



NYSSRA NORDIC NEWSLETTER



NYSSRA NORDIC

EMPIRE STATE WINTER GAMES ATHLETE OF THE YEAR AWARD

With the cancellation of this years Empire State Winter Games, the committee is moving forward with naming an athlete of the year.

Athlete of the Year Overview.

The Empire State Winter Games will present the first annual Athlete of the Year award to an athlete who (a) has participated in the Games before or for whom 2021 would have been their first year competing (b) exemplifies sportsmanship, leadership, community service, academic excellence, and overall what it means to be an Empire State Winter Games Athlete and (c) is a New York State resident.

Coaches across all 30+ ESWG sports are encouraged to submit nominations for consideration. 1 finalist will be chosen from each sport by the respective ESWG Sport Coordinator based on predetermined and uniform criteria. Finalists will then proceed to submit a video for Empire State Winter Games to share on social media where the ESWG community will vote (based on likes) to crown the overall Athlete of the Year.

Video submissions are open to interpretation but they should state why the athlete believes they deserve to represent ESWG as the Athlete of the Year. It can be funny, it can be film from competing, it can be a speech, etc.

Coaches will nominate their athletes based on the following criteria • Sportsmanship • Teamwork • Focus and Discipline • Positive attitude and enthusiasm for their sport both on and off the ice • Community Involvement and Leadership • Character

Awards

- Finalists will all receive ○ 2021 Gold Medal ○ Free registration for the 2022 Games ○ L.L.Bean ESWG Jacket (tentative) ○ Local prizes (gift cards to spend in Lake Placid etc. tentative)
- Overall Winner (In addition to their finalist prizes) ○ Free lodging at the 2022 Games ○ Athlete of the Year Award Plaque ○ Light the cauldron at the 2022 opening ceremony ○ Interview on Radio ○ Feature on social ○ Feature on website ○ Feature in their local paper ○ ESWG Swag Pack ○ \$1000 donation to the club ○ Submitted for consideration by the National Con-

gress of State Games (NCSG) in naming the female and male National Athlete of the Year. ○ Certificate signed by the Governor (pending approval)

Timeline

- Initial nominations accepted until January 15th
- Finalists will be notified and awards shipped January 18th
- Video submissions due January 29th
- Voting for winner January 30th -31st
- Winner Announced February 1st

UPCOMING EVENTS

- Jan 9—GHN-ADK Skate @ Glenville Hills
- Jan 9—Mid A Junior Races Van Ho
- Jan 10—Mid A Junior Races Van Ho
- Jan 10—Shenendehowa Classic at Gore Mountain
- Jan 16—Gore Mountain JNQ Classic
- Jan 17—Gore Mountain JNQ Skate
- Jan 23—Winona Try it Race at Winona Forest
- Jan 31—Manzella Hurt-a-thon Skate at Gore Mountain

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High School Nordic Season Underway!!!!

The High School Nordic season kicked off on December 30th at Crandall Park with the first race of the season in Section 2. In a strange reversal of snow conditions, Crandall Park has had some of the best natural snow skiing in the state. The full 5K course was open for racing and the athletes had a great day. Varsity, Junior Varsity, and Modified racers skated in great conditions.

The Queensbury boys ended up winning the team competition followed by Mayfield and Johnsbury. In the girls team competition, Mayfield was the winner followed by Queensbury and third place Guilderland. Meet 2 was held at Gore Mountain Nordic Center on January 5th. Skiers were welcomed by great snow on a 1.5K loop for a

4.5 K race. In the boys competition, Queensbury was first followed by Lake George and then Saratoga. In the girls competition, Mayfield was first followed by Queensbury and then Shendehowa.

Racing has also kicked off in Section 5. Section 5 is racing in 3 team meets for the season. No word on results as of now but Honeoye Falls-Lima for the boys and Brighton for the girls look to be the teams to beat.

As of now racing has not begun in Section 3, 7, or 9. We look forward to seeing all teams around the state have the opportunity to race in a safe and healthy environment.



High School racers on the course in Section 2



Masks and Social Distance the norm for this year

In Person racing has started for NYSSRA Nordic

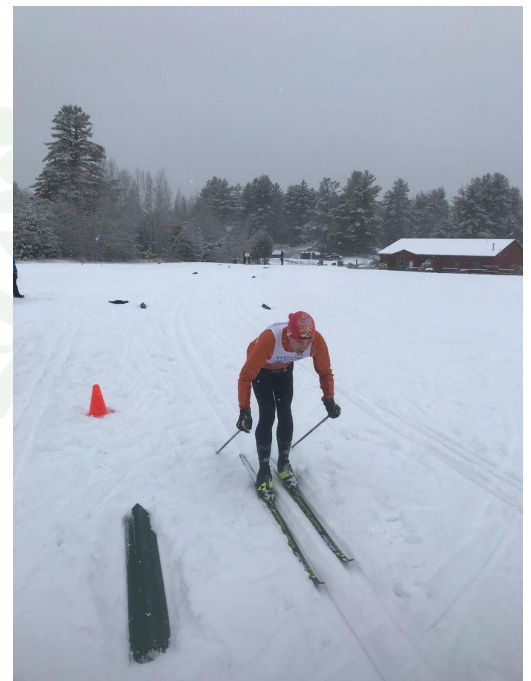
The first in person races of the year were held on January 3 and 4 at the Gore Mountain Nordic Center. Saturday hosted a classic race with Bill Koch, Juniors, and Senior/Master racers. 45 racers toed the line on Saturday to kick off the season. Races were run with a rolling start where racers were given a time window in which to start. Racers could start at their comfort level at any time in this window. Racers seemed pleased with the socially distanced start method and had a great day of racing.

On Sunday over 70 racers registered for a skate race on the 1.5K loop. Once again we used the rolling start and you will see more of this throughout the year of racing. Racers from around the state competed in races from 1.5K for the BKSL, 5K for

U16, and 7.5K for U18, Senior, and Masters.

Racing will continue this weekend with the GHN-ADK Skate on Saturday and Shenendehowa Classic races on Sunday at Gore Mountain Nordic Center. Next weekend racing continues with the Winona Forest Try it races held on Saturday January 23rd.

Racing is being held in a more relaxed environment with the ability to be safe while still getting out to enjoy the sport we all love.



Stan Hatch starts us off as the first person off the line in our rolling start format.

BIATHLON TO GET TO RACINIG SOON

With lack of snow and a venue to race, Biathlon has had a slow start. Who would have thought that we could go from over 2 feet of snow on Christmas eve to bare ground on Christmas day.

That being said, our biathletes are focused and out there training and are ready when racing can proceed.

These events and dates are subject to change, but fingers crossed! Details for each event will be on SkiReg from event organizers. Stay tuned!

January 24–
Saratoga Biathlon- Sprint- Day NY

January 31– Polar Bear Biathlon- Sprint- Old Forge, NY

February 7– Saratoga Biathlon- Sprint- Day, NY

February 20 – Syracuse Biathlon- Sprint- Osceola, NY

February 21 – Polar Bear Biathlon- Sprint- Old Forge, NY

February 27-28 – NY Biathlon Champs/Eastern Cup Series, Mt Van Hoevenberg

March 20– Syracuse Biathlon- Sprint- Osceola, NY



Don't you wish we had snow like this!!

BKSL RACES ARE UNDERWAY

The BKSL league kicked off at Gore Mountain Nordic Center on January 3rd and 4th.

We started on Saturday with just 3 racers to the line. On Sunday our numbers grew to 10 racers. Clubs represented included skiers from Mayfield, Glens Falls, Keene, Saranac Lake, Lake Placid, and New York.

In the meantime clubs are underway and we have reports from Mt. Van Hoevenberg, Glens Falls, Old Forge and other areas that

practices are underway and kids are out there having fun on the snow we have.

Club leaders are urged to send in info and photos about how your club is handling the pandemic and activities you are using to keep our youth skiers healthy and safe.





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.

[http://
nyssranordic.org/](http://nyssranordic.org/)



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 :

NOTES ON COVID, RACING, A YEAR LIKE NO OTHER YEAR

What a year it has been and I personally am looking forward to a new and better year in 2021.

We are all concerned and need to proceed with caution when it comes to ski racing. NYSSRA has made many changes to our racing formats and have done what we can to make for safe racing. We now have to depend on our members to follow safety guidelines and keep our activities as safe as possible.

If you did not have the time to sign on to the Google doc and request a bib for racing, take heart, you can still get one at the first race you go to. One change will be that you will be asked to put your bib number down in a question

when you register for races. Please don't forget your race number as we want to minimize contact between race officials and our racers. There are ongoing talks for having a State Championships in the Last weekend of February. With the cancellation of the NYS Public High School Championships and many other races, we wanted to try to have some sort of championship. Stay Tuned for more info to follow.

Until then stay safe and healthy and get out there and ski. Just by virtue of having skis on your feet you have to stay 6 feet apart. See you on the trails.....

