

## How to Use This Book

This book is broken up into sections. The following descriptions should help you to quickly locate the information you need, and to get the most from this book.

**INTRODUCTION:** This section will provide you with information necessary for understanding collegiate skiing and the process of selecting “the right school for you” from the many with ski teams or clubs.

**NCAA LOGISTICS:** Long before competition, you will need to know NCAA academic standards, recruiting procedures, and how to register with an NCAA organization known as the Clearinghouse. This section provides all this information, plus everything you need to know about earning an athletic scholarship.

**HOT TOPICS:** In this section are three articles on major issues presently affecting collegiate Nordic skiing. The first of the three: “Thinking of Skipping College” addresses the new and disturbing trend of junior skiers electing to skip college in order to pursue their ski careers full-time. “The European Influence,” the second article, regards the thorny issue of European skiers participating in and winning NCAA competitions. Lastly, “Title IX; It is Beginning to Affect Nordic Skiing” describes the profound affect Title IX (the law of gender equity in athletics) is having and will continue to have on Nordic skiing. Whether you are male or female, this is an issue that affects you.

**LAST MARCH:** This section holds two articles: one on the 2001 NCAA National Championships, and the other on the 2001 USCSA National Championships. Let this section show you which schools and athletes are presently on top of the podium.

**NCAA/USCSA TEAMS:** As you probably already know, NCAA is the most-prominent national governing body for athletics in the United States. USCSA is a smaller snow-sport organization, which provides competition opportunities for collegiate skiers and snowboarders. Only USCSA teams that are funded, and provided a coach by their school’s athletic department are listed in this, the “NCAA/USCSA Programs” section. (Teams that compete USCSA but do not have a coach, and are sponsored by their school’s activities association are considered clubs, and are listed in a later section.)

“NCAA/USCSA Teams” begins with a quick reference section. You might use this handy section when you send out letters to make initial contact with schools’ coaches and admissions counselors. This section gives basic information (school’s address, webpage, head coach, etc.) on every college or university with an NCAA team or an athletic-department-sponsored USCSA team (with a coach).

Following the “Quick Reference Section” are in-depth descriptions of many of the NCAA and athletic-department sponsored USCSA teams. Colleges and Universities did not pay a fee to be part of this section! I contacted, by letter or e-mail, all of the coaches at all U.S. post-secondary schools with skiing. If a coach responded to my inquiry or if the team’s web-page offered detailed information, then I included the program in this section. In cases where I made several attempts to contact a school’s Nordic coach, but received no response and that school’s team not have a web-page with appropriate information, I was forced to exclude the team from this section.

I also contacted as many student-skiers as I could, and allowed them the opportunity to fill out a survey. Unfortunately, some schools do not make student contact information available to the public. In these situations, I may not have been able to find a way to contact individual students at these schools. All the student responses that I received are included in this book. It should be noted that I did not limit the length of the profiles. Each one’s length reflects the amount of response/s that I received from the coach and/or students.

**CLUB TEAMS:** Within this section, you will find teams that are sponsored by school’s activities association. As in *NCCA/USCSA Teams*, there is a quick reference section, followed by in-depth descriptions of all programs that had a web-page or with whom I was able to make contact.

**ELITE PROGRAMS:** This portion of the book provides information on elite ski training programs, which offer educational opportunities at nearby colleges. These programs are not NCAA or USCSA affiliated, and their primary concern is with leading athletes to national and international success. Again, the format of this section is quick reference followed by in-depth profiles. As before, information was gathered from web-pages and/or interviews with staff.

**GLOSSARY AND BIBLIOGRAPHY:** Ski racing has a language all its own, and readers of this book will have varying levels of knowledge. Check in the glossary when you come across a word or phrase that you do not know. The bibliography, while it gives credit to all those who contributed, may also be used by you to find articles mentioned in the book.

# Gustavus Adolphus College

## Quick Facts:

Location: St. Peter, Minnesota

Admissions: 800 West College Avenue, St. Peter, MN 56082-1498

(507) 933-7676

Undergraduate Population: 2,528

Head Nordic Ski Coach: Scott Jerome

Team Address: 800 West College Avenue, St. Peter, MN 56082

Head Nordic Ski Coach's Phone Number: (507) 933-7632

Head Nordic Ski Coach's E-mail: [sjerome@gac.edu](mailto:sjerome@gac.edu)

## Coach's Biography:

Scott Jerome is a 1993 graduate of Bates College, where he was a two-year letter winner in Nordic skiing. Jerome's first coaching assignment was for Gould Academy, a college preparatory boarding school in Bethel, Maine. From 1994-1997, Jerome was Gould's Director of Public Relations and Assistant Nordic Ski Coach. In 1997, Jerome moved to Michigan and began work on his Master's in Exercise Science (Northern Michigan University: 2000). There, Jerome served as a graduate assistant to Sten Fjeldheim (NMU's cross-country running and Nordic skiing head coach). From 1997 to 2000, Jerome helped Fjeldheim build the ski team that finished third (in the Nordic events) at the 2000 NCAA Championships. In June of 2000, Jerome was appointed head of Gustavus' men's and women's cross-country running and Nordic skiing programs.

## From the Coach:

Gustavus Nordic seeks recruits who train hard and want to improve. The recruits must be self-motivated to work towards both athletic and academic success. Gustavus Nordic skiers should train year-round; summer training is an absolute must. Skiers should own both classic and skate rollerskis. Though past performance is often a good indicator of future results, some skiers are late-bloomers. Obviously, the greater the number of years a person has been on skis and involved with endurance athletics, the better the chances that person will ski well in college. While many Gustavus skiers will have been top state meet skiers, and top-twenty Junior Olympic finishers, some may have only begun to reach their potential. Gustavus' coaches would prefer to work with twenty skiers who did not make the Junior Olympic Team, but who are highly

motivated, coachable, and committed to the sport, than one National Champion who is unmotivated and uncoachable. A coachable skier is one who is willing to try new things and trust the system. Yet, this does not mean that the athlete must be a dumb sheep, blindly following the pack. Asking questions at the appropriate times is good, as is thinking critically. Gustavus Nordic wants to work with skiers who have high goals, who want not only to qualify for the NCAA National Championships, but to finish in the top-ten there.

The Nordic Ski Team at Gustavus is very young. 2000/2001 marked only the team's second ski season, and head coach's first season with the team. At this time, the school does not have a development team in place, as the need for it does not yet exist. Should the number of Gustavus skiers rise dramatically, the team may have to adapt its policy, perhaps by holding tryouts and making cuts. However, there is no reason to believe that there will be a need for either cuts or a development team in the near future. Fortunately, Gustavus' athletic department is extremely supportive of its new ski team. Future Gustavus Nordic skiers should expect that the school will strive to keep its program accessible to highly motivated, coachable, committed athletes.

Gustavus' coaching staff make its skiers into the best athletes that they can become in four years. Training for endurance athletics is a long-term process, and the coaches do not want to burn out athletes in a year or two. It may take three or four years to make an athlete competitive in the region, but the process can be enjoyable. Skiers at Gustavus must want to improve, and be willing to put in the work. Hard training, in the right amounts, at the right time, is the cornerstone of our program. Instruction in proper technique is another cornerstone. Without good technique, the strongest and most fit athlete will not win the race. Gustavus' cross-country ski team is not a recreational program. Afternoon training takes place six days per week. Athletes, depending on their strength and fitness, may also complete a strength training routine three mornings per week.

Pre-snow training includes rollerskiing (skate and classic), specific strength on rollerskis, ski walking, bounding, plyometrics, and running. Athletes take advantage of excellent rollerskiing, which begins right on campus. The team also utilizes numerous nearby trails, all within two miles of campus, to which athletes may run or drive. As a result of Gustavus' location in the Minnesota River Valley, skiers find that hills are far more plentiful than they might expect.

In the winter, Gustavus grooms eight kilometers of skiing, located just a few minutes from school. The team may occasionally drive to the Twin Cities, if St. Peter lacks snow, or the skiers need some variety. Gustavus Nordic has three on-snow training camps. These camps occur over Thanksgiving Break, December Break, and Reading Week of J-Term. These camps will take place in the Central United States, at locations that have the best possible snow conditions and terrain.

Gustavus is a member of the Central Collegiate Ski Association and the Minnesota Intercollegiate Athletic Conference (MIAC). The team competes at the four NCAA Championship qualifying races, the

MIAC Invitational Race, and the MIAC Championships. Gustavus skiers may also elect to ski in the Junior Olympics and/or the U.S. National Championships.

Prospective Gustavus skiers should call, write, or e-mail Head Coach Scott Jerome.

From two Athletes:

Gustavus skiers have very strong work ethics. Every athlete is on the team to ski, and to ski hard. All of us have common goals, individually and for the team, long-term and short term; and we are certainly striving to accomplish them.

Anyone who is dedicated, enthusiastic, and desires to do well will see results on the Gustavus team. Participating in the Junior Olympics and/or World Junior Championships provides great experience, and gives the athlete a head start into stronger competition. I think a combination of experience and a dedicated personality produces an excellent skier.

Our coaches know a great deal about all aspects of skiing. They really emphasize technique, which is one of the most important aspects of Nordic skiing. This has drastically improved our team results. They expect a great deal out of the team, and have very high, but attainable, goals. Enthusiasm is one of our coaches' greatest attributes, and the team's spirit really reflects this.

-Kathleen Pelto

The coaching staff at Gustavus is very enthusiastic about racing, and building up the team to dominate the conference. I am excited to be a part of that. The coaches are also competent in technique, training, and waxing, which makes it easy to be a racer here.

I think the best thing about our team is the fun that we have had, which came as a result of our success.

Anyone who is willing to work hard and wants to train would do well here. Experience from past competition can only help an athlete.

-Britta Carlson