



NYSSRA NORDIC NEWSLETTER

NYSSRA NORDIC



NYSSRA COVID GUIDELINES UPDATED FOR 2021-22 SEASON

UPCOMING EVENTS

- December 19- NYSSRA Nordic Season Opener- Gore Mountain
- January 8—GHN-ADK Skiathlon—Saratoga Biathlon
- January 8—Rochester JNQ—TBD
- January 9—Rochester JNQ—TBD
- January 15—Gore Mountain JNQ—Gore Mountain
- January 15—Gore Mountain JNQ Day 2—Gore Mountain
- January 16—Glenville Hills Classic
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As current infection rates and cases of COVID and the Delta variant spike, the pandemic drags on. All of us want Nordic ski racing in 2021-22 to be safer and more comfortable than last year from the threat of COVID-19. NYSSRA Nordic is committed to sanctioning and holding safe racing events through proper precautions and updated protocols for our skiing community – racers, families, event organizers, venue hosts, officials, coaches, and volunteers.

Updated 2021-22 NYSSRA COVID Guidelines (for Conducting Nordic Races) are posted under [NYSSRA Nordic Forms](#) (under Race/Event Organizer Sanctioning forms). Generally, the guidelines cover:

- Strongly encouraging vaccinations for all eligible ski community members.
- Finding out in advance how many ski community participants at races are vaccinated, or not, to help organizers plan for tighter precautions on race day as needed.
- Ways to minimize personal contact through pre-registration online and race day check-in procedures.

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- Requiring racers and other participants to keep away if not feeling well or have any COVID symptoms or are COVID positive.
- Giving organizers the option to conduct pre-race health screening questionnaires.
- Taking precautions that consider the COVID rate status where racers reside and are traveling from.
- If inside facility space is used, venue organizers may set mask wearing rules for everyone when indoors. If no indoor facilities are available, participants should plan to base out of their cars.
- Allowing waxing areas at race venues if participants are masked and in a ventilated area.
- Leaving distance spacing to individual preference.
- Posting of race results in outdoor spaces & award presentations at organizer discretion.
- Any participant who tests positive for COVID or a variant within 48 hours after the conclusion of a race must contact the race organizer to initiate proper protocols by health authorities.

- And more . . . Read the detailed and complete set of **Updated 2021-22 NYSSRA COVID Guidelines** [HERE](#).

Physical spacing of racers will be addressed in race distance configuration and start formats. Event organizers have the prerogative to implement precautions that are more restrictive and protective based on their needs and information about the status of COVID in their area.

These guidelines are subject to change as conditions warrant.



HIGH SCHOOL SKI SEASON BACK TO NORMAL ???

The NYSPHSAA State Championships for High School Nordic Racing is back on for this coming year.

High school teams are gearing up around the state to start their seasons. Now we just need Mother Nature to cooperate and give us some snow and cold temperatures.

This year's races will concentrate on Skate technique for the long race at states and for Classic Technique for the relays. Sections are gearing up and schedules are out.

Many teams have made use of the man made snow at Gore Mountain and Mt. Van Hoevenberg to get in some early

kilometers. Racing kicks off on Saturday December 11th in Section 2 with the Glens Falls Sprints to be held at Gore Mountain Nordic Center.

The High School season will culminate on February 28-March 1 with the State Championships held at Gore Mountain Nordic Center. This 2 day event will consist of a distance Skate race on Monday and then a Classic relay on Tuesday. Individual and Team Champions will be crowned as the top racers in New York State.

Set your calendar for these dates and come on our all season and enjoy some great youth racing.



High School racers on the course in Section 2



"Don't be sorry for me because I just missed a medal...be happy WSH me, because I fought like a hell today! I pushed my body so far past it's limits I'm actually kind of amazed I didn't pass out on that final climb. Looking back and knowing you gave it absolutely everything you had without holding back is a great feeling. (Jessie Diggins)"

Ski-O Plans for the 2021-22 Season

We enter the new ski-o season with optimism but also uncertainty. Covid is still a major factor for organizers and participants alike and as always, we are at the whim of the weather. Last season we ran our meets on a "non-contact" basis, where participants registered, paid and downloaded their maps online, then timed themselves on the course. Many used a specially designed phone app for timing which enabled all participants to compare splits and overall course times. This worked well under the circumstances but we all missed the contact with our fellow participants as well as the head to head racing.

With much of the ski-o community now vaccinated and with rapid tests more widely available we're hoping to be able to

get back to more traditional meets this winter. Although personal contact will not be encouraged we feel we can manage to offer electronic timing with post-race downloading. There are several events currently on the schedule at Lapland Lake, Partridge Run near Berne, and in the Rochester area. The Empire State Games are on again this year and 2 ski-o events will be included, weather permitting.

Event schedules, details and updates will be posted at:

<http://skio.nyssranordic.org/>

as well as on our Facebook page at:

www.facebook.com/N-Y-S-S-R-A-S-O-102545774516228/

For NYSRRA's updated covid guidelines please check

<https://nyssranordic.org/>.

As always, beginners are welcome and pre-race instruction can be arranged. Hope to see you soon on the trails!



2021-22 BIATHLON UPDATE

The 2022 NYS Biathlon season is primed and ready to go! With a full slate of races beginning in Old Forge on January 2nd and culminating on March 25 with the USBA National Championships at Mount Van Hoebenberg in Lake Placid, there are plenty of opportunities for athletes of all levels to get out and race.

Highlights include the Empire State Winter Games in early February, Eastern Regional Cup #2 on February 12th and 13th, NYS Biathlon Championships on March 6th, and of course, US Nationals on March 25th. The full NY Biathlon schedule can be found at

<http://biathlon.nyssranordic.org/events/>,

with additional regional races at <https://www.teamusa.org/us-biathlon/events>.



NEWS FROM BKYSL LEAGUE

NYSSRA Nordic BKYSL Race Schedule 2021-2022

Nordic Youth Race/Event Schedule 2021-2022 (all dates subject to change) IF there is an event that you are planning please message me and I will add to the schedule. It won't be too long before we see each other out on the trail or at an event! Think snow.

Empire State Winter Games are returning to Lake Placid this season, U10 and older can participate. Registration is open, links can be found in the schedule.

Most races require on-line registration and usually can be found on skireg

Dec 19 Sunday skate races Gore Mt. Ski bowl ,North Creek,NY

Jan 2 Sunday PBSC New Year

Biathlon/Cross country & ,BKYSL skate @McCauley Mt.,Old Forge **Jan 9**, Sunday Shenendehowa Classic @Saratoga Biathlon, Day,NY

Jan 15 Saturday Gore JNQ/Bkysl/ High school classic races Gore Mt. Ski Bowl North Creek ,NY

Jan 16 Sunday Gore JNQ/Bkysl skate races Gore Mt. Ski Bowl North Creek ,NY

Jan 22-23 RXCSF BKYSL festival Bristol Mt. 5589 S Hill Rd Canandaigua, NY, 2 days of fun and games on skis, races, Tour de Ski, family sprint relay, and more.

January 22nd: Brookhaven Fischscale Festivus Bill Koch kids race after the main race

Jan 29-30 GHN-ADK Games 5K/10K Skate & classic pursuit BKYSL to follow

Feb 3-6 Empire State Winter Games Lake Placid/Saranac Lake

empire state winter games:cross-country skiing skiers U10 and older may participate.

Feb 4 Friday @Dewey Mountain Recreation Center 6:30pm start Feb 5 Saturday@ Mt. Van Hoevenberg

Feb 6 Sunday @Mt. Van Hoevenberg

Feb 12/13 tba PBSC BKYSL/Citizen race, Old Forge,NY

****Feb 12**,Saturday Lumberjack scrambler, Tupper Lake, NY

Feb 12 Saturday BKYSL race @Garnsey Park in Rexford in conjunction with the Clifton Park Winter Festival.

February 12: @Brookhaven HURTA-thon Bill Koch kids race to follow

Feb 19-20 Osceola Ski Club Festival @Osceola ski and sport, Camden,NY BKYSL weekend festival

March 5-6, 2022, NENSA Bill Koch Festival Waterville,ME nensa bkl-festival Polar Bear Ski club hosting the MId-A Bill Koch Festival, dates TBD



Nyssra Nordic

NYSSRA-Nordic, Inc. is a not-for-profit 501 (c) (3) tax-exempt public charity organization under the Internal Revenue Code. A contribution beyond membership fees paid is fully tax-deductible under Section 170 of the Code. NYSSRA-Nordic works in conjunction with state and national governing bodies to support the development of Nordic Skisport in New York State. NYSSRA currently supports programs and races for the Nordic disciplines of Biathlon, Cross Country Skiing and Ski Orienteering.



This year we hope to again have a Bi-Monthly newsletter for our NYSSRA Nordic members. Feel free to send stories, photos, and information you wish shared to Bob Underwood. Send to :

ATTENTION CLUB LEADERS & EVENT ORGANIZERS!!

NYSSRA-Nordic recently changed to a new insurance company and there has been significant change to the certificate of insurance/additional insured process. There is also a BIG change to the NYSSRA-Nordic background check policy. Highlights are as follows:

Certificates of Insurance & Additional Insureds

As far as certificates of insurance & additional insureds go, the process is much easier than it was last year! All you need to do is provide the name and address of the entity that is looking for a certificate &/or additional insured status. This is typically submitted with your club sanctioning paperwork, but it can also be submitted at other times throughout the year as needed. (*But only after a club has officially sanctioned with NYSSRA-Nordic!). Please see the new form on the [FORMS](#) page of the website for further details.

As a reminder, if an entity needs any specific verbiage on a certificate, please make sure that you know exactly what they need **before** you submit the re-

quest! This is most common with governmental agencies such as New York State.

Background Checks

As is already required by both USSA & USBA, NYSSRA-Nordic will now also require a background screening at least **every two years** for individuals serving as coaches or volunteers in a position of authority over &/or with frequent contact with athletes. This includes Bill Koch Youth Ski League leaders & coaches. Volunteers with only incidental and observable contact with athletes at events are exempt from this requirement.

Each sanctioned club will be required to provide a list of any such coaches or volunteers in their club at the time that they send in their annual sanctioning forms. This is a **mandatory requirement**. Failure to comply will result in a rejection of the club's sanctioning request. If you have already sanctioned your club for 2021-22, please submit that information.

Licensed coaches and volunteers

who have already gone through the background screening process with USSA, USBA &/or some other source such as an employer should provide a copy of their background screening "green light" confirmation. (*Please note that School District employee fingerprinting for employees & coaches is not acceptable). If a coach or volunteer does not already have proof of a background screening they will be required to complete a background screening application through NYSSRA-Nordic at no cost to that person.

Please see the [NYSSRA-Nordic Background Check Policy](#) posted on the website for





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Mid-Atlantic Junior National Ski Team F.A.Q 2021-22 Season

How do I qualify for Junior Nationals?

Compete In a minimum of 4 out of the 6 JNQ races this season

U18/U20 achieve a points profile under 300.00 and be ranked in the top 15 overall.

U16 achieve a points profile under 350.00 and be ranked in the top 6 overall.

*For a complete list of qualification rules please refer to the 2021-22 Mid-A handbook.

What memberships do I need?

All athletes need a NYSSRA and USSA Competitive License to compete at Junior Nationals.

What is the JNQ race schedule?

Jan 8th and 9th Rochester JNQ

Jan 15th and 16th Gore JNQ

Jan 29th and 30th Lake Placid JNQ / USSA Supertour * athletes will need a USSA license to compete in the Supertour. For a complete list of USSA membership options visit: [USSA Memberships](#)

Athletes who plan to attend any

NENSA Eastern Cups or know they are planning on attending Junior Nationals should purchase a competitive license at the start of the season so that they are able to be scored. Athletes unsure about JN's can purchase a non-scored or short-term license for the Supertour.

Where is Junior Nationals?

Minneapolis Minnesota March 6-12th
<https://www.loppet.org/juniornationals/>

How much does the trip cost?

The final cost of the trip will not be determined until the team is named. Year after year the trip averages \$2,000.00 this does not include airfare or travel to and from the event or team clothing.

What other post season trips are available?

NENSA U16 Festival and NENSA Eastern High School Championships. Info on these trips can be found on the NENSA website as well as the Mid-A Website.

Where can I find additional information?

[Mid-A Website](#)

If I have additional questions, who can I ask?

Head Coach and Trip Leader
Jason Hettenbaugh Jason@rochesternordicracing.com

