



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 back).

Where: Kincaid Park, Mirror Lake Middle School, Bartlett 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. Mirror Lake hosts the race on January 27th.

To help out at our race or to just to keep up to date on the latest race information please give Coach Fay your email address and phone number.

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

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

Parent or Guardian's Name:

Email address: _____ I'd like to volunteer to

help at _____ race

Skier's name: _____ Phone no. _____

2009 Middle School Cross Country Ski Races Calendar & Start Times

RACE DATE	Style	Location	Time	Host	Maps
#1 - January 22, Thursday	Classic	Kincaid Location Map	2:20 PM	Romig/ Gruening	Course Map
#2 - January 27, Tuesday	Classic	Mirror Lake Location Map	2:15 PM	Mirror Lake	Course Map
#3 - February 3, Tuesday	Skate	Bartlett High Location Map	2:30 PM	Hanshew/Wendler	Course Map
#4 - February 10, Tuesday	Skate	Kincaid Location Map	2:20 PM	Goldenview	Course Map
Championships:					
#5 - February 17, Tuesday	Skate	Kincaid Location Map	2:15 PM	Central/Begich	Course Map
#6 - February 19, Thursday	Relay	Bartlett High Location Map	2:30 PM	Mears	Course Map

	Race #1	Race #2	Race #3	Race #4	Race #5	Race #6
HOST>	Romig /Gruening	Mirror Lake	Hanshew Wendler	Goldenview	Central/Begich	Mears
Start Times	Thursday 1/22/09 Kincaid Classic	Tuesday 1/27/09 Mirror Lake Classic	Tuesday 2/3/09 Bartlett Skate	Tuesday 2/10/09 Kincaid Skate	Tuesday 2/17/09 Championships Kincaid Skate	Thursday 2/19/09 Championships Bartlett Relay
2:20	8 Boys	8 Girls	-	8 Girls	6/7 Girls JV	-
2:30	-	8 Boys	6/7 Boys	-	6/7 Boys JV	8th Gr. Teams
2:40	6/7 Girls	6/7 Girls	-	6/7 Girls	8 Girls JV	-
2:50	-	6/7 Boys	8 Girls	-	8 Boys JV	6/7 Gr. Teams
3:00	6/7 Boys	...	-	6/7 Boys	6/7 Girls V	-
3:10	-	...	8 Boys	-	6/7 Boys V	Scrambled Teams
3:20	8 Girls	...	-	8 Boys	8 Girls V	
3:30	6/7 Girls	...	8 Boys 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 many volunteers are needed to set up the start and finish areas, time the skiers as they finish, direct the 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