



# *new england* **NORDIC NEWS**

EARLY FALL 2003 VOL. 8, NO. 6

## COMMITTEES ARE THE HEART OF NENSA

John Upton, NENSA President: [jupton@perkinsthompson.com](mailto:jupton@perkinsthompson.com)

Over the summer months, there has been outstanding progress on many fronts which will improve our organization this winter and for years to follow. Almost all of this progress has come through the hard work of our numerous committees and staff. Here are some of the initiatives which will affect you this winter.

The Long-Range Planning Committee will be presenting a five-year plan at our fall meeting on November 2 at Pineland in New Gloucester, Maine. The long range plan will serve as our guide for all our major policy issues moving forward. All members are encouraged to attend the meeting. The Athlete Development Committee will also be recommending at the fall meeting several initiatives, including a new State vs. State championship event for most age groups. The Membership Committee has reorganized our membership groupings to include a new recreational category to entice new members who do not compete. The Clubs and Masters Committees have re-examined their roles and have come up with a streamlined series of events for this winter's schedule, including some exciting clinics throughout the region. The Site Committee, working closely with staff, has finalized a 2003/2004 schedule featuring some of the best venues in New England and continues our excellent track record for well-managed events. The Women's Committee has set plans for the third annual Women's Day also to be held at Pineland. The Bill Koch Committee has been working tirelessly to continue the best regional youth program in the country. NENN continues as the best newsletter of its kind, period.

Where else in the country is there such an accomplished and dynamic ski organization? I can say all this with confidence because I know from hearing from other regions and national organizations that NENSA has become the model for regional ski organizations in the United States. The work of our committees with the help of our professional staff of Fred, Pat and Dorcas are at the heart of this success.

Most committee members are not professional coaches or athletes. They devote their time and energy because they love skiing and want to make NENSA work for all of

us. I want to thank each of them for their contributions on behalf of all skiers in New England, and invite all of our other members to become involved with one of our committees. Committee work is conducted mostly through e-mail, and can easily fit into the busiest of schedules. Please contact me if you would like to make a difference for our sport.



Not exactly a NENSA committee, but they've got the same spirit! For more on the Burke camp, see pg.11. (Photo: Emily Wheeler)

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### NEW ENGLAND NORDIC NEWS

NENN is published six times a year as a membership benefit of the New England Nordic Ski Association. If you are not yet a NENSA member, please join — support nordic skiing in New England!

To request a NENSA membership application, contact the NENSA Administrative Office. For fastest processing, send your membership fee in with your request for the membership form — as of 4/25/99, it's \$30 for the first member of the family (\$40 if not affiliated with a club), and \$20 for each additional family member (\$30 if not club-affiliated), payable to NENSA. When you return the signed membership form, you'll receive the NENSA competition guide and other membership benefits.

For information about life membership in NENSA, contact the Administrative Office.

### DEADLINES

Articles and pictures submitted for publication in NENN must be in the editors' hands not later than:

Midwinter (January) issue: November 25

Late Winter (March) issue: January 25

Spring (May) issue: March 25

Summer (July) issue: May 25

Early Fall (September) issue: July 25

Late Fall (November) issue: September 25

Photos and graphics are always welcome. If related to an article, photos or graphics should be submitted with the text.

### ADVERTISING

For complete particulars on advertising in NENN and/or the NENSA Competition Guide, contact the Administrative Office.

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## FROM THE EDITORS

This issue of NENN brings on an annual bout of nostalgia for us. The first issue of NENN was published in September 1995. It's hard to believe that we've been at this so long but then again..... haven't we've been doing this forever? So much has come and gone in those years. Our sport is improving and fine tuning itself. Technique and format changes make the sport more exciting for racers and spectators alike. So as we look forward to winter – we take satisfaction from lessons learned and look forward to what is to come.

In this issue, we revisit the NENSA sponsored Junior Trip to Russia as Alexei Sotskov reflects on coaching lessons learned. The young athletes and their coaches took a great many ski and life lessons home with them. NENSA took the opportunity of their personal contact to invite Nina Gavriluk, three time Olympic gold medalist, to present a series of clinics across New England. On page six Fred Griffin shares some of her tips with you.

And then it's time to look ahead: the Bill Koch page suggests hikes for the fall, Rob Bradlee offers masters clinics to help masters get ready for the season, and check out the news of the new Banknorth Eastern State Championships at the end of March. If all that gets you too excited, coach Jim Defoe has some tips on getting enough sleep on page nine.

With best wishes for the approaching autumn!

Mary Hamel,  
Anne Donaghy, co-editors

## What's Ahead????

Camps, clinics, training opportunities, the NENSA Fall meeting, clubs' social activities, fun hikes and other adventures as well as the entire winter calendar... now that it is fall, there is plenty ahead!

Be sure to keep checking the NENSA website:

<http://www.nensa.net>.

## BILL KOCH YOUTH SKI LEAGUE

### It's Fall! – Let's Hike

It's Fall! – the best hiking season in New England. As in past years, we've put together a group of favorite hike suggestions from some of our Bill Koch families. There's one for each member state so get the family together, pack a picnic lunch or just some snacks, bring plenty to drink and start prepping those muscles for skiing.

**Vermont:** When the Levins family of Rutland head out for a hike, you might find them on the Blue Ridge Trail. It's the large roundish mountain you can see to the east when you're traveling north on Rt. 7 out of Rutland. They expect that its name is derived from the bluish hues often displayed in the evening before the sun goes down. When it's snow covered, it can be pink.

The hike itself is an up and down the same trail totaling 3 miles with an elevation change of 1500 feet. This family budgets 2.5 to 3 hours when all six (Jimmy (J3), Keely (J3), Augie (J5) and Chloe (age 5) plus Mom and Dad) take this hike. If all members are not ready to go to the top, some stay at the waterfall partway up while the others go on. If they all decide to go to the top, they add some time.

The hike starts gradually in a wet forested area with the incline gradually increasing as you go up. The top is relatively flat with stunted trees. There is a beautiful view to the west across the Otter Creek Valley, the Northern Taconics and on a clear day the Adirondacks. Look for the unusually shaped hill in Castleton that is known as 'Bird's Eye'. The trail is well marked by blue slashes and is composed of dirt (and some mud) in the beginning and some loose rocks higher in the climb. The two younger members of the family usually get a ride for some portion of the hike.

To get there: From the intersection of Routes 4 and 7 at the north end of Rutland City, go east on Route 4 approximately 6 miles. Just past the Vermont Inn, turn left (north) onto the Old Turnpike road (on the Geological Survey Map – Elbow Rd). If you are coming from the east the Old Turnpike Road is 2.5 miles west of the Pico alpine ski area entrance. Travel .6 miles north on the Old Turnpike Road where you will see a dirt road protected by a fence on the left (west) side of the road. There you will see the trail's first blue trail marker. A sign on the fence also says no trespassing or motor vehicles. Park off the road, but be careful not to go too far off the road as there is a drop. Hike along the dirt road veering to the right along a footpath that goes between some camp buildings. The blue signs are very good. After you pass the group of buildings, you will see a sign-in box at the start of the trail. You will go on a 'single track' though some wet stuff for a while (.5 miles) and then cross a

small stream, and climb a short steep hill and walk a little further where you will come out onto a logging road. Turn right onto this logging road and go straight on from there. This road will narrow and take you to the top.

This trail is called the 'Canty Trail' on the 'Chittenden' Geological Survey Map that can be purchased at Lindholm Sports in Rutland near the Route 4 and 7 intersection (on the east side of Route 7 just south of the intersection).

**Maine:** If you are in the Pownal/Freeport area, you might want to try the hike recommended by David Bibeau (J5) and his Mom and Dad. The trail head is located within the Bradbury Mountain State Park. The hike is a relatively short one which makes it a great one for younger Bill Koch skiers. No matter what your age, the views looking south to the coast are spectacular. In addition to hiking, the park offers a picnic area, playground, ball field, horseback riding, biking and camp sites. In the winter, the multiuse trails are enjoyed by cross-country skiers and snowshoers. There are rangers on site and maps are available at the gate house.

To get there: From I95, take Exit 21 Durham/Pownal. Head North from the ramp onto Mallett Drive (Also ME 136) Turn Left onto Pownal Road. After 4 Miles, turn Right onto Route 9 at Pownal Center which is a four-way intersection with a flashing yellow light. There will be a variety store and a church. Continue on Route 9 for about 8/10 Mile, Bradbury SP will be on your left.

**Massachusetts:** One of the favorite destinations for the Raytons of Northampton is Bare Mt. in Amherst. Part of the famed Metacomet-Monadnock Trail, this steep but quick hike (.9 mile) to the top is the perfect outing if you don't have a lot of time but want a reward waiting for you at the top; and the spectacular views to the South, East and North are just that. If you want take a longer hike, continue another 4 miles to the Summit House atop Mount Holyoke overlooking the Connecticut River Valley. The steep climbing gives way to shorter ups and downs with a steep pitch near Talyor Notch thrown in. At various points along the trail you'll be rewarded again with views off to either side. The Summit House is a popular destination and a great place for a picnic while you enjoy the views of the surrounding countryside. Willis (J5), Claire (J3), Linden (15) along with Mom and Dad suggest that depending on the age of the hikers in your party, if you plan to do the longer version of the hike you might want to shuttle cars to the start and finish.

To get there: The Holyoke State Park Visitors Center is (BK Family Hikes, cont'd on pg.12)

# MASTERS

The New England Nordic Ski Association  
presents...

## Fall NENSA Masters Clinics

by Rob Bradlee

You're a Masters racer who wants to ski faster, but you're probably already training as much as you have time for. What can you do? Will more hours of training make you faster? Perhaps. But, if you really want to go fast, then you must focus on what you have time for: technique and specific strength. NENSA and Rob Bradlee are offering several Masters-only clinics this fall that will show you technique and strength exercise that you can incorporate into your current workouts, and that will make anyone over 30 year old not only ski better, but faster!

Rob Bradlee is an experienced racer and coach who has been skiing for over 30 years. He has studied with the best American coaches and knows the latest technical details of correct skiing form. He will lead the class through a series of drills to build up correct form piece by piece in an easy to follow and easy to remember progression. Step by step you will learn how to balance, push-off, and glide on the skis for greater efficiency. Rob will lead the group through the drills, but also give each skier individual attention and feedback.

Clinic Schedule:

\* Morning:

Balance and Core strength

Classic technique and training.

Dryland training on foot:

Ski walking with technique

Ski bounding for explosive strength

Classic

Roller ski technique progressions

Video analysis

\* Lunch and Learn: a chance to share ideas with other  
masters

Planning your training

Incorporating a second competitive sport

Variety is

the spice: keeping it interesting

\* Afternoon: Skate technique and training  
training on foot:

Dryland

Body position and strength drills on foot

Ski bounding for explosive strength

Skate

Roller ski technique

Video

analysis

Head Coach, Rob Bradlee

One day

clinic, \$60. Limited to 10 athletes per clinic.

See [www.nensa.net](http://www.nensa.net) for final schedule, locations and registration details.

Or, contact Rob at [rbradlee@yahoo.com](mailto:rbradlee@yahoo.com), 617/320-4646.



Nina Gavriluk demonstrating concentration and power at the Pineland Farms summer clinic. Rob Bradlee promises to do what he can to be equal to the task this fall! (photo: Phil Savignano)

# COACHING

## "To Russia with Hope, From Russia with Love" – a coach's perspective

by Alexei Sotskov

Two and a half weeks in St Petersburg, Russia, my home town, went very quickly. And now, coming back to the East, many thoughts go through my head. My first and main impression is trips like this are great things to do. I felt pleased when on the last night in St. Petersburg the skiers came to me and said, "We hope there will be a large snowstorm tomorrow and we will be able to stay a few days longer," or "what if we 'lose' our passports - will they let us stay here for a few more days?" This was great! Let's look at the few things which probably made this:

- Great work from the NENSA staff selecting the group. It was really a pleasure to spend almost two weeks with these great athletes and young people!

- Unbelievable work done by Igor Badamshin organizing our trip from the Russian side! The skiing, the cultural part of the trip (State Hermitage, ballet, circus), the meetings with the students at their local High Schools, the mutual practices, the dinner with Russian skiers, the question and answer session with Nina Gavriluk right after her returning from the World Championship in Italy and more and more and more - even bowling in Europe's biggest bowling club – how possibly he could have arranged all this is still a big mystery for me!

- Great racing experience at the St Petersburg Regional Championship on the newest World Cup course, designed for the World Cup race in January 2003. It was interesting to see how this type of course reflecting the performance of our skiers.

I would like to look a little closer at the following segments of the trip and share my thoughts of what we all can learn from them and the trip as a whole.

- Preparing the trip: I heard from Fred and had my own concern: do we want to give a uniform to our team? What if we overly "impress" local skiers with an outfit that is "too fancy" but have poor performance? We all still remember last winter visit of Russians (by the way they are still the best skiers in St Petersburg and actually after returning back home last year had several great races at the National level!) This turned out to be in no way a problem. First Russians have a great deal fancier warm ups and racing suits and all top 15 racers at any race in which we skied were skiing on the top level skis and used all kind of "Cera F" waxes. We looked "on par" with them.

- Level of skiing: my personal feeling was that we had great athletes, they had great skiers. What is the difference? The technique level of the Russians is still much higher than average level of the skiers from the NENSA group. We have a huge reserve of improving our speed there. If our skiers could keep up with Russians the way they skied, it is good news for all of us. At least we are half way there, imagine how great we could be if we glide a little longer in classical staying on one ski - not both, skating keeping our hip forward position and so forth!

- Accommodations in St Petersburg: We stayed at the x-c ski school of Viborgsky District of St Petersburg. Dorm style rooms for two - three people, sauna was available for our skiers almost any time, TV/ recreational room, dining facility in a two story former public school building. In terms of food – they cooked for us and it was no shortage of food, and our skiers had an access to snacks all the time. For transportation we used public transportation during our trips to the city and the school provided a van for getting to races and to some cultural events.

- Organization of the races: First, and the main point - we are far ahead of the Russians in term of mutual work and acting as a group and not as individuals, just doing the same business. It looks like this problem is unfortunately corrupting all levels of Russian skiing these days - from the National team to local clubs. Otherwise, how to explain why not many clubs agreed to ski at the high school relay races in a second weekend of our stay, other than the club what hosted our delegation? It was a shame especially for me (former Russian coach) to see this happening. The relay was so much fun and many more skiers could benefit from races like this. Our skiers definitely did! But the first two days of races were great - with the exception of an unlucky PA system on the first day which broke down after first 15 minutes of working, and also the lack of bathrooms, it was pretty much like it should be at the Eastern Cup race, where everything goes right. The course was in great shape and it is truly 10 meters wide, good grooming, coaches and spectators are welcome to ski on the course during the race. The downhill are very easy to ski because you really do not have to be an alpine skier - simply stay in tuck position and you are all set. Uphills are long and in most cases straight - you can see skiers for a long time. Very few what we call "transitions" which are twisty turns and tricky downhill - everything is obvious and straight-forward. I liked this! Timing was done electronically with up to one-tenth of a second accuracy and results were posted about 10 minutes after the conclusion of every race (again, with exception of boys skating race, when computer froze and they had to recalculate all 200 skiers. Apparently, it took only 30 min for them, which is amazing!) During the race, the Russians are much quieter and do not cheer as loud as our spectators and coaches, but give very accurate splits to their skiers several times during the race.

We had great results on both days especially on the girls side: Joanna Kinsman seems like will be a great racer under the pressure of important races – she really skied great and was first at the classical and second in skating, as well as Susan Dunklee third and fourth respectively (both days one second behind Evgenia Kurochkina, who won every race at the Easterns and J2s last year!) Alyssa Session and Katrina Howe were in top 15 both races as well, out of 45 J1 age category skiers. On the boys side, we looked decent, and of course Ben Koons was awesome in the classical race - when he finished third, out of a good 60 skiers field with racers who just missed Junior Worlds this year for the Russian team. Pavel Sotskov, Isaac Noyes and Tyler Sears were within 2 minutes from the winner on 10 K races again, competing against J1 boys, finishing in the 15-24 place range.  
(To Russia... cont'd on pg. 6)

# COACHING

(To Russia... cont'd from pg.5)

At the races our strength is - we are much more friendly and at least are showing our interest in skiing and cheering for competitors, even when they ski faster than our own club skiers. Their coaches do not cheer for other coaches' skiers at all! Too bad - they are missing out on that! Also, in no way are the coaches sharing wax combinations for the races - they are really in a war with their competitors! I guess they are creating tough skiers, but it was strange to watch!

At the same time, during the whole trip I heard constantly from the leaders of St Petersburg x-c ski federation about how great this exchange program is and how they are definitely hoping and looking forward to continue this great opportunity for their skiers. As a matter of fact they offered several other ways to extend this program: mutual training camps in the summer, early snow camps, marathon races and so forth. There is a great deal of interest from the Russians to practice with and compete against American skiers.

Several thoughts to share with high school coaches:

- Often Russian coaches send their skiers to ski alone, giving them particular tasks for the practice - they really work a lot on creating independent athletes.
- Trails for practices are not always in great shape and skiers do not expect top shape trails for practices.
- Most of the coaches that are working with their skiers spend at least one day of the week playing games first on skis, and in the gym right after.
- In a regular week, high school skiers are practicing 4 times on snow and once doing a strength practice.
- Russians do not have as many races as we do - normal ski season consists of 15 races from December to the end of March.
- All coaches whom I spoke with are putting main focus on technique and less on interval training during the season. In general, 60% practices are slow steady skiing.
- In the summer they have two three-week each training camps, with very intensive training.
- Almost all young skiers I spoke with are doing only x-c skiing and no other sports.
- All skiers I spoke with are hoping to get to the level of the National Team and at that point make a good living just by racing.

Last word about the trip: We all left Russia with tons of gifts and souvenirs from the skiers and officials, several skiers won medals, all got certificates with great words from St Petersburg x-c ski Federation, great experience of skiing and life long cultural experience of Russia. It was truly "To Russia with hope, from Russia with love."

## Nina's Lessons

by Fred Griffin

At first I didn't understand. Here we were standing on the dewy playing fields of Putney School in the first of six highly touted

"Nina's Clinics" doing the simplest of simple drills. I had been doing them or versions of them for years. I was impatient. I expected more. I wanted more. After all, Nina Gavriluk was a 3-time Olympic gold medalist, one of the most respected figures in the sport for over fifteen years — surely she didn't get where she was doing the same things I did with kids?

Well, yes. And, no.

Yes, Nina did spend time, apparently a great deal of time in training camps doing precisely these drills. But no, she didn't do them the way we did them. We didn't maintain body position on flat or hill, stationary or in movement, the way Nina did. We didn't imitate striding or pole-kicking or skating the way Nina did. We surely didn't balance on rollers the way Nina did, nor did we have her seamless timing in weight shift and application of power.

I thought more about the clinic on my ride home to Fairfax that evening and again when I made my way back across Vermont to Hanover for the next day's event. By Sunday evening, I knew. There would be no bells and whistles. There would be no dog-and-pony show. No magic pills. No epiphanies. This quiet, slender, unassuming woman whose form was so beautifully simple it achieved elegance had not come to entertain. She had come to teach. In our odyssey across New England this is what I learned:

1. Big things start small. Do the little things well. Then do them well again. One more time please ...thank you very much. Success in cross-country skiing is found in the mastery of basic motions done from the proper body position. So do fundamental drills. Do them again and again. Don't rush them. Don't rush through them. Get them right. Then get them right again. Tomorrow, start all over.

2. Practice technique. Practice technique through dryland repetitions. Practice technique every time you put on rollers. Don't close the bindings and charge off on your workout. Above all else take time each and every workout to ski for a long time at a measured pace without poles. Work on your weaknesses not on your strengths. Balance is a weakness for all of us. Know what you are going to work on before you begin your workout. It's not just a cardio outing. What areas of technique are you concentrating on today? Use your head as well as your body.

3. Keep things in perspective. The least imposing, least noisy, least bossy, least needy, most helpful, and most accomplished person at each clinic was Nina Gavriluk. Is there a connection?

4. Pay attention. My head went back and forth between Nina and those in attendance countless times during the day. The person most focused on doing the repeats properly was Nina. You could see her going inside, finding the feel, then positioning, applying. It's hard work doing simple things well. You have to concentrate. You won't get there asking for continual feedback. You won't get there while talking to your friend. You won't get there telling other people what they are doing wrong or by showing them what you think you are doing right. You get there by paying attention to your work.

There they are, the lessons Nina taught me in the wet grass at Putney, on the steep hill at Hanover, in the pouring rain in Gilford, under the blazing sun at Pineland Farms, and Nashoba. You were a wonderful teacher, Nina. Thank you!



Kate Barton practicing Nina's drills. One more photo from the Pineland Farms clinic is on pg.11. (photo: Phil Savignano)



# BENEFITS OF SLEEP

## Sleep and Performance

By Jim DeFoe

### Facts:

- \* Adequate sleep improves physical and cognitive performance
- \* Experts recommend between 8 and 9.5 hours per night for young adults
- \* More sleep is needed to recover from physical exercise
- \* Training increases the quality of sleep (more level 3 and 4)
- \* Growth and repair mechanisms are triggered during deep sleep (levels 3 and 4)



### Effects of Sleep Deprivation:

- \* Incomplete recovery of muscular and circulatory system
- \* Impaired reaction times
- \* Reduced emotional stability
- \* Decreased ability to process information

### Guidelines for Improving Sleep:

- \* Keep a regular sleep schedule
- \* Create an optimal sleep environment
- \* Determine your sleep need
- \* Relax: 50% of athletes report difficulty falling asleep prior to competition

### Changing Sleep Patterns:

#### Week 1 – adjustment period

- establish a specific bedtime (inconsistent sleep patterns increase time required to fall asleep)
- go to bed within 30 minutes of your established time
- allow for at least 10 hours sleep
- takes 4-5 days to adjust to new bedtime

#### Week 2 – determine sleep need

- go to sleep at same preset bedtime
- wake up without an alarm clock at natural time
- record nightly sleep hours at the end of week 2
- nightly average is a good indicator of genetic sleep need

\*\*\* After week 2 changes can be made to bedtime based on individual sleep need \*\*\*

### Create an Optimal Sleep Habitat:

#### Comfort...

- sufficient sleeping space allows room to move around without being disturbed (40-60 postural shifts during the night)
- mattress considerations

#### Light...

- turn clocks, radio, TV away from bed
- (some information indicates green light may disrupt sleep)
- make room dark
- window shades, towels around door jam

#### Noise...

- consider a quiet policy in your sleeping area
- ear plugs
- fan or white noise box to mask environmental sounds

#### Temperature...

- may cause disruption throughout the night
- 65 degrees is optimal room temp for sleeping
- hot/cold room can increase time it takes to fall asleep and disrupt sleep

Walters, PH. Sleep, the Athlete and Performance. National Strength and Conditioning Association. 2002:24: 17-23.

# NENSA NEWS

## NENSA News

Or, as Fred Griffin likes to say, "What happens in the ski world in warm weather!"

Among other things this summer, Dorcas was busy participating in and writing about ski clinics, circulating proofs of posters and other materials to sites and sponsors, and preparing the membership solicitation. Pat's focus continued on programming and operations: coaching, webmastering, running marketing and sales and advertising programs all kept him busy this summer. And Fred networked as only Fred can between NENSA members and potential members of all ages, sponsors, race sites, coaches from abroad as well as nearby in his role as Executive Director, and now event manager, tucked into the nearly airless administrative office with water bottle at hand in the hottest days (so how did he find the time to harvest 400 heads of garlic and fill a house with zucchini? Stay tuned!).

## New Banknorth Eastern States Champs!

"Another shining area for New England skiing in July," says Fred Griffin, "was the vision of our Athletic Development Committee (ADC). They have worked with staff to shape a new season-ending event: The Banknorth Eastern State Championships. This will be a comprehensive age-group championship for Juniors, U-23's, and Masters. In addition it serves as our Club Championship, awards a trophy to the top college team, and offers top-to-bottom state vs state competition. We also see this new event providing preparation for skiers going on to the Spring Series as well as allowing our dedicated athletes to close the season out with a celebration of skiing. The first Banknorth Eastern State Championships will be held at Bolton Valley on March 20 and 21. The ADC is also preparing a Long Range Plan for Athlete Development in New England. This will be available for NENSA membership to view in early fall."

## Bill Koch Youth League news

Our BKL Festival Chairs Don and Lorraine Cline continue their good work in setting up the 2004 Banknorth BKL Festival in Waterville Valley. More information will be found on this event on the NENSA website as we get into the ski season.

The BKL website will be undergoing a complete make-over in September. Cory Smith, who designed the NENSA webpage, will be doing the work. The goal is not to make a BKL website that adults go to for information but to make a site kids go to for fun (and information, too.) Among other features, it will include a program where BKL-ers can log their K's skied.

(BK news cont'd)

Fred recently attended a BKL informational meeting of the Mt. Washington Valley Nordic Ski Club. They hope to have a series of small clubs set up at Great Glen, Jackson and Bretton Woods in 2004.

## Upcoming Coaches Clinics

The next Gaining Ground coaches clinic will be on snow at Grafton Pond, VT, on Dec. 6 and 7. The program will focus on dryland and on-snow technique as well as team-building and communication skills. More information to follow this fall.

## Endowment Fund

NENSA has opened an Endowment Fund with Banknorth. Fred Griffin says, "It is our hope that with the help of members we can in time build this fund into a meaningful asset to New England skiing."

## Race Director's Workshop

Holderness School, Plymouth NH

Sunday, Sept. 21

10:00 - 3:00

If you are interested in organizing and running quality events, want to keep abreast of the latest FIS rules, or desire to run an Eastern, Club, or Championship event in 2005, this workshop is for you. Discussion of pre and post race protocols, registration, results format, site responsibilities, sponsor obligations, media needs, U-23 class, jury make-up, insurance... and more! No charge for this workshop.

Keynote Speaker:

Max Cobb, USBA Program Director, member of international and national race organizations

Presenter:

Jim Rodrigues, Level II USSA TD, Head of NENSA Officiating NENSA Staff

More info: see the NENSA website: [www.nensa.net](http://www.nensa.net)

## Report from the Burke Mt. Academy Summer Dryland Camp, July 26-31

By Pat Cote, NENSA Program Director

Head coach Matt Whitcomb promised "a new twist to summer dryland," with his 6-day adventure camp at Burke. Tracey Cote (Colby) Pete Phillips (Chisholm Ski Club,) and I joined the coaching staff, excited about the idea. A stellar group of 23 athletes from Maine, New Hampshire, Vermont, Massachusetts, Utah, and Norway signed up, deciding to see what Matt and the other coaches had in mind.

We did find time for more traditional training camp activities like rollerskiing, video technique analysis, and core-strength circuits, but we focused on other workouts less typical of Nordic ski training. Bushwhacking and mud-slinging around the mountain, mountain biking on some of Burke's 100 miles of single-track, the van push, the paper bag bite, speedball, baseball-bat-spinning, rock jumping into Lake Willoughby, and a 3-hour orienteering/adventure race team challenge were just some of the additional workouts added to the camp.

Athletes and coaches arrived full of energy and excitement. We departed feeling very tired, but armed with some great ideas about how to add our own twists to our summer dryland training.



We knew it was a rainy, muddy summer... but is this really Vermont, or is it the Amazon?! The Burke clinic athletes and coaches show just how fun bushwhacking around a mountain can be. (photo: Tracey Cote)

Below: Ski Walking at Nina's Clinic, Pineland Farms (photo: Phil Savignano)

## NENSA Elite and Development Teams

The NENSA Elite Team exists as a program to support and facilitate the appropriate development of top athletes toward the goal of international excellence. In addition to recognition for accomplishments, this program seeks to provide incentives for athletes to seek high levels of competition, and to encourage athletes to think in terms of long range development. In order to gain access to the Elite Team an athlete must achieve a certain level of success at national level competition. The 2003-2004 Elite Team roster and selection criteria can be found on the NENSA website.

Once named, Jr/Sr Elite Team athletes will receive the following support: \* Invitation and roster preference for NENSA training and testing programs, and invitation to USST camps in the region. \* Free entry at any Eastern Cup event. \* Consultation (in cooperation with personal coach) in evaluation of goals and markers in a multi-year planning process designed and used by the USST (discretionary additions to the Elite Team will be based upon the successful attainment of markers established in this process).

The NENSA Development Team is named based upon regional results. For a list of the 2003-2004 team members, selection criteria, see the NENSA web site.



(BK Family Hikes,cont'd from pg.3)

located on Rt. 116 near the Amherst/South Hadley line. The Summit House is in Skinner State Park on Rt. 47 in South Hadley.

New Hampshire: The Carter Dome Loop is a challenging hike for Bill Koch Skiers. In fact, it was the trail of choice for the 3<sup>rd</sup> annual NENSA/BKL Carter-Moriah Hike. There are two choices here, the 9.1 mile hike begins at the trailhead on Rt. 16 following the Nineteen Mile Brook trail 1.9 miles to the junction with Carter Dome trail on the left. Turning left, it is 1.87 miles from here to Zeta Pass and 1.5 miles more to Carter Dome (4580'). Go another 1.5 miles down from Carter Dome to stunning Carter Notch, then 3.3 miles from Carter Notch hut back to Nineteen Mile Brook trailhead. A shorter route is an out and back hike on the Nineteen Mile Brook trail directly to Carter Notch where there is an AMC hut and two small lakes. It makes a great spot for a picnic or snack. The total distance for this hike is 6.6 miles.

To get there: Trailhead is located on Rt. 16 7 miles south of Gorham, 1 mile north of Great Glen Trails Outdoor Center.

Fall NENSA Board of Directors meeting, open to all members...  
Nov. 2, Pineland Farms, New Gloucester, Maine  
The Long Range Planning committee will be presenting a 5 year plan, the Athlete Development committee will be recommending several important initiatives... and more. It's a great meeting to attend!  
For more information on time of meeting, and driving directions, see the NENSA web site: [www.nensa.net](http://www.nensa.net). See you there!

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