Parents Help Make Middle School Ski Races Great!

What: Cross-country ski racing for your middle school student

When: Afternoons in January and February (dates on next page).

Where: Kincaid Park, Mirror Lake Middle School, Bartlett High School, Chugiak High School

Who: You

Why: Support your student and make great racing experiences for all middle school students.

Each school hosts a race and provides a group of parents for its race.
Romig/Wendler hosts the race on Wednesday, January 20th.
To help out at our race or to just to keep up to date on the latest race information please give Coach Mark Meinen Meinen_Mark@asdk12.org your email address and phone number.

For more information, schedules and results go to
http://www.anchoragenordicski.com/Racing/MiddleSchools/index.htm

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Yes, please put me on the Cross-Country Ski Racing email update list.

Parent or Guardian's Name:

_____

Email address: _____ Phone no. _____

I'd like to volunteer to help at _____ race

Skier's name:_____

You may also e-mail this information directly to the Volunteer Coordinators at:
middleschoolxcski@gmail.com

2010 Middle School Cross Country Ski Races Calendar & Start Times

RACE DATE	Style	Location	Time	Host
#1 - January 20, Wednesday	Classic	Kincaid	2:20 PM	Romig/ Wendler
#2 - January 27, Wednesday	Classic	Mirror Lake	2:15 PM	Mirror Lake/Gruening
#3 - February 3, Wednesday	Skate	Bartlett High	2:30 PM	Begich/Clark
#4 - February 10, Wednesday	Skate	Chugiak	2:20 PM	Hanshew/Central
Championships:				
#5 - February 16, Tuesday	Skate	Kincaid	2:15 PM	Mears
#6 - February 18, Thursday	Relay Clasc/Skat	Kincaid	2:30 PM	Goldenview

	Race #1	**Race #2**	**Race #3**	**Race #4**	**Race #5**	**Race #6**
HOST>	Romig/ Wendler	Mirror Lake/ Gruening	Begich/ Clark	Hanshew/ Central	Mears	Goldenview
Start Times	**Wednesday 1/20/10** Kincaid Classic	**Wednesday 1/27/10** Mirror Lake Classic	**Wednesday 2/3/10** Bartlett Skate	**Wednesday 2/10/10** Chugiak Skate	**Tuesday 2/16/10 Championships** Kincaid Skate	**Thursday 2/18/10 Championships** Kincaid-Relay Classic/Skate
2:20	8 Boys	8 Girls	-	-	6/7 Boys JV	8th Gr. Teams
2:30	-	8 Boys	6/7 Boys	8 Girls	6/7 Girls JV	-
2:40	6/7 Girls	6/7 Girls	-	-	8 Boys JV	6/7 Gr. Teams
2:50	-	6/7 Boys	8 Girls	6/7 Girls	8 Girls JV	-
3:00	6/7 Boys	...	-	-	6/7 Boys V	Scrambled Teams
3:10	-	...	8 Boys	6/7 Boys	6/7 Girls V	…
3:20	8 Girls	...	-	-	8 Boys V	…
3:30	...	...	6/7 Girls	8 Boys	8 Girls V	…

PARENTS: Welcome to the xc ski community! Your child's ski team needs volunteers! Please check with your coach to see how you can help. At each race volunteers are needed to set up the start and finish areas, time the skiers as they finish, direct skiers on the course, and a variety of other jobs. ***Please volunteer!***

Course Set Up: This is the only job that takes place in advance of races—usually starting about 10 a.m. the morning of the race. Help mark the course and set up start and finish areas. Don't need to ski.
Timing Crew: Feel the excitement of the finish line!! Working in groups of three you time and record results. We train; no experience needed.
Course Marshals: Stationed on course with radios these volunteers get to see the race unfold on the course and report any problems should they occur. Skis help.
Course sweeps: You get to ski behind the race, provide encouragement to the slowest, report problems and get to witness the best sportsmanship as the last are cheered home.
Announcer: Announce race start times and countdown to races.
Course Take Down: Host team