be posted online at [JNQ Standings](#). At the conclusion of the final qualifier race, the Nordic Competition Committee will meet to review the qualification standings and will name the team.

#### Qualifier Races Schedule 2022-23

Dec 17-18 Bend, OR

Jan 20-21 Soldier Hollow, UT

Feb 4-5 Winthrop, WA  
Feb 18-19 Spokane, WA

Each meet consists of two qualification races, one race each day. Find more information [HERE](#)

#### 4. Make Post-Selection Arrangements

Deadlines: Please plan ahead, pay attention to deadlines, and be prepared. You will save us and yourself considerable aggravation if you take care of things in plenty of time.

- Sunday, February 19, at Spokane following the race awards, the team will be named! Whooo Hooo!! Please be prepared to accept or decline your spot on the team.  
  
Payments and release forms will be accepted at that time. If you anticipate making the team, please prepare these beforehand and bring them with you.
- Monday February 20 Order racing suit and jacket online from Podiumwear (you don't need to order a new suit if you already have one). This is a hard deadline with no exceptions!
- Friday February 24 Trip payment must be received by the PNSA office by this date, if you have not already paid.  
  
PNW release forms (code of conduct, medical treatment, and liability release) must be received by the PNW office, unless you already turned them in when the team was named.
- Friday, March 10 Travel to Fairbanks, AK.
- Friday March 17 Return home. Aim to depart from the Fairbanks airport by 9am. The coaching staff will all depart by 8:40am.

#### 5. Junior National Event Information

For everything you would ever want to know about the Junior National races at Fairbanks go to [JN 2023 Fairbanks!](#)

Costs of the Junior Nationals trip: Each skier must pay a trip fee to PNW, which covers all costs except airfare to Fairbanks, team uniform, grocery needs including lunch and incidentals.

##### Trip costs

- \$1,500 (tentative, subject to change). Includes everything except travel to and from Fairbanks, uniforms, grocery money and incidental expenses.
- Race suit: Information to come
- Team jacket: Information to come
- Travel to and from Fairbanks. You are responsible for making your own arrangements, including buying your own airline ticket. It is advisable to purchase a refundable ticket ASAP, as prices are likely to go up the closer we get to the event.

Release Forms: PNW has three release forms that must be signed and returned to PNW before an athlete can travel with the team:

You will find them [HERE](#)

Uniform: Information to come

Transportation: You need to arrange your own flights to and from Fairbanks. Normally you will do that with your coach and home team. The team will have rental vans to pick you up at the airport, and shuttle you around during the time in Fairbanks, and take you back to the airport in time for your departure. Please arrive in Fairbanks on Friday March 10, and depart from Fairbanks on Friday March 17th in the morning.

Housing and Food: We will be staying at [The Clarion Hotel and Suites Fairbanks](#)

We will have 2 athletes per room, each with their own bed and a kitchenette complete with fridge, sink, and oven with stove top. Because of these accommodations, athletes will shop for and make their own lunches with their personal money. For breakfast they may choose to eat the complimentary continental breakfast or buy groceries to eat in their rooms.

Dinner costs will be covered in the budget and we will eat as a team at prearranged restaurants around Fairbanks.

Parents: Parents are welcome to attend the races. We will hope to reinstate a family meet and greet time this year. More information to come. If you would like to volunteer at the event visit the event website. :)

## **Additional Information**

Your home team coach should have a good understanding of these procedures, but if you have any questions after reviewing the information we have provided please feel free to contact:

Heidi Loewen, PNW Trip Leader: [loewenha00@gmail.com](mailto:loewenha00@gmail.com) (509) 881-0091