



FAR WEST COMPLETES SUCCESSFUL 2003 SUMMER CAMP PROGRAM



Far West Nordic has almost completed it's most successful Summer Camp series for Junior Nordic racers. A series of 4 camps have been held throughout the summer and fall for junior skiers of all ages and abilities.

The summer camp season started off with an "elite" group of skiers (along with Far West coaches Glenn Jobe, Jeff Schloss, Jenny Rassuchine and Gary York) heading to Bend, Oregon for clinics with U.S. Ski Team coaches.

July was the time to head to the "east-side" for our annual June Lake camp, headed by Nancy Fiddler. Opened up this year to skiers of all ages, this camp featured roller skiing, running, and hiking in the Eastern Sierra. A couple of special treats for many campers was the summit climb

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GET READY FOR FAR WEST'S SEASON-STARTING AUCTION RAFFLE PARTY

November 1, 2003 in Squaw Valley

Back for it's second year at Olympic Plaza Food & Beverage Company's BAR ONE in Squaw Valley, Far West Nordic's Auction Raffle will be held on Saturday, NOVEMBER 1 at 7 pm. Once again, this is the **Can't Miss Event** of the season for anyone interested in cross country skiing in California and Nevada. This year's Auction and Raffle prizes promise to be some of the best in history, with ski equipment from Fischer, Salomon, Swix, and many more, plus great prizes from XC Ski Areas, bike shops (including a Trek 4500 mountain bike), local restaurants, and lots of gear and goodies. As always, this is Far West Nordic's largest fundraiser for its Junior Nordic programs. Please plan on attending and bidding on some of our great prizes. Tickets are available from local Junior racers (each Junior receives a percentage of their sales to their "Far West Bucks" account) or call the Far West Office. Auction prize updates are also available on our website at www.farwestnordic.org, so check it out!

LOG ON FOR THE LATEST NEWS...

WWW.FARWESTNORDIC.ORG

You can even download this newsletter in living color in Acrobat format! Save a tree!

Next Far West Nordic BOARD MEETING

October 13, 7 pm • Tahoe Cross Country
 Keep up with all the happenings in the sport of Cross Country Skiing! Regular newsletters, discounts to ski areas, eligibility for the Sierra Ski Chase, be able to attend Far West Summer Camps, and more! Join Today!

DIVISION NEWS

JOIN FAR WEST NORDIC FOR 2003/2004!

If you are receiving this newsletter in the mail, and you DON'T get a 2003/2004 Membership Card with it, that means it's time to re-join Far West Nordic and support cross country skiing in the West. Fill out our application form or go on-line to www.farwestnordic.org to join.

Junior Skiers: Here's your chance to join Far West Nordic! It's only \$10 for a Junior membership — JOIN TODAY!

ON-LINE PAYMENT IS HERE!

Look on our website for the ability to use your credit card to pay for membership, camps, merchandise, and more!

JUNIOR OLYMPICS 2005

Plans are well under-way for JO '05 at Auburn Ski Club. If you're interested in getting involved as a volunteer (we need lots of 'em), drop us a line.

NCAA'S HEADED TO AUBURN SKI CLUB

Come help ASC & Far West host the NCAA Championships this winter. March 11-13 are the dates. Call ASC to volunteer.

AUBURN SKI CLUB TEAM SIGN-UPS

Auburn Ski Club is currently taking signups for the winter 2003/2004 Nordic teams, including the Competition, Development, and Sonics racing teams. Contact ASC @ (530) 426-3313.

Far West Nordic Summer Camps continued...

of Mt. Conness (12,600 ft.) in Yosemite National Park, and of course the infamous "rope swing" over June Lake itself.

Next up was the fun but demanding Marin Headlands camp in August for Junior Olympic-caliber athletes. This was a high intensity camp at a low elevation, allowing the athletes to push themselves by roller skiing and running in the scenic hills of Marin County and San Francisco.

Finally, coming up in late September (27th-28th) is the annual Development Level Skier Camp at Auburn Ski Club for athletes 12-15 years old. The focus there will be on learning dryland training methods and technique and an easy introduction to rollerskiing. New this year will be an additional level for even younger (10-12 year old) nordic racers called the "Sonics" Camp. For more information on this camp, go on-line to www.farwestnordic.org.

FAR WEST NORDIC UPCOMING JUNIOR CAMPS & TRIPS

Thanksgiving Week Junior XC Ski Training Opportunities: West Yellowstone & Local Camps

WEST YELLOWSTONE

This will be a trip to West Yellowstone, Montana over the Thanksgiving week November 23-30. The trip is open to dedicated nordic racers 14 years old and up. West Yellowstone traditionally has some of the most reliable early season snow on the continent, and is therefore a great place for a November training camp. Athletes will be able to get a lot of quality training time with emphasis on technique and lots of ski kilometers. There are USSA sanctioned races providing national level Junior and Senior competition and the opportunity for very good USSA points. Younger athletes or those not feeling ready to race do not need to enter these high caliber races. The focus of the camp will be on training, and we will "train through" the races rather than rest up for them. Athletes should be prepared for long training hours on snow and lots of technique work.

The head coach for this trip will be Jeff Schloss. Meals and lodging will be at the Big Western Pine Inn in West Yellowstone. There are two options that are being discussed for this trip: FLYING — We would depart November 23, and return November 30th. The cost will be \$1,065 per athlete. DRIVING — We would

depart November 22 and return November 30th, with a cost of \$815. Space will be on a first-come/first-serve basis.

To reserve your spot on this trip, go to the Far West website to sign up and pay your deposit, or download an application to send in to the office with payment.

THANKSGIVING TRAINING DAYS

Far West realizes that Thanksgiving is an important family time and that West Yellowstone might not be for everyone. Therefore, we are offering a great program for those who wish to stay home over Thanksgiving. We will offer 3 days of training and coaching for any athletes age 13 and up who wish to attend. These are free to Auburn Ski Club Comp or Development team athletes with a \$10 charge per day for everyone else. The dates are November 28, 29, and 30th. Check the website for more details. If there is available snow these sessions will be skiing—if not they will be dryland. Skiers must sign up in advance for these training days by contacting the Far West Nordic office at (530) 587-0304 or e-mail info@farwestnordic.org

JUNIOR XC SKI RACE SKILLS CLINICS

At Auburn Ski Club



These clinics are geared toward Middle and High School racers. With early snow and top-notch coaching at the Training Center, athletes can get a great start to their season. Clinics will be fun, and will help racers with both fitness and technique. If snow is scarce, clinics will be held using dryland ski skills - just replace the skis with running shoes.

All 5 clinics are offered for \$25, or \$10 per session drop-in. Auburn Ski Club membership and a waiver /release is required for each participant. Forms

are available at www.auburnskiclub.org.

Clinics run from 10 am to 12 noon at the Training Center.

Dates for the clinics are as follows:

- Saturday, November 15th
- Saturday, November 22nd
- Saturday, November 29th
- Sunday, December 7th
- Sunday, December 14th

Come join us for some great early season training. They'll be fun for you, but most importantly, you're sure to see your results improve during race season.

2004 JUNIOR OLYMPICS AND U.S. NATIONAL CHAMPIONSHIPS

Get Ready for Lake Placid, New York and Rumford, Maine

JUNIOR OLYMPICS

The Junior Olympics will be held in Lake Placid, New York, March 6 through March 14, 2004. The trip is open to those juniors who qualify in their age group at 3 of the 4 Far West Junior Olympic qualifier races held in December and January.

To qualify for JO's, you must be a current member of Far West Nordic (and not any other USSA division). There are 4 qualifier races for the Junior Olympic Competition scheduled for 2003/2004 (see below). Junior racers must ski in 3 of the 4 races, and have a qualifying time in 2 races, including both a classic and a freestyle (skate) race.

QUALIFYING CRITERIA FOR JO'S

In the J2 class: with 6 or more competitors in an age group a qualifying time is 8% back of the average of the top 2nd, 3rd, & 4th finisher's times in the age group. With 5 or less it is 5% back of the average of the top 2.

In the OJ & J1 classes: with 6 or more competitors in an age group a qualifying time is 8% back of the average of the top 2nd, 3rd, & 4th finisher's times in the age group. With 5 competitors or less it is 5% back of the average of the top 2.

In the OJ class (18-19 yr. old) the minimum standard will be the J1 qualifying time. OJ's times will not be used in the J1 calculation, nor will they displace a J1 in the qualifying process.

A full listing of qualifying criteria is posted on the Far West Nordic website. Following is the list of JO Qualifier races for 2003/2004.

December 21	Sunday	ASC Sprint Challenge	Auburn Ski Club Training Center	Sprint Format
December 28	Sunday	Snowshoe Thompson Classic	Auburn Ski Club Training Center	Classic 10/5 km.
January 19	Monday	Sierra Skogsloppet	Tahoe Donner Cross Country	Freestyle 7 km.
February 1	Sunday	Tahoe City Classic	Tahoe Cross Country	Classic 6 km.

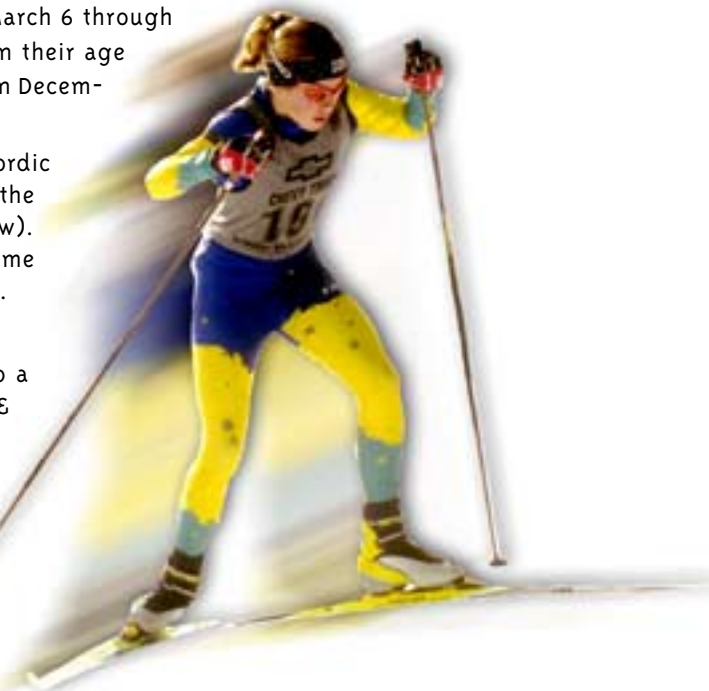
U.S. NATIONALS

Far West will be taking a group of juniors and seniors to the US National Championships in Rumford, Maine. The tentative dates for this trip have us leaving December 31 and returning on January 9. Participation on this trip will be by invitation from the Far West Nordic coaching staff only. Cost of the trip will be in the neighborhood of \$1,400. Check the website for more information.

FAR WEST NORDIC SENIOR NORDIC TEAM & TRAINING

Far West Nordic has established a team for Senior Division racers (ages 20-29) to help with organizational support at national level races and to help with training. There are currently approximately 12 individuals who have qualified for this elite team of skiers. There will also be support to help with sponsorships and dealing with the press.

This fall and winter there will be monthly training sessions



led by qualified master racers, and there will be opportunities for skiers to train with Auburn Ski Club Competition Team athletes and coaches. Next training session will be Roller Skiing on October 12.

For more information, and detailed criteria for acceptance to the Senior Nordic team, go to the Far West Nordic website at www.farwestnordic.org.

2003/2004 FAR WEST NORDIC RACE SCHEDULE

The following is the tentative 2003-2004 Race Schedule for the Far West Ski Associations for this winter. The final race schedule will be published in our NORDIC NEWS 2003 2003, out in late November. Please check our website at www.farwestnordic.org for any last minute updates or changes. Note that Classic technique races (including pursuit formats) are listed in italics. Distances listed are for adults.

December 7	Sunday	Kirkwood 10 K	Kirkwood XC	10 km.
December 14	Sunday	Tannenbaum 10 Km.	Tamarack Lodge	10 km.
December 21	Sunday	ASC Sprint Challenge	ASC	1+ km.
December 28	Sunday	Snowshoe Thompson	ASC	10 km.
January 4	Sunday	Paco's Fun Race	ASC	10 km.
January 7	Wednesday	TD Night Series	Tahoe Donner XC	5 km.
January 11	Sunday	Alpenglow Freestyle	Tahoe XC	20 km.
January 11	Sunday	Lakes Basin 15 km.	Tamarack Lodge	15 km.
January 13	Tuesday	Squaw Creek Series	Squaw Creek XC	5 km.
January 19	Monday	Sierra Skogsloppet	Tahoe Donner XC	15 km.
January 21	Wednesday	TD Night Series	Tahoe Donner XC	5 km.
January 24	Saturday	Chimney Rock Challenge	Montecito-Sequoia	15 km.
January 25	Sunday	Chimney Rock Challenge	Montecito-Sequoia	15 km.
January 25	Sunday	Sawmill 15 K	Northstar	15 km.
January 27	Tuesday	Squaw Creek Series	Squaw Creek XC	5 km.
February 1	Sunday	Tahoe City Classic	Tahoe XC	15 km.
February 4	Wednesday	TD Night Race	Tahoe Donner XC	5 km.
February 8	Sunday	Allan Bard Memorial	Tamarack Lodge	20 km.
February 10	Tuesday	Squaw Creek Series	Squaw Creek XC	5 km.
February 16	Monday	President's Cup Race	Tahoe Donner XC	15 km.
February 18	Wednesday	TD Night Series	Tahoe Donner XC	5 km.
February 22	Sunday	Tahoe Donner Relays	Tahoe Donner XC	3 x 5 km.
February 24	Tuesday	Squaw Creek Series	Squaw Creek XC	5 km.
February 28	Saturday	Yosemite Nordic Holiday	Badger Pass	17 km.
February 29	Sunday	Squaw Creek Skier-Cross	Squaw Creek XC	1.5 km.
February 29	Sunday	Yosemite Glacier Point	Badger Pass	36 km.
March 7	Sunday	The Great Ski Race	Tahoe XC	30 km.
March 13	Saturday	Bjornloppet Ski Race	Bear Valley XC	20/10 Km.
March 14	Sunday	Bjornloppet Ski Race	Bear Valley XC	10 km.
March 14	Sunday	Ernie Woodfield Memorial	Mt. Shasta XC	20 km.
March 20	Saturday	Echo To Kirwood	Echo Summit	13 Miles
March 21	Sunday	California Gold Rush	Royal Gorge	50/30/15/6 k
March 28	Sunday	Nordic Skier-Cross	Northstar	Short Course
April 3	Sunday	Tom's Race	Bear Valley XC	10 km.
April 4	Sunday	Mammoth Marathon	Tamarack Lodge	42/21 km
April 11	Sunday	Billy Dutton Uphill	Squaw Valley	3.2 miles
April 18	Sunday	10th Mt. Division Biathlon	ASC	9/6 km.

CNISSF 2003/2004 RACE SCHEDULE

December 19	Friday	CNISSF ASC Relays	Auburn Ski Club	Freestyle Relay
January 9	Friday	CNISSF Kirkwood	Kirkwood	Freestyle
January 23	Friday	CNISSF Mammoth	Tamarack Lodge	Classic
January 30	Friday	CNISSF North Tahoe	Tahoe Cross Country	2 x 2 Dual Relay
February 6	Friday	CNISSF Truckee	Tahoe Donner XC	Freestyle Sprints
February 12	Thursday	To be Announced		Classic
February 27	Friday	CNISSF State Championships	ASC Training Center	Freestyle (HS only)
February 28	Saturday	CNISSF State Championships	ASC Training Center	Classic (HS only)

CNISSF COACHES MEETING:

Friday, December 5, 10 am @ Auburn Ski Club. All interested school coaches are encouraged to attend.

MASTERS DRYLAND CLINIC A HUGE SUCCESS

by Molly Zurn, Master's Committee Chairperson

Organizing a dryland clinic was a selfish endeavor. I wanted Jeff Schloss and Sally Jones to show me how to ski "new school." I've seen their Junior skiers bombing around the track and wow, they look great! Two hours of drills followed by a run, roll, or ride was all it took for the twenty-six Masters who participated in the clinic to feel a little more hip and a lot more in tune to what's happening in the world of Nordic ski technique.

Stretching, skating and classic progressions, hill bounds, trail running, roller skiing, mountain biking—yep, a real live dryland session. I overheard more than one person say she thinks she finally gets it. "For three years I've been trying to skate and now, after two hours on the dirt, I actually understand what I'm supposed to do. Aren't these coaches amazing?"

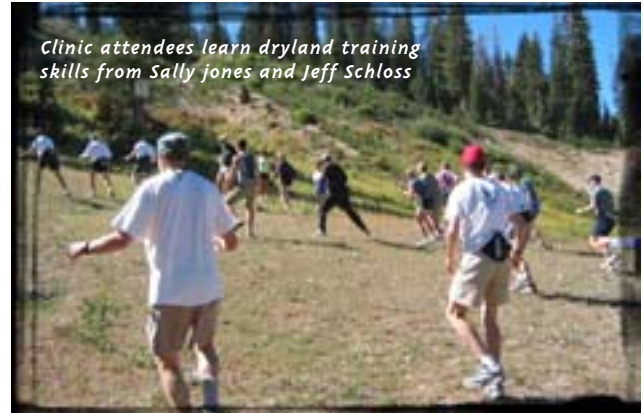
It's through our support of the Far West Nordic Association that we can continue having such high-level clinics. Show your love of Nordic skiing by joining Far West. Then, participate in a clinic, sign up for a race, or even join a Far West committee. The snow's there for all of us!

LOUISE WHOLEY: MASTER SKIER EXTRAORDINAIRE

When one thinks of inspiring skiers, visions of young, lycra-clad racers come immediately to mind. However, there are other sources of inspiration for many of us skiers, and they sometimes can be found in somewhat non-conventional places. Far West Master Louise Wholey is one of those sources. At age 61, Louise was clearly heads above anyone else in the number of races in which she participated and placed - sometimes back-to-back on a weekend! With 13 first place finishes in here division, she was truly in a class of her own.

Race	Division	Place
Snowshoe Thompson		1st
Paco's Fun Race		2nd
Alpenglow Freestyle		2nd
Sierra Skogsloppet		2nd
Sawmill 15K		1st
Tahoe City Classic		1st
Kirkwood Pursuit		1st
President's Cup		1st
Yosemite Classic		1st
Glacier Point Skate		1st
The Great Ski Race		1st
Bjornloppet Classic		1st
Bjornloppet Freestyle		1st
Echo to Kirkwood		1st
RG Silver Rush		1st
Mammoth Marathon		1st

Look forward to the next Masters clinic on January 10th at Spooner Summit XC. Focus will be on downhill skills.



Clinic attendees learn dryland training skills from Sally Jones and Jeff Schloss

FAR WEST NORDIC COACHES CLINIC SLATED FOR ON-SNOW *December 5 at Auburn Ski Club*

Far West Nordic will once again be offering a coaching clinic geared towards High School and Middle School coaches, or anyone who has an interest in learning more about nordic ski coaching. The Clinic will be at the Auburn Ski Club on December 5 after the CNISF meeting. The clinic is free to Far West members and CNISF coaches, \$10 for everyone else. Lunch, training, handouts, and a Far West Competition Guide will be provided. The clinic will address ski technique, how to make a training plan, how to most effectively train if you don't have access to snow everyday, nutrition, motivating athletes, and many other topics of use to new or experienced coaches. The clinic will be lead by Far West Coaches Glenn Jobe, Sally Jones, Jeff Schloss and several more outstanding local coaches. Contact the Far West office or check the website for more info.

JUNIOR SKI-FOR-LIGHT PROGRAM

The Junior Ski for Light is an opportunity for Far West Junior skiers to perform community service and give back to the sport, at the same time appreciating cross country skiing in a different dimension. Far West Juniors can volunteer for this program:

- Join the Junior Ski for Light committee and assist with organization
- Those 13 years and older can be trained as guides.
- Participate as assistant guide one or more times a season.
- Assist in fundraising.

Check the Far West Nordic website for more details. For any questions, or to sign up for the program, contact Natalie Joffe at (415) 461-8039 or (530) 587-3770 (winter) or e-mail her at nataliej_04@yahoo.com.

SKI CONDITIONING CLASSES WITH CYCLING CHAMP JULIE YOUNG

Great News for anyone living close to the city of Auburn: Bicycle champion and nordic skier Julie Young is running an adult ski conditioning class through the Auburn Parks and recreation Dept. on Thursday nights, starting mid-September through early November (5 pm - 6:30 pm). Cost is \$80, and is open to all levels of skiers ages 14-104. Details are in the Parks and Rec brochure. Call (530) 885-0611 for more information.

ski education association
p.o. box 10046 • truckee, ca 96162



2003/2004 FAR WEST MEMBERSHIP FORM

Register NOW for 2003/2004! Or use your credit card to register on-line at www.farwestnordic.org!

Far West membership year runs from September 1, 2003- August 31, 2004. MAIL TO: FWNSEA, P.O. BOX 10046, TRUCKEE, CA 96162

LAST NAME(S): _____

FIRST NAME _____ BIRTH DATE _____ FIRST NAME _____ BIRTH DATE _____

FIRST NAME _____ BIRTH DATE _____ FIRST NAME _____ BIRTH DATE _____

FIRST NAME _____ BIRTH DATE _____ FIRST NAME _____ BIRTH DATE _____

MAILING ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ E-MAIL _____

SPONSORSHIP LEVELS (Includes Full Membership Plus Tax Deductible Donation)

GOLD \$250 SILVER \$100 BRONZE \$50

INDIVIDUAL (ADULT) MEMBERSHIP \$20

FAMILY MEMBERSHIP (2 or more immediate household family members or Jr. Dependents) \$35

JUNIOR MEMBERSHIP only (single member under 21) \$10

DONATION to the Far West Junior Program (Tax Deductible)

DONATION to the Far West "Future Fund" Program (Tax Deductible Endowment) ..

TOTAL ENCLOSED (Enclose Check or fill out Credit Card info - No Debit Cards)

Far West Nordic would like to send your newsletters and information to you in electronic format. This would save hundreds of dollars a year that we could then put into our Junior Ski Programs. If you would like us to send you information via e-mail, please check this box so we may contact you.

Far West may occasionally sell our mailing list to Ski Industry Organizations and/or manufacturers. If you do NOT want your name included on this list, please check...

Check this box for Coach Membership I can help with: Auction & Raffle Races (course set-up) Junior Trips/Camps

CREDIT CARD NUMBER (No Debit Cards, Please) _____

EXPIRATION DATE _____ NAME ON CARD _____

CARD'S BILLING ADDRESS (if different from above) _____

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