

# Nordic Ski Team

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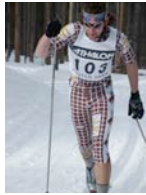
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*UW Nordic is lead by two extremely qualified volunteer coaches.*



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## UW Nordic Ski Team to Compete At NCAA Level

Nov. 1, 2005 -- The University of Wyoming Nordic ski team is now an associate member of the Rocky Mountain Intercollegiate Ski Association (RMISA), allowing the men's and women's clubs to compete in NCAA-sanctioned meets this season.

As new members of the NCAA Western Conference, the UW Nordic teams will participate in three of the five RMISA regional races beginning in January. However, the Cowboys and Cowgirls will still compete in the year-end United States Collegiate Ski and Snowboard Association (USCSA) championships in Sugarloaf, Maine. UW has competed in the USCSA since the university adopted Nordic skiing as a club-level sport.

"This is a very exciting opportunity for a UW club sport team because it gives our athletes a chance to ski at the NCAA level throughout the year. There is even the possibility our skiers could qualify for the NCAA championships in the future," says Nordic ski coach Christi Boggs, technology coordinator for the UW College of Education.

"This also informs our in-state Nordic skiers that they can come here and race against NCAA competition."



**UW Team members at Thanksgiving Camp in Beaver Creek, Colorado**

The RMISA is comprised of seven NCAA Division I schools, two Division II schools and one Division III school. Members are the University of Alaska-Anchorage, Boise State University, the University of Colorado, the University of Denver, Montana State University (MSU), University of Nevada, University of New Mexico, University of Utah, Western State College in Gunnison, Colo., and Whitman College in Walla Walla, Wash.

The UW men and women will compete next semester in NCAA-sanctioned meets at the Alaska-Anchorage Invite at Soldier Hollow, Utah; the MSU invitational in Bozeman, Mont.; and the Colorado Invite in Steamboat Springs. UW will compete in five sanctioned USCSA meets this season, including the year-end nationals in March.

The team plans a fundraising dinner Feb. 11. UW's only home meet, the Cowboy Chase, is Feb. 11-12.

The last three seasons UW's Nordic ski program has had remarkable success on the USCSA level. The women won two national championships and finished second once, missing a third consecutive title by just four points. UW has recorded eight individual national champion titles, and one Cowgirl, Jennifer Kinner of Casper, was twice named the national all-around skier.

Also, 20 UW skiers were named All-Americans and 16 were named Academic All-Americans during that three-year period.

For more information, call Christi Boggs at (307) 760-7150.

## Get your UW Ski Team Hat!

These hats are made by Swix and feature the UW Bucking Horse logo. They are available only to UW Ski Team members and Alumni. Hats are only \$25, this includes shipping in the US. To order your hat please email [uwski@uwyo.edu](mailto:uwski@uwyo.edu) or call Christi Boggs at 307-760-7150.

Be sure to include how many you want and your shipping address.

There are only 100 of these hats available so hurry!





## About the Coaches!

*Coaching is a labor of love.*

Christi Boggs has a long history in nordic skiing. As a junior Christi was a member of a National Championship relay team and had 3 top 5 finishes in J1 and OJ divisions. Christi was also Colorado State Champion in 1987. Christi was a member of the University of Wyoming NCAA Nordic Ski Team from 1987 to 1992. While at UW Christi was first-team All-American three times and second-team All-American once, the top skier on the strongest Women's Nordic Team in the Country! After college Christi changed her focus to Biathlon. During the time Christi did Biathlon she attended the 1993 World University Games, won the Rocky Mt. Cup and won the North American Cup twice.

Rachel Watson also has a long history in nordic skiing. As a junior Rachel was Colorado State Champion in 1994, placed top 5 overall at Junior Nationals as an OJ and was a member of a National Championship relay team. Rachel was a member of the Denver University Pioneers for 4 years, qualifying for NCAA Nationals her junior & senior year. While at DU Rachel trained under NCAA Championship coach Knut Nystad and US National Team Coach Trond Nystad. Rachel graduated from DU Suma Kum Lauda with a degree in Chemistry in 1998.

Christi's coaching credentials include coaching high school track & field, cross-country running and cross-country skiing. Rachel and Christi have also worked with the United States Olympic Committee and their Winter Sports for Girls program in Biathlon. Together, Rachel and Christi have volunteer coached the University of Wyoming Nordic Ski Team, for 8 years. During this time UW has skied in USCSA and had 42 Academic All-Americans, 46 All-Americans, 12 individual National Champions, 12 Race Team Titles and 2 Overall National Championship Team Titles.

Christi is currently the technology coordinator for the College of Education at UW and will graduate with her doctorate in Instructional Technology spring 2006. Rachel is currently an instructor for the Molecular Biology Department at UW teaching General Microbiology and Biochemistry.



## About the Team!

*UW Nordic is extremely unique in that it has athletes that are beginner skiers as well, as National caliber racers.*

Nordic skiing is an exciting and active sport in the state of Wyoming. The average High School Nordic ski race has upwards of 100 participants from all over the state. Until just recently it was very difficult for a young skier from Wyoming to continue skiing in college. Unless they were able to fund their own out of state education or were able to attend national events to attract the attention of ski schools in other parts of the country, their ski career ended with their graduation from High School. Seven years ago skiers from Wyoming and Colorado, who did not want their dreams to die, started the UW Nordic Ski Club and the rest is history.

The UW Nordic Club is a member of the United States Collegiate Ski and Snowboard Association as well as an associate member of the RMISA.

The USCSA is a group that encompasses both fully funded varsity teams as well as club teams. The UW Nordic Club competes regionally against the Air Force Academy, Colorado Mountain College, Colorado State University and Colorado School of Mines and has attended 7 National Championships. During this short time the UW Nordic Ski Club have had some amazing results: 42 Academic All-Americans, 46 All-Americans, 12 individual National Champions, 12 individual Team Titles and 2 Overall National Championship Team Titles.

This year, for the first time in 13 years, UW Nordic athletes will have the opportunity to compete as a team in the Rocky Mountain Intercollegiate Ski Association. RMISA is the western NCAA division for skiing and provides the best competition in collegiate skiing.

All abilities and interests are welcome. The team is divided into three parts; the elite racing team, the competitive racing team and the recreational racing team. Everyone is welcome! The elite & competitive racing teams will attend up to 8 race weekends each season. The elite team will do 3 NCAA Division I races. The recreational team will attend all races in Laramie.



## 2005 Nationals Recap

*Coach Rachel Watson wrote a brief recap of USCSA nationals at the end of the 2004-2005 season.*

I just wanted to write a brief recap of the week so that everyone could feel like they got to be a part of the excitement. It was an absolutely incredible Nationals and we couldn't be more proud of our athletes.

A week before leaving for Nationals our team was struck with what would prove to be our greatest challenge. All but three athletes contracted the influenza virus. We worried that we were beat before even leaving but we encouraged the athletes to get lots of rest, drink lots of fluids and get to the doctor at the first sign of fever. By the time we left, many of the athletes were feeling better but on the van ride, it often sounded more like a sick ward than a group of ultra-fit cross-country skiers. We arrived in McCall, Idaho on Saturday, March 5th and went out to ski the courses for the first time on Sunday morning. The site of the Nordic venue was Ponderosa State Park, a trail system famous for hosting world-class nordic races. It was clear that McCall was having a terrible snow year (a base almost 6 feet below normal), as the snow was dirty and littered with everything from moss to ponderosa pine needles. Immediately after hopping out of the van we realized that we had another big challenge. We saw a group of athletes, already out on the trails, wearing St. Olaf team jackets. St. Olaf is a Division I NCAA team that usually does not compete in our nationals. I looked at Christi and she said, "Things just got a little more interesting!"

*Continued on the website...*

Read the rest of the story by visiting our website at [http://www.uwyo.edu/ski/2005\\_synopsis.htm](http://www.uwyo.edu/ski/2005_synopsis.htm)  
If you would like a paper copy of this story please to let us know contact 307-760-7150.

**Check the 2006 racing schedule and results at:**  
<http://www.uwyo.edu/ski/racing.html>

# Help the Team!

The University of Wyoming NCAA Ski Team was cut in 1993, much to the disappointment of a great many people. In September 1998, athletes from Casper, Wyoming started a nordic race club and by November Christi Boggs and Rachel Watson had taken on the job of volunteer coaching.

Despite the incredible success that has become the norm in the past few years and the fact that UW Nordic is now an associate member of RMISA, it is still considered a Club Sport at UW. As such, the team receives \$7000 per year in matching funds. \$7000 sounds like a great deal of money but entry fees for the races alone cost the team almost \$6000. This leaves very little money for wax and travel. Athletes on the team pay between \$60-\$100 in club dues as well as being responsible for providing all of their own equipment. There is no money for scholarships, the coaches are completely volunteer and routinely spend upwards of 40 hours week throughout the fall and winter training, organizing and providing support for the athletes at races.

In addition to Club Dues and buying all of their own equipment, Nordic Team members spend a great deal of time and effort raising money to match the Club Sports amount as well as transportation and housing at races. Last season the UW Nordic Ski Club raised \$10,000, including a \$2000 Club Sports match (Club Sports raised the amount for 2005-2006). This year, with the additional expense of the RMISA races it will cost the team almost \$30,000 to compete throughout the season.

The Nordic Team has already raised a little over \$20,000, including the \$7000 match from Club Sports. The team works extremely hard to raise money; they work parking and tickets at football games, sell Krispy Kreme donuts, lead a ski trip for the Outdoor Adventure Program, host a high school summer camp, host a benefit dinner and race in addition to many other activities. Any additional help you might be able to provide would be greatly appreciated. These young athletes work extremely hard in school, on the trail and in raising money.

If you have any questions or ideas on how you could help us raise the additional \$10,000 please feel free to contact us. We also work closely with companies who help with equipment and clothing. Anything you can do would be fantastic! To donate money to the team online please go to <http://www.uwyo.edu/ski/donations.htm> We can also be reached at [uwski@yahoo.com](mailto:uwski@yahoo.com) or by phone at 307-760-7150. You may also send a check to the return address on this newsletter.

Please consider helping to sponsor these exceptional athletes. They work extremely hard training year round, raising money and racing all over the nation.

# In Appreciation of our Sponsors

*UW Nordic would like to thank the following individuals, groups and companies. Without their generous support it would be impossible to train and race at the high level that is necessary to be competitive on a national collegiate level.*

## **\$100 and above**

Gregory & Gail Cox  
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Trinity Coffee House  
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## **Special Thanks**

Cross Country Connection  
University of Wyoming Campus Recreation  
Medicine Bow Nordic Association

## **Volunteer Support**

Medicine Bow Nordic Association  
Medicine Bow Nordic Ski Patrol

**Alumni, want to find old friends or just find out what's happening with the current team? Register for the UW Ski Team Alumni website! Just email [uwski@yahoo.com](mailto:uwski@yahoo.com) for an invitation to join this exciting online community!**

**Be sure to check the recent news on our website:**

**<http://www.uwyo.edu/ski/news.html>**

**Alumni, be sure to update your information online at:**

**<http://uwacadweb.uwyo.edu/NORDICINFO/alumni.asp>**