

# 2010-11 Help for High School Ski Coaches

We at NSAA will be doing our best to make this ski season great. Here are the services that we have for you.

## Planning your Race

At the NSAA website for high school [www.anchoragenordicski.com/Racing/HighSchools/index.htm](http://www.anchoragenordicski.com/Racing/HighSchools/index.htm) you can find blank venue maps and a grooming application. Draw out your courses and send them with your grooming application and all the specifics about start order, race style, awards to be given, pie eating contests etc to NSAA by email at [nsaa@alaska.net](mailto:nsaa@alaska.net). We should have your plan by Dec. 1, 2010. Our groomer will review the course, our map guru will make a pretty copy, and our webmaster will get all the race info posted. For minor updates or changes you can contact the webmaster directly at [jan@homestead-graphics.com](mailto:jan@homestead-graphics.com).

## Getting your skiers on the start list

Linda Carpenter [wdcarpenter@ak.net](mailto:wdcarpenter@ak.net) will again be putting together the start list. Pay careful attention to the formatting and make sure you get your skiers' data to her two days before the race (Thursday at 600pm for a Saturday race). The start list will be published at [www.anchoragenordicski.com/Racing/HighSchools/index.htm](http://www.anchoragenordicski.com/Racing/HighSchools/index.htm). I will attach Linda's specifics for getting your skiers on the start list. Please email Linda with your phone or cell phone number. She may need to call you if there is a last minute problem with your list, such as you forgot to send it!

## Bib pickup and changes on race day

To make everything go as smoothly as possible please keep these basic guidelines in mind regarding Bibs on race day...

You should have a designated coach, or athlete pick up your bibs as soon as your team arrives at the race. Bib pickup will usually be indoors where the skiers are waiting for the race. After you distribute bibs to your skiers please bring your Bib bag and scratch bibs back to the Bib Lady.

We cannot add skiers to the start list... the numbers are sequential (we don't have "ghost" bibs that would allow add ons) **unless** it is in the Open race where we can usually use a scratched bib.

Figure out a system within your team so you know prior to sending in your start list who plans to race... we tend to get a lot of scratches on race day. I know this is hard to avoid but some teams have been very successful in having their skiers let them know early in the week whether they plan to race or not that way we don't have to spend time sorting bibs that aren't going to be used. Having said all this it is easier to scratch a skier than add them so if you aren't sure go ahead and put them in the draw.

Race day changes are discouraged but allowed **within** reason.

Remember each change you make has to be written on multiple start lists and entered into the computer prior to the start. Multiply a few changes with each team it begins to cause Bib Lady stress. If you need to make a change please limit it to A and B teams and don't "domino" it all the way down your roster. Everyone goofs sometimes... a prime example is when a Coach last

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year entered his 2009 Regions team instead of the current year's team. We will try to be accommodating but don't goof up regularly or we'll get grumpy.

All changes to the start list need to be done at least an hour in advance... the earlier the better.

The guidelines for Regions and State meets regarding changes are different... be aware of the rules. Check the handbook.

When you are the host school for a race have the parent who is planning to wash the bibs check in with the bib lady before the race so that they know where the crates are and where to bring them when the bibs have been washed. Generally after bibs have been washed and sorted they should be brought to the NSAA office on 15th avenue near C St. Bibs are sorted in numeric order... relay bibs are sorted by number, the color order for each number is Red, green, yellow, blue.

## **Parent volunteers**

Please designate a parent coordinator to provide us with help on the day of the race you host. Please give your coordinator the memo that is attached.

## **Results**

They will be on the website [www.anchoragenordicski.com/Racing/HighSchools/index.htm](http://www.anchoragenordicski.com/Racing/HighSchools/index.htm) several hours after the race. If you need results for an awards ceremony on race day be sure we know about it before the race and we will get what you need.

## **Questions**

I am the NSAA coordinator for high school racing. I can be reached by email [chrisliil@acsalaska.net](mailto:chrisliil@acsalaska.net) or phone 277-0256.

John Christopherson