



# **Nordic Skiing Association of Anchorage** **38th Annual Junior Nordic Parent Handbook**

2022-23 Season



## **Jr Nordic Practice At A Glance**

<b>Skill Level</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Site Director</b>
Polar Cub	M/W	4:30-5:30PM	Hillside	Holly Rinehart
Otter	M/W	4:30-5:30PM	Hillside	
Polar Cub	M/W	6:30-7:30PM	Hillside	Dave Ward
Otter	M/W	6:30-7:30PM	Hillside	
Wolverine	M/W	6:30-7:30PM	Hillside	
Hawk	M/W	6:30-7:30PM	Hillside	
Polar Cub	T/R	4:30-5:30PM	Hillside	
Otter	T/R	4:30-5:30PM	Hillside	
Polar Cub	T/R	6:30-7:30PM	Hillside	
Otter	T/R	6:30-7:30PM	Hillside	
Wolverine	T/R	6:30-7:30PM	Hillside	
Hawk	T/R	6:30-7:30PM	Hillside	
Polar Cub	Sat	10:00-11:30 AM	Hillside	Dave Ward
Otter	Sat	10:00-11:30 AM	Hillside	
Wolverine	Sat	10:00-11:30 AM	Hillside	
Hawk	Sat	10:00-11:30 AM	Hillside	

<b>Skill Level</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Site Director</b>
Polar Cub	M/W	4:30-5:30PM	Kincaid	Emory Banker and Berit Meyers
Otter	M/W	4:30-5:30PM	Kincaid	
Polar Cub	M/W	6:30-7:30PM	Kincaid	Geoff Wright
Otter	M/W	6:30-7:30PM	Kincaid	
Wolverine	M/W	6:30-7:30PM	Kincaid	

Hawk	M/W	6:30-7:30PM	Kincaid	
Polar Cub	T/R	4:30-5:30PM	Kincaid	Sam Cason
Otter	T/R	4:30-5:30PM	Kincaid	
Polar Cub	T/R	6:30-7:30PM	Kincaid	Tyler Henegan
Otter	T/R	6:30-7:30PM	Kincaid	
Wolverine	T/R	6:30-7:30PM	Kincaid	
Hawk	T/R	6:30-7:30PM	Kincaid	
Polar Cub	Sat	10:00-11:30 AM	Kincaid	Sam Cason
Otter	Sat	10:00-11:30 AM	Kincaid	
Wolverine	Sat	10:00-11:30 AM	Kincaid	
Hawk	Sat	10:00-11:30 AM	Kincaid	

<b>Skill Level</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Site Director</b>
Polar Cub	M/W	6:30-7:30PM	Russian Jack	Art Harmon
Otter	M/W	6:30-7:30PM	Russian Jack	
Wolverine	M/W	6:30-7:30PM	Russian Jack	
Hawk	M/W	6:30-7:30PM	Russian Jack	
Polar Cub	T/R	4:30-5:30PM	Russian Jack	Art Harmon
Otter	T/R	4:30-5:30PM	Russian Jack	
Polar Cub	T/R	6:30-7:30PM	Russian Jack	Art Harmon
Otter	T/R	6:30-7:30PM	Russian Jack	
Wolverine	T/R	6:30-7:30PM	Russian Jack	
Hawk	T/R	6:30-7:30PM	Russian Jack	
Polar Cub	Sat	10:00-11:30 AM	Russian Jack	Art Harmon
Otter	Sat	10:00-11:30 AM	Russian Jack	
Wolverine	Sat	10:00-11:30 AM	Russian Jack	

Hawk	Sat	10:00-11:30 AM	Russian Jack	
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### **Jr Nordic Text Updates:**

<b>Kincaid</b>	<b>Hillside</b>	<b>Russian Jack</b>
Kincaid M/W @kincaidm	Hillside M/W @hillmweve	Russian Jack M/W @russianjm
Kincaid T/Th @kincaidt	Hillside T/Th @hillsidett	Russian Jack T/Th @russianjt
<b>After School Groups:</b>		
Kincaid M/W @earlykmw	Hillside M/W @earlyhmw	Russian Jack T/Th @earlyrjtt
Kincaid T/Th @earlyktt	Hillside T/Th @earlyhth	
<b>Saturday Groups:</b>		
Kincaid Sat @weekendkin	Hillside Sat @hillsatam	Russian Jack Sat @weekendrj

### **Nordic Skiing Association of Anchorage Contact Info**

<b>Position</b>	<b>Name</b>	<b>Cell</b>	<b>Email</b>
Executive Director/Payroll	Kikkan Randall		kikkan@anchoragenordicski.com
Program Manager/Admin	Heather Liller	907-992-0109	program@anchoragenordickski.com
Junior Nordic Sport Director	Art Harmon		juniornordic@anchoragenordicski.com

# **Parent Information Junior Nordic Program**

## **1. PHILOSOPHY**

The Junior Nordic program provides an opportunity for children to enjoy the Anchorage winter while learning the sport of cross country skiing. Children ages 6 through 14 of all abilities are welcome to join and learn a sport they can pursue for a lifetime. The emphasis is on having fun and learning proper technique rather than competition.

Our coaches don't just teach technique and speed, we are really teaching a healthy lifestyle that will hopefully last a lifetime. Since kids only relate to fun as something worthwhile to continue, PLEASE don't put pressure on them to go faster or harder. Remember, kids have the rest of their lives to be competitive and stress out like the rest of us.

## **2. ELIGIBILITY**

Junior Nordic is open to all children ages 6 through 14. Children must be 6 before registering. It is our experience that children younger than 6 are not ready to go out with a group without their parents on cold dark nights. As a consequence they may have a bad experience and also cause the rest of the group to have a bad time.

## **3. ORIENTATION**

Parent orientation meetings will be conducted virtually. All parents must attend the orientation meeting prior to the first day of practice. You will be contacted by your Site Director about the time of your meeting and they will give a site specific orientation for the venue where your child will be skiing. Meet up locations for each skill level group, clothing requirements, waxing, etc. will be covered in the orientation meeting.

## **4. COMMUNICATIONS**

Please give us constructive feedback by either talking to head coaches or site directors. All compliments are welcome and we need encouragement.

The Remind App tells you where the final location of practice will be and also provides information on weather, trail conditions and other special events relating to Nordic skiing. Always check your messages before you leave for practice each day. The final message is typically sent each day about an hour before practice starts.

For updates by text, find your location/day and **text to number 81010:**

<b>Kincaid</b>	<b>Hillside</b>	<b>Russian Jack</b>
Kincaid M/W @kincaidm	Hillside M/W @hillsidemw	Russian Jack M/W @russianjm
Kincaid T/Th @kincaidt	Hillside T/Th @hillsidett	Russian Jack T/Th @russianjt
<b>After School Groups:</b>		
Kincaid M/W @earlykmw	Hillside M/W @earlyhmw	Russian Jack T/Th @earlyrjtt
Kincaid T/Th @earlyktt	Hillside T/Th @earlyhtt	
<b>Saturday Groups:</b>		
Kincaid Sat @weekendkin	Hillside Sat @weekendhil	Russian Jack Sat @weekendrj

“@ready2race” – for Ready 2 Race

*Please note, if your child has been registered in a different day/location from a previous season, you will need to remove yourself and re-enroll in the correct text group. To remove from a group text @leave to that group. Thank you!*

## 5. WEATHER

Practice normally takes place as scheduled regardless of weather conditions. However, practice may be canceled due to the following conditions: heavy snowfall, rain, extremely icy, high winds, and temperature **below minus 5 degrees F**. If there is no

snow; as is sometimes the case, skiers might be able to practice using "dry land" techniques.

## 6. PRACTICE SCHEDULE

This ski season; Junior Nordic practice will be one session with breaks for both the Anchorage School District winter and spring breaks. Instead of 3 practices a week, we've broken the registration into a weekday practice and a Saturday practice only.

**PLEASE NOTE THIS HAS CHANGED FOR THE 2022-23 SEASON. In an effort to decrease the normal Saturday group size, the practice day/times have been split into both weekday and Saturday only practice options.**

<b>Choose Location/Days:</b>	<b>Practice Start Time</b>
<b>Russian Jack (M/W)</b>	<b>M/W: 6:30-7:30pm</b>
<b>Russian Jack (T/R)</b>	<b>T/R: 4:30-5:30pm*</b>
<b>Russian Jack (T/R)</b>	<b>T/R: 6:30-7:30pm</b>
<b>Russian Jack (Sat only)</b>	<b>10:00-11:30am</b>
<b>Kincaid (M/W)</b>	<b>M/W: 4:30-5:30pm*</b>
<b>Kincaid (M/W)</b>	<b>M/W: 6:30-7:30pm</b>
<b>Kincaid (T/R)</b>	<b>T/R: 4:30-5:30pm*</b>
<b>Kincaid (T/R)</b>	<b>T/R: 6:30-7:30pm</b>
<b>Kincaid (Sat only)</b>	<b>10:00-11:30 am</b>
<b>Hillside (M/W)</b>	<b>M/W: 4:30-5:30pm*</b>
<b>Hillside (M/W)</b>	<b>M/W: 6:30-7:30pm</b>

Hillside (T/R)	T/R: 4:30-5:30pm*
Hillside (T/R)	T/R: 6:30-7:30pm
Hillside (Sat only)	10:00-11:30 am

**\*4:30 – 5:30 After-School is for Polar Cubs (1st time or beginner skiers) and Otters (beginner skiers) only.**

**6:30 – 7:30 Junior Nordic is for ALL levels (1st time skiers, Polar Cubs, Otters, Wolverines and Hawks).**

Arrive at least 15 minutes early and escort your skier to their group, check in with their coaches, wax skis, and receive necessary information. Please remind your child to be aware of who their coach is and not to ski off with strangers.

Skiers arriving late will not be able to find their group without assistance from their parents. It is the responsibility of the parent to find the proper group if late. **Do not drop off your child or expect a coach to find the right group. Junior Nordic will not be responsible for skiers who arrive late for practice.** On occasions when you know you will be late, it is best to ski with your child until they connect with their group, or miss a practice.

At the end of practice, please check in again with coaches before leaving. Skiers will wait with coaches until this happens. This is a nice time to hear about how practice went as well as an important safety measure. We want to be sure everyone has left with whom they are supposed to go with! Please try to be on time for pickup—we all have our own families to get back to! If you are running late, please contact the Site Director. Multiple late pick ups can result in suspension/expulsion from the program.

## 7. PARENT PARTICIPATION

Junior Nordic relies on the assistance of parents throughout the season. We ask that any parents who can volunteer do so. This can be volunteering to ski along with a group of skiers to help the coach or can be one-time tasks such as registration, special events, or end-of-season equipment clean-up and maintenance. Check with the site director at your location to see how you can help. **If you are not able to volunteer we ask that you donate \$25 per family per session.**

## 8. EQUIPMENT



- **Skis**

NSAA rental skis are available on a first-come basis. If you choose to rent, you must still provide your skier with boots and poles. The boots must match the bindings on the rental skis which are the NNN bindings. Any salesperson can steer you toward the correct boot. NSAA rental skis are combination skis—they work for both diagonal and skate skiing, but if you want high performance skis for an advanced skier they may not be appropriate.

Junior Nordic provides kick wax for when the kids are skiing classic technique. When the Otters, Wolverines and Hawks switch from classic to skate technique, the kick wax must be cleaned off the skis. We have wax remover at all of the venues, but you can also do this at home, with wax remover and a plastic scraper and rag or paper towel.

To ensure the return of equipment, we require a deposit of either a check or a credit card number when the equipment is checked out. Deposit check or credit card info will be shredded once the equipment has been returned.

Skis need to be the right length. If you are purchasing skis, the salesperson can help you to pick the right length. If you rent NSAA skis, we will help pick the right length for your skier.

If buying skis, do NOT get the NO WAX variety (fish scales on the bottom) since they will not work when your child starts to skate and they are SLOW for learning skiers. The best bet is a combination ski which is designed for both diagonal stride and skate techniques. If you already own waxless (fish scale) skis, it will be harder for your child to learn to skate ski when he or she becomes an Otter. It is recommended you rent NSAA skis.

**IMPORTANT!** Put your child's name on their skis by writing it on a piece of electric tape and affixing it to the topside of both skis. We provide tape for names when you pick up your skis at Kincaid.

**Returned skis need to be cleaned of all wax!**

- **Boots**

NSAA **does not provide boots**, even if you rent NSAA skis. Boots must match the ski bindings. NSAA skis have the New Nordic Norm (NNN) bindings. Boots are specialized like skis, but a combination boot, which is designed to work for both the traditional diagonal and the skate techniques, is the best value. Remember to get boots that have a little extra room to accommodate wool socks and some foot growth during the

season. Feet that are squeezed into boots that are too small are often COLD feet. Please be sure BEFORE you bring your child to ski that the boots fit and stay in the bindings.

- **Poles**

POLE length ideally varies with the technique.

- **Polar Cubs:** poles should come just above the armpits.
- **Otters and Wolverines:** poles should come up to the shoulders
- **Hawks:** skating poles should come up to the mouth when standing on flat feet. Diagonal (classic) poles should come up to the shoulders..

## **Where to Purchase Ski Gear**

Local businesses have experts to help you buy the best fitting skis, boots and poles for your child. If you already have skis (or are renting Junior Nordic skis), bring your skis in with you when you go to purchase boots. If you already have boots, bring those with you when you go to purchase skis.

- Alaska Mountaineering & Hiking (AMH)
- Hoarding Marmot
- Barney's
- Play It Again Sports
- REI

## **9. WHAT TO WEAR CLOTHING REQUIREMENTS**

The key to a happy skier is being warm enough for conditions, but not so bundled up as to prevent movement. The secret is to make sure you have the following LAYERING system:

- **VENTILATION**—closest to the skin to allow perspiration to move away from the skin. Breathable polypropylene or other synthetic long underwear provides the ventilation layer. **NO COTTON!**

- **INSULATION**—to trap the warmth generated by your body. Fleece, wool, or other synthetic material provides the insulation layer. **NO COTTON!**
- **PROTECTION**—the outer layer that protects you from wind and wet. Junior Nordic jacket, a pullover type shell, provides the protection layer. Wind pants are often necessary during periods of wind or extreme cold. **NO COTTON!**
- **HEADS AND HANDS** – Wearing a hat is a must. **NO HAT, NO PRACTICE!** For hands, mittens work much better than gloves. On cold days a neck warmer keeps both the neck and the lower face warm and is required for children with asthma. A neck warmer can easily be carried in the pocket of the Jr Nordic jacket.

You'll need to vary the insulation layer based on the temperature, keeping in mind that skiers warm up when they are moving but cool off when they are not. Keeping the extremities warm is the biggest challenge when it is cold. Wool socks over polypro socks will help keep the feet warm. Large wool socks with a hole cut in the toe to put over the boots or boot covers are essential during cold weather.

All skiers must be well fed and should take their medications before practice or as prescribed. A water bottle is required for Wolverines and Hawks and all children with asthma. It is also highly recommended that Otters and Polar Cubs carry water bottles. **MARK ALL OF YOUR CHILD'S CLOTHING, SKI BOOTS, POLES AND SKIS.** Write your name on a piece of tape and tape it right on to the skis and poles.

## 10.CURRICULUM

Junior Nordic skiers, except Polar Cubs, learn both classical (diagonal) and skate skiing, normally in 2 week intervals. Polar Cubs learn to classic ski only. Skiers learn proper care and handling of equipment, trail etiquette, good sportsmanship and how to act responsibly in the outdoors. A typical practice session will include a warm-up period, a lesson in technique, and a fun activity. Activities for younger skiers emphasize fun on skis, balance, strength and coordination.

All skiers are assigned to one of 4 skill groups based upon ability level. The skill groups are in turn divided into smaller groups of between 5 and 10 skiers each. Advancement to the next higher group is determined by the coaching staff and occurs when the skier has:

1. Mastered all the techniques taught at his or her current group level,

2. Demonstrated a responsibility level consistent with promotion,
3. Demonstrated understanding of etiquette and ski rules consistent with promotion, and demonstrated the physical stamina necessary for the next higher group.

## **11. SKILL GROUPS**

Headcoaches will move kids up to a new group when they deem they are ready. This is not the responsibility of the parents. As kids naturally improve, they will be moved up.

- **POLAR CUBS**

Younger beginners learning to feel comfortable on skis, basic diagonal (classical) technique, safety and etiquette.

- **OTTERS**

More advanced beginner skiers learning skate skiing and mastering classical technique, along with safety skills and etiquette.

- **WOLVERINES**

Intermediate skiers learning to put together the techniques of classical and skate skiing to move fast and effortlessly along the trail. Wolverines have more independence on skis, emphasizing group cohesiveness, etiquette and physical stamina.

- **HAWKS**

The most accomplished skiers, learning advanced diagonal and skate techniques as well as racing techniques and strategy. Hawks are the elite, and as such wear the distinctive Hawks jacket. They must demonstrate discipline, cooperation, and desire. Hawks may participate in additional practices, and racing is encouraged.

## **12. COACHES/SITE DIRECTORS**

The Junior Nordic Sport Director and NSAA Program Manager oversee the program and interact with site directors, head coaches, coaching staff, children in the program, the parents of the children and Parks & Rec. staff. Site directors are responsible for the day-to-day responsibilities for both the weekday and weekend groups at Kincaid, Hillside and Russian Jack.

Get to know your child's coach and head coach. Communicate with them any concerns you may have.

## 13. COMPETITION AND RACING

Because the philosophy of Junior Nordic is to encourage children to learn and enjoy cross country skiing as a lifetime activity, competition and racing are not the focus of the program. The Ready 2 Race program is geared towards advanced level Junior Nordic skiers who are interested in learning more about racing by offering clinics and race support during the season. The Ready 2 Race is \$25 per session and can be included in the regular season registration.

This program is great for skiers looking to participate in middle school ski team or community races, such as the [AMH Anchorage Cup races](#). Ready 2 Race coaches will provide race support at AMH Anchorage Cup races including course preview, help with waxing, answer questions, and lead warm-ups. [Click the link HERE to learn more about competition and racing](#).

The Besh Cup races are designed for skiers of all skill and competitive levels. [Learn more about Besh Cup Races](#)

The AMH Anchorage Cup races offer youth races with shorter distances appropriate for younger skiers and the whole family! Learn more about [AMH Anchorage Cup Races](#). All ages and abilities are encouraged to participate, and R2R will welcome all kids to join the warmup and get to the start line.

## 14. MEDICAL

If your child has a medical condition that may need to be treated out on the trails (asthma, food allergies....) let the head coach and your child's coach know. This is very important and helps avoid a crisis situation. This information should be included in your child's registration and we try to be sure that the coaches know about any medical information provided, but you should talk to your child's coach directly.

## 15. SAFETY

There are risks inherent in any outdoor activity like cross country skiing and although every effort is made to prevent accidents, minor scrapes and bumps do occur from time to time. The coaches are equipped with medical kits. Each year the coaches attend a first aid training session. Parents are responsible for making sure their children know and follow the rules to prevent injury to themselves and others. The most important rules that parents should discuss with their children are:

1. Obey the coach and parent helpers.

2. Never ski alone. If you are in front of the group and come to an intersection, always stop and wait for the coach.
3. Never leave your group without permission.
4. Use your equipment properly—especially poles (people can be seriously injured by the sharp points of ski poles.) Keep poles pointed at the ground and do not point with poles or use them for games like tripping others.
5. Pay attention to trail signs and be sure that you are going in the correct direction of travel if the trail is marked as “one way.”
6. Avoid moose encounters—Moose are a common sight on the trail everywhere. Usually moose mind their own business, but they can be unpredictable. Never pass a moose on the trail, get between a mother and her calf, throw anything at a moose, yell at it or walk or ski toward it. If a moose moves towards you, get behind a tree or anywhere you are out of sight.

## **16. DISCIPLINE**

The inherent dangers involved in cross country skiing combined with the large size of Junior Nordic require that children promptly obey the rules established by the coaches and parent helpers. Children who are unable to obey the rules pose a threat to the safety of others as well as themselves and put an unfair burden on the coaches, other children, and parents. Children who are unable to follow the rules established by the coaches will not be allowed to attend practice. Normally, the following progressive procedures will apply:

1. First infraction—Formal warning to skier
2. Second infraction—Meeting between coach, child, and parent
3. Third infraction—Suspension for 2 weeks
4. Fourth infraction—Suspension from the program

At the discretion of the director or committee, certain serious infractions (such as fighting or situations involving risks of physical harm) may result in deviation from this progressive discipline policy, up to and including immediate suspension.



# 2022-2023 Junior Nordic Calendar

Month	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Oct 2022							1 Registration Opens
	2	3	4	5	6	7	8
	9	10 Columbus Day	11	12	13	14	15 NSAA Ski Swap
	16	17	18	19	20	21	22
	23 Gear Pick Up	24	25	26	27	28	29
	30	31 Halloween					





# 2022-2023 Junior Nordic Calendar

Month	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Nov 2022			1	2	3	4	5 NSAA Annual Meeting
	6	7	8	9	10	11 Veterans Day	12
	13	14	15	16	17	18	19 Coach Orientation
	20 Parent Orientation	21	22	23	24 Thanksgiving Day	25	26
	27	28 Practice Starts	29	30			



# 2022-2023 Junior Nordic Calendar

Month	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Dec 2022					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25 Christmas	26 No Practice	27 No Practice	28 No Practice	29 No Practice	30	31 No Practice



# 2022-2023 Junior Nordic Calendar

Month	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Jan 2023	1 New Year's Day	2 No Practice	3 No Practice	4 No Practice	5 No Practice	6	7 No Practice
	8	9	10	11	12	13	14
	15	16 MLK Holiday. No Practice	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				



# 2022-2023 Junior Nordic Calendar

Month	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Feb 2023				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20 President's Day. No Practice	21	22	23	24	25
	26	27	28				



# 2022-2023 Junior Nordic Calendar

Month	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
March 2023				1	2	3	4
	5	6	7	8	9	10 ASD Spring Break Begins	11 No Practice
	12	13 No Practice	14 No Practice	15 No Practice	16 No Practice	17	18 No Practice
	19	20	21	22	23	24	25
	26	27	28	29	30	31	



# 2022-2023 Junior Nordic Calendar

Month	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
April 2023							1 End of Season Celebration
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30 Gear Return for All						