

UW Nordic Ski Club Information 2008-2009

UW Club Sports Mission Statement:

The purpose of the University of Wyoming Club Sports Program is to provide competitive sport opportunities to University of Wyoming students. The level of competition is above that of intramurals yet below that of intercollegiate athletics. Club teams compete against schools from the Rocky Mountain region along with universities across the country. The UW Club Sports Program offers 18 different activities for students. There are a variety of traditional and nontraditional sports. The clubs are organized and directed by club members under the supervision of the Club Sports Coordinator. Emphasis is placed upon student leadership, development, and involvement. The success of each club sport depends and thrives on the involvement of its members. Student leadership is essential to the University of Wyoming Club Sports Program. Participation in any club sport requires hard work, dedication, and a sincere desire to better oneself and their team.

UW Nordic Ski Club Mission Statement:

The purpose of the UW Nordic Ski Club is to provide athletes with the opportunity to ski race in college as well as providing leadership opportunities and involvement in running the club. To educate athletes in the sport, nutrition and training of Nordic skiing, and to provide knowledge enabling athletes to maintain lifelong health. In the spirit of Club Sports the success of this club depends upon student leadership and the involvement of its members. Participation in this club requires a sincere desire to better oneself and the team through training, fundraising and racing. All abilities and interests are welcome.

Coaches:

Christi Boggs
Wyoming Hall 315
760-7150
cboggs@uwyo.edu

Rachel Watson
Agriculture 5010
760-2942
rwatson@uwyo.edu

Trevor Castillon (Faculty Supporter)
Wyoming Hall 324
760-1189
castitr@uwyo.edu

Ski Team Office Hours:

Christi WH 315: T & R 4:30-5:30 and by appointment (just shoot me an email!)
Coaches' house: by appointment (email is also a good way to arrange this!)

Team Website:

<http://www.uwyo.edu/ski/>

Team email:

uwski@yahoo.com

Officers:

President Patrick Richards 303-378-9411 prich@uwyo.edu	Vice-President Liz Turner 307-399-6822 skier_twins@hotmail.com	Secretary Gina Shively 307-399-4930 gshively@uwyo.edu	
Men's Team Captain Justin Kinner 307-259-2251 jkinner@uwyo.edu	Women's Team Captain Kari Boroff 307-399-6799 Karib@uwyo.edu	Men's Underclass Representative Adam Karges 218-259-3032 akarges@uwyo.edu	Women's Underclass Representative Marie Cartwright 307-349-7274 mcartwr4@uwyo.edu

Coaches' Responsibilities

- ◇ To give emotional and physical support to help athletes to achieve their potential.
- ◇ Training Schedule
- ◇ Budgeting and finances
- ◇ Camp planning and organization
- ◇ Race planning
- ◇ Scheduling
- ◇ Equipment
- ◇ Provide an environment in which athletes can achieve the mission statement.

Athlete Responsibilities

- ◇ Attend practice, club meetings and participate in fundraising .
- ◇ Check your email.
- ◇ This club is run by the athletes, for the athletes. Without the participation of each and every athlete the goals set by the officers, team captains and coaches are unachievable.
- ◇ Team captains and underclassmen reps are there to help with any concerns or comments you may have. Use them!
- ◇ Work as a team- it's easier together!
- ◇ All athletes are expected to treat one another with mutual respect, it is essential that everyone realize that an individual's actions reflect upon and affect your team mates, your coaches, your school and your community.

Dryland/ Club Dues/ Training Camps/ Other

- ◇ Dryland Practice
 - ◇ Official practice will be held 3 times a week on recovery: W & F at 4:00 pm and Sunday at 9:00 am. An additional practice will be held on Intesity and Volume weeks on Monday at 4:00 pm.
 - ◇ Optional strength practices (Yoga and running) will be held T & R from 6-7:30pm.
 - ◇ If you are unable to make practice for any reason call or email the coaches **before** you miss.
 - ◇ Athletes are encouraged to arrange to meet and train together on any day there is no official practice scheduled.
- ◇ Club Dues
 - ◇ The Club Sport's rule is that teams in our tier pay a minimum of \$60 a person. The Elite and Competitive teams pay more for additional racing expenses, the non-racing team pays less due to no racing expenses.
 - ◇ You must choose a team & pay your club due by November 1.
 - ◇ This money will be used to pay for wax, entry fees, lodging and transportation.
- ◇ Training Camps
 - Fall Training Camp:
 - ◇ There will be a Fall Training Camp September 19-21 at Fort Robinson, Nebraska.
 - ◇ We will be running and rollerskiing.
 - ◇ You will be responsible for buying and bringing your own breakfast and lunch.
 - ◇ If we choose to carpool you will need to pitch in money for gas.
 - ◇ Please RSVP as soon as possible since space is limited.
 - Thanksgiving Training Camp:
 - ◇ There will be a Thanksgiving Camp at Devil's Thumb Ranch, CO.
 - ◇ To attend the camp all club dues, fundraising activities and practice percentages must be met.
 - ◇ You will be responsible for buying and bringing your own breakfast and lunch.

- ◇ If we choose to carpool you will need to pitch in money for gas.
- ◇ There are limited spaces available so preference will be given to those athletes who have the highest percentage of practice and fundraising attendance.
- New Years Camp: We may have a New Years Camp depending upon interest. If you are interested be sure to let the coaches know.
- ◇ All equipment and team uniforms will be returned at the end of the season, in the spring, and handed out in the fall. The uniforms will be handed out based upon attendance at practice and fund-raising events.

Transportation

- ◇ The Team will provide transportation for all away races.
- ◇ If we carpool to camps or races, and you keep your receipts, you will be reimbursed for gas.
- ◇ Transportation for practice will be by carpool. If you ride with someone you need to help pay for gas.

Races

- ◇ Entry fees will be paid for anyone who has met the minimum requirements for their chosen team and wishes to race.
- ◇ Wax and other waxing equipment will be provided by the team for anyone who has met the minimum requirements for their chosen team.
- ◇ Transportation and lodging will be paid for by the team for anyone who has met the minimum requirements for their chosen team.
- ◇ If you haven't trained with the team, or made arrangements with the coaches, or paid your club dues before November 1, you will not be eligible to race with the team that season.

Waxing

- ◇ Waxing is done in the Coach's garage.
- ◇ You need to plan to be finished waxing by 10:00 pm.
- ◇ There will be a sign-up sheet for waxing times prior to races other times are by appointment.

Alcohol Policy

- ◇ As a member of a competitive racing team it is your responsibility to conduct yourself in accordance with all University Club Sports Regulations as well as the expectations of the UW Nordic Team. On race weekends you are responsible for not only your own performance but for representing your team mates, coaches, school and community that have contributed their time and money to provide you with this opportunity. In light of this there will be no alcohol on any racing trip.
- ◇ **Dry Date** – Alcohol consumption is not conducive to good training, resting or racing and as such we hope to encourage athletes to drink responsibly. The UW Nordic Ski Team has an optional dry date beginning November 1. Any athlete who volunteers for this option will agree to not drink more than one alcoholic drink at any setting from November 1 through March 8. For those who complete the season dry the coaches will fund a dry date extravaganza.

Nationals Qualification:

- ◇ Must meet all qualification requirements for the USCSA. <http://www.uscsa.com>
- ◇ A minimum of 10 athletes will be supported by the Club. The total number will be determined by qualification and coaches' discretion.
- ◇ Every athlete **MUST** compete in at least two classic races and two skate races (These can be USCSA qualifiers or NCAA qualifiers).
- ◇ Every athletes **MUST** have met their practice percentage and volunteer points.
- ◇ Percentage back score of best two classic and best two skate races must be greater than or equal to 20% in USCSA Qualifying races.
- ◇ Alternative qualification can be met by placing in the top 30% of an NCAA qualifier.
- ◇ After every race the Percentage back score will be posted on the UW Team website.

Participation Options:

	Elite Team:	Competitive Team	Recreational Team	Non-Racing Team
% of Practices Required	85%	70%	40%	
Fundraising Activities	14 pts.	10 pts.	6 pts.	
Club Dues	\$250	\$80	\$60	\$30
Other Required Activities	Cowboy Chase	Cowboy Chase	Cowboy Chase	Cowboy Chase
Races	NCAA*, Overnight & Local	Overnight & Local	Local	-
USCSA Nationals	Can Qualify	Can Qualify	-	-
Camps	All Camps	All Camps	All Camps	-

Fundraising Activities	Possible Points
Football Games/game	1 to 8
HS Summer Camp	2 to 10
Krispy Kreme	1 to 4
Larmie High School Race	1 to 4
OAP Trip	1 to 2
MBNA Trail Day	1 to 2
Leaf Raking	1 to 4
House Painting	1 to ?
House Sitting	1 to ?
Other	1 to ?

***Elite Team Notes:**

- Only 7 men and 7 women will be supported NCAA races.
- Must have a training log
- Minimum GPA of 2.5
- Meeting with coaches
- USSA License (\$125)

- ◇ In order to fund your participation during the race season 80% of your volunteer points must be completed before the first activity in which you wish to participate, being either a camp or race.
- ◇ The practice % of your chosen team must be met by the date of any race in which you would like to compete.
- ◇ The home race, the Cowboy Chase, is a required activity for all team members.

Points Money

- ◇ Once you reach the point total for your team you may continue to work volunteer activities to earn money towards equipment, suits, hats, shirts or any team merchandise and food for away meets.
- ◇ 1 extra point = \$15
- ◇ This point money does not carry over to the next year if not used.
- ◇ These extra points/money also may not be given away.
- ◇ This point money must be reserved for personal use by regionals and spent by the last day of classes spring semester.
- ◇ Any unused points will be automatically be donated to the team.
- ◇ You may not use the money until you have earned it.

University of Wyoming Club Sports Coaches and Athletes,

I would like to introduce myself to those individuals whom I have yet to meet that represent the University of Wyoming Club Sports Program. My name is Angela Kopriva and I have recently accepted the position of Athletic Trainer with the University of Wyoming Wellness Center. I previously served as the Graduate Assistant Athletic Trainer for the Wellness Center for the past two years and look forward to using this experience to better and expand our services to the students at the University of Wyoming.

In addition to the current sports medicine services provided through the Wellness Center, I would like to extend an invitation to those clubs to participate in a new program, Club Sports Mondays. Each Monday afternoon, all club sports participants and coaches will be able to have walk-in appointments with the athletic trainers and athletic training students. This will allow for injuries occurring during weekend events to have timely evaluations and treatment. Additional athletic training appointments are available Tuesday through Friday during normal business hours. Evaluation and treatment costs provided through the Wellness Center are covered with student fees and the individual club sports.

Besides athletic training clinic, the Wellness Center continues to offer massage, nutritional counseling, confidential HIV testing, and strength and conditioning coach services for all UW students. These services collectively can help to promote optimal athletic performance. Upon request, individuals from the Wellness Center could provide information or presentations on a variety of topics including, but not limited to alcohol and athletic performance, hydration, and injury prevention.

I am excited to serve you during the upcoming school year. Please do not hesitate to call or email me if you have any questions or concerns.

Sincerely,

Angela E. Kopriva
Angela Kopriva, MS, ATC
Athletic Trainer
University of Wyoming
Club Sports
(605)-468-0001 (cell)
akopriva@uwyo.edu