MIDWEST JUNIOR COMMITTEE BY-LAWS

The Midwest Junior National Committee (Committee) is the governing organizing body of Midwest Junior National Team. All criteria, by-laws and rules for Midwest Junior National Team are set forth by this body. This includes but is not limited to the governance of the Midwest Junior National Team.

Junior Committee Make-up

The Junior Committee's voting members are comprised of any coaches who are licensed coaches for both Central Cross Country Ski Association (CXC) and United States Ski and Snowboard Association (USSA), and have attended either the spring junior committee meeting or the Central Regional Elite Group (REG) Camp. Each CXC club or registered high school team can have one voting coach. Anyone can attend the junior committee meetings, present agenda items and participate in discussions. However, only the official members may vote.

Meetings

The Committee meets three times each year: a weekend in spring, a selected date during Regional Elite Group Camp (REG) and during the first Junior National Qualifier weekend. The Executive Committee (executive committee includes head coach, two wax coaches and the trip leader) will communicate in November to name the Junior Notational coaches. Each even-numbered year, the committee meets a third time at Junior Nationals (JNs) or the sole purpose of selecting a Trip Leader for a two-year term.

Chair

The committee shall be represented on the CXC board by the head coach. That person will also serve as the junior committee chair. The term for a chairperson coincides with their term has head coach.

Junior National Coaching and Roles

All selected coaches must have current USSA and CXC coaches license at least a week before the day of de parture to the JNs and USSA Level 100 coaches certification before the first JNQ weekend.

Head Coach

The following are Head Coach responsibilities:

- Represent Committee at CXC annual meeting
- Act as chairperson for Committee
- Attends all meetings at JNs
- Seeds athletes as required at JNs
- Sets weekly schedule in conjunction with other coaches
- Leads all team and coaches meetings
- Selects two wax coaches in the summer prior to JNs
- Selects coaches as part of a executive committee involving two wax coaches and the trip leader

The Head Coach position is a two year term selected each even-numbered year during the spring meeting of the Committee. Applications for Head Coach are due to the Trip Leader and CXC Board in written form or via email before April 15. The Trip Leader and CXC Board representative will then turn them over to the junior committee for selection.

Requirements for head coach: Four years JN Coaching experience preferred, three minimum to apply, applicants cannot vote for position, applicants will be asked to write up a paragraph outlining their qualifications to the Trip Leader as a part of their

application and will be asked to speak on those qualifications at the spring Committee meeting.

Trip Leader
The general responsibilities of Trip Leader are as follows:
• Organizes the logistics of the JN trip
• Books air transport, ground transport, lodging, and arranging for meals
• Compiles JN entry forms
• Collects all fees from athletes
• Develops the budget for JNs and handles all finances for the trip.
• Works with the head coach to develop the daily schedule at JNs
Other duties may apply for certain trips.

The Trip Leader is a two-year term which starts during the Junior Nationals each odd-numbered year. Trip Leader selection will be made at a mid-week meeting at Junior Nationals ensuring he or she can attend the national junior committee meeting at JN's.

To apply for Trip Leader, an applicant must have three years of Junior National coaching experience and submit an application to the Head Coach by Junior Nationals. The Trip Leader receives a stipend of $1000 at the conclusion of JNs in recognition of the hundreds of hours this job entails.

Requirements for Trip Leader: To apply for Trip Leader an applicant must have three years of Junior National coaching experience. Applicants cannot vote for the position. Applicants will be asked to write up a paragraph outlining their qualifications and submit it to the head coach prior to Junior Nationals. They will be asked to speak on those qualifications at the Mid-week JN meeting.

The Trip Leader and Head Coach are selected on opposing years, so there is never a time when both are new.

Wax Coaches
Wax coaches need to apply to Head Coach before the junior committee's spring meeting. The Head Coach in consultation with the Trip Leader, will name wax coaches by Dec 1st. Applications should outline qualifications in written or email form.

Kick wax coach.
The kick wax coach is responsible for the following duties at JNs:
• Kick waxing and testing
• Relay to athletes what they need to do to get their skis ready for each race
• Testing wax on course during race and training days
• Applying kick wax on classic race days
• Serving as assistant glide wax coach on skate days
• Maintaining the kick wax inventory and filling out any bare spot in the inventory before JNs.

The head coach, in consultation with the trip leader selects kick wax coach. Applications need to be submitted to the Head Coach before the spring meeting. Previous Junior National coaching experience recommended.

Glide Wax Coach
The glide wax coach is responsible for the following duties at JNs
• All glide waxing and testing
• Relays to athletes ski prep responsibilities for each non-race day
• Purchases glide waxes before the Junior Nationals

• Keeps inventory of what is left over.
• Works with trip leader to develop a budget for wax Note: Must have access to test skis and speed trap equipment (usually one or more of the Junior National coaches has these items if applicant does not)

The head coach, in consultation with the trip leader selects glide wax coach. Applications need to be submitted to the Head Coach before the spring meeting. Previous Junior Nationals coaching experience recommended.

The previous four positions (Head coach, trip leader, kick wax coach and glide wax coach) must all be filled by December 1st. These four coaches make up the executive committee. The remaining five JN coach positions will be filled by the first JNQ race.

Applications for coaching will be on the web site. See the attached coaching application. Other roles at Junior Nations the Head Coach will assign these roles after the five additional coaches have been named in November.

Assistant Trip Leader/Social Chair
Helps out the Trip Leader with whatever is needed.
Is in charge of the social/site seeing activities for the week. Prepares the Midwest JN Team Book. This includes gathering questionnaires from each athlete and coach, gathering pictures from each athlete and coach, doing the layout and getting the printing done before the team leaves for JN's. Needs to coordinate printing budget with Trip Leader.

Communication Coach
Is responsible for letting athletes know what is expected from them each day during the trip. Communications coach is responsible for working with the Head Coach to determine schedule and posting that schedules daily -- both skiing and social. The communication coach is also responsible for keeping the JNQ Ranking list. This list must be kept electronically, and must be updated and sent to the webmaster by Monday night after each JNQ.

Parent Volunteer/Coach Liaison
Organize the parents who are interested in helping out at and attending the JN trip. Find out if any would like to help with any shuttling duties, glide wax application, etc.

Transportation Supervisor
Is in charge of van shuttle schedules for the entire week. Will work with other coaches to set up race-day and training day schedules and will work with assistant trip leader to arrange shuttles for social outings and banquets.

Uniform Supervisor
Is in charge of all JN uniforms for that year. Includes ordering fill-in uniforms when needed, maintaining inventory count, handing out uniforms at Midwest championships. We will next need new uniforms for the entire team in 2010. Needs to work closely with the Trip Leader on fill in orders and budget.

There are many other roles that Junior National coaches will be called on to perform. All coaches are expected to help wherever they are needed. This will include lots of shuttling athletes around in vans and wax application and testing.

Age Group Coach
Every coach who is not assigned to the wax tech team will work with a specific age group during the training days. A coach will work with one age group all week, and may also be responsible helping to ensure age group athletes are at meetings, banquets, and complete all ski prep.

Midwest Junior National Team Points List/Selection
Twenty-one (21) boys and twenty-one (21) girls will be named to the team off the MW points list at the conclusion of the Midwest Junior Qualifiers.

1. All athletes must meet USSA national eligibility requirements described in the USSA Competition Guide.

2. A CXC membership/license is required to obtain a point score in a JNQ event. All athletes must have a current MW license to be placed on scoring list. Athletes who do not have a license or whose license is Great Lakes (GL) or another division will not be scored on the MW qualifying list.

3. Age categories are based on USSA guideline

4. Automatic Qualification
    a. Skiers ranked in the first 20 men or first 20 women on the final World Junior Championships Tryouts points list are automatically qualified to enter JO's as part of the MW team.
    b. Skiers who are named and attended the Scandinavian J1 Trip are automatic qualifiers
    c. Skiers ranked in the top five U.S. junior men or the top five U.S. junior women on the final NCAA East, Central or West ranking list are automatically qualified to enter JN's as a part of the MW team.
    d. Skiers who are automatic selections do not count against the MW quota.

5. Number of races
    a. Four events will be scored for each individual in J1 and OJ
    b.Three events will be scored for J2, and will not include races at the opening weekend in early December
    c. If receiving points from more than four events, the top 4 will be scored.
    d. Tie breakers. Top scoring event will break a tie. Second top score on down to the eighth place score. A race not entered will be counted as a zero point result.
    e. In the event of a cancellation, 50% of the total races will be used to determine the JNQ ranking and name the JNQ team.

6. Point Scoring
    a.World cup point scoring will be used.
    1st place = 100 points
    2nd place = 80 points
    3rd place = 60 points
    4th place = 50 points
    5th place = 45 points
    6th place = 40 points
    7th place = 36 points
    8th place = 32 points
    9th place = 29 points
    10th place = 26 points

11th place = 24 points
12th place = 22 points
13th place = 20 points
14th place = 18 points
15th place = 16 points
16th place = 15 points
Below 16 each place is one point lower down to 30 places.
b. In sprint races, skiers advancing to rounds will be scored based on USSA sprint rules, if points need to be awarded beyond advancing racers, qualifying times will determine points, with most points to lowest time.
c. J1 and OJ will be scored on a combined list.
d. Automatic qualifiers will score.

7. Team selection(same for both genders)
a. Maximum number per age group is 12(per USSA rules), not including pre-qualifiers.
b. J2's will be on scored independently of the other age groups
i. J3's may race up in the J2 category.
ii. The top 8 skiers in the J2 list will be added to the team

c. J1 / OJ list
i.From the combined list any pre qualified skiers are added to the team and removed from the points list (all MW athletes including pre qualified will score points at races.)
ii.The first five OJ's in the top six of the combined points list will be added to the team.
iii.The top 8 J1s will be added to the team from the combined list.
iv.If there are remaining OJ places, the top first year OJ's that placed in the top 12 of the combined list can be added until the OJ quota of five is filled.
v.Not including Automatic qualifiers, In order to make the JO team a second year OJ MUST be ranked in the top six of the combined list. A first year OJ MUST be ranked in the top 12 of the combined list. If the OJ quota (five) is not filled by the 12th spot the remaining places will go to J1 skiers.
d. If individuals decline, the executive committee will choose replacements, which may or may not come from the same age group. The executive committee will choose athletes as fairly and objectively as they can. These decisions are often based on strength of field in an age group, and/or development of our younger skiers.

8. Event Registration - The deadline for the JNQ events is typically the Tuesday prior to the event. Some events may differ, but it is wise to register on line one week prior to the event. Where paper registration is available it also must be received on the Tuesday before the event.

9. Travel/Hotels - All JNQ's are on weekends. Finding hotels in most of the towns can be difficult if you wait to obtain one within a week of the event. Book rooms ahead of time. Many of these small towns have other activities such as hockey going on and it can be difficult to find rooms with a limited supply. It is best to travel to an event the afternoon or evening before the first race. It gives time for course review and wax testing which can be a great advantage on unknown courses.