



October 14, 2011

Dear Bend Endurance Families,



Welcome to the Academy for the 2011-2012 season.

Our Nordic coaching staff is looking forward to a year full of adventures and accomplishments.

Please add the following important events to your calendar:

- Meeting for all enrolled and prospective Nordic Youth Club and Nordic Development Team families- **Tuesday, November 1st at 6:30pm** at Bend Endurance Academy--500 SW Bond, near the Wilson/Bond Roundabout. Agenda: introduce coaches and families, go over program structure, outline equipment needs, and design a matrix for transportation and attendance days.
- Please note that in addition to our regularly scheduled practices, we will host 2 local Winter Camps:
  - Youth Club Camp **December 20-22**
  - Development and Competition Team Camp **December 20-23**
  - Development and Competition Team Camp **December 27-30**
  - Vans leave the office at 9am and return around noon each day
  - There are no additional fees or registration necessary for camp participation
- Also, save the date for our Annual Academy Meeting- **Thursday, November 10<sup>th</sup> from 7-9pm** at the Riverbend Community Room- 799 SW Columbia Street. You'll have the opportunity to meet Academy families, learn how the Academy works and influence the direction of our organization.
- We are excited to be participating in the **Western States Youth Festival in Bozeman, MT** this season. The event will be held **February 17-19**- please save the date for this fantastic celebration of youth skiing!

Here's the plan for equipment:

- If you borrowed equipment from last year, please return it promptly so we can redistribute it.
- If you are new to skiing, check out our equipment guide in this handbook.
- Special discounts at local retailers for Academy members are posted on the Nordic page of our website
- At the Nordic meeting, we will spend some time shuffling equipment- some is for sale, some is on loan- our goal is to help new families transition smoothly into the sport.
- If you have gear that your child has outgrown- bring it along! You can donate it to the Academy or sell it to a new skier.

Our website holds all of our program information. At [www.BendEnduranceAcademy.org](http://www.BendEnduranceAcademy.org) you will find:

- A calendar of local races
- A daily calendar outlining technique of the day/dates for each program
- Complete program information for our Nordic, Cycling, Climbing and Multisport programs.
- Online Enrollment Form
- Newsletters and News Updates
- Resources to Buy/Sell gear on our "For Sale" page.

At the Youth and Development level, racing is not required. For participants who express an interest, there are age appropriate events and races. Our online Nordic Calendar will include local and regional racing opportunities that are appropriate for beginning skiers such as the Western States Youth Festival.

Happy families are our best advertising. If you know of anyone who may wish to join the team, please have them contact our Nordic Program Director, Ben Husaby at 541-678-3864.

See you on the trails!

Brenna Warburton  
Bend Endurance Academy  
541-678-3865

[brenna@bendenduranceacademy.org](mailto:brenna@bendenduranceacademy.org)

*The Bend Endurance Academy builds athletes who are able to accomplish their individual athletic goals while being committed to personal growth, teamwork and community responsibility.*



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Bend, Oregon 97702  
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The Bend Endurance Academy is a 501 (c) 3 non-profit organization created to promote health and wellness within Oregon through athletic coaching, mentorship, educational experiences, volunteer opportunities and events for a diverse group of youth, young adults, and other individuals who desire to excel at endurance sports. The Academy designs age appropriate, innovative, affordable and inclusive programs that encourage participants to succeed throughout every step of their athletic and individual development.

We currently offer programs for Nordic Skiing, Cycling, Rock Climbing and Multisport. Through our athletic programs we strive to help young people become great athletes. Through a commitment to volunteerism we strive to help great athletes become great people.

**Our board members include:**

Adrienne Graham- Leapfrog Training and Facilitation  
Maria Madden- Juniper School Administrator  
Gene Fitzsimmons- Taco Stand/Bend High School  
Jim Helmich- Altrec.com  
Jane Widmer-

**Our staff includes:**

Ben Husaby- Executive Director/Nordic Program Director- 541-678-3864

- *Head Coach- Pacific Northwest Division- U.S. Nationals and Junior Nationals*
- *Coach- US Ski Team World Junior/U23 Championships 2004-2006 and 2008*
- *Head Coach- US Ski Team National Elite Group 2009*
- *1992 and 1994 US Olympic Team Member*

Bill Warburton- Cycling Program Director/Nordic Coach- 541-335-1346

- *8 years of experience as a Junior Cycling Coach*
- *Category 2 Road Cyclist*
- *USA Cycling Level 3 Coach*

Brenna Warburton- Communication/Development Coordinator/Nordic + Cycling Coach 541-678-3865

- *Assistant Coach- Junior Nationals- Pacific Northwest Division 2002-2010*
- *Coach- US Ski Team J1 Scandinavian Trip 2009,*
- *Coach- US Ski Team World Junior/U23 Championships 2010*

Mike Rougeux- Climbing Program Director- 541-419-5071

- *Adventure Education/Wilderness Leadership Degree- Johnson State College*
- *Climbing coach, climbing guide and route setter since 2005*
- *USA Climbing Level 1 Coach and Wilderness First Responder*



## NORDIC

The [Bend Endurance Academy Nordic Team](#) is the largest USSA Junior Nordic Club in the Pacific Northwest Ski Association. Our athletes have found success at local, national and international events. Nordic skiing, or cross-country skiing, includes both classic and skate techniques.

The Nordic Team includes:

- Youth Program – ages 7 – 11
- Development Program (Middle School/High School)
- Competition Program (High School/College)
- COCC Nordic Program (COCC/OSU Students)
- Masters Programs (Adults)
- Nordic Fall Ladies Program



## CYCLING

The [Bend Endurance Academy Cycling Team](#) offers several disciplines to promote strong youth, junior and collegiate development at the grassroots level. We offering the following programs:

- Mini Bikes – Mountain Biking- starts at age 6
- Mighty Bikes Youth – Mountain Bike and Freeride – starts at age 8
- Development Program – Mountain, Road, Freeride and Cyclocross (Middle/High School)
- Competition Program – Mountain, Road, Track, Freeride and Cyclocross (HS/College)
- COCC Cyclocross Program (COCC/OSU Students)
- Masters Cyclocross (Adults)



Our [Climbing Team](#) operates in partnership with the Bend Rock Gym, which serves as our primary training facility. We also offer the unique option of outdoor climbing trips to Smith Rock State Park and other local crags.

- Development Team for beginners age 10 – 18
- Competition Team for intermediate and advanced age 10 – 18



The [Bend Endurance Academy Multisport Team](#) is the first triathlon-specific program for juniors in Bend and provides technique training in swimming, cycling and running.

- Learn how to become a multi-sport athlete
- Balance training in all areas to improve fitness, performance and avoid injury



Our Reinforcing an Active Lifestyle and Leadership for Youth Program is awaiting grant funding. It aims to provide young people who are at risk for overweight or overweight with an opportunity to improve both their physical and mental health through lifestyle physical activity and social support.



# Nordic Gear Guide

Clothing and equipment choices can make or break a skiing experience for any skier.



Here are some guidelines created by Bend Endurance Academy Nordic Team coaches and athletes:



Layers of synthetic clothing will help keep you dry, warm and happy. Never wear cotton while skiing. Cotton is only appropriate for changing into after practice. And you should ALWAYS change into dry clothes (dry hat, long sleeved shirt, and socks) as soon as you are done working out.



Here are a few essentials- make sure your backpack is big enough to fit all of your schoolwork, ski gear as well as plenty of snacks for after practice and an extra water bottle! Please clearly label all of your gear with your name in permanent marker. Wear your water belt every day. Look for ski poles with Velcro straps and small plastic baskets. Boots are the most important part of your equipment. Make sure they fit like a running shoe and wear synthetic (non cotton) socks to avoid blisters. Depending on your ability level you may have both skate and classic boots or a 'combi' boot that will work for both disciplines. Make sure your boots match your bindings- there are two types

NNN  and SNS  . How long should your poles be? While standing in running shoes on concrete classic poles should reach your shoulder joint and skate poles should reach a point between your chin and the bottom of your nose. Remember, if you are growing quickly, you can cut your skate poles down to become classic poles!



A few things Nordic skiers should **avoid** are pictured above. Bulky gloves make hands sweat and then sweaty hands freeze. Use a mid-weight glove designed for Nordic skiing to keep your hands warm and dry. Camelbacks restrict shoulder movement, use a water belt instead. Goggles fog up, use sunglasses instead. Backcountry boots are not designed for track skiing- use a skate, classic or combi boot instead. Poles with a single strap do not stay attached to your hand; use a pole with a modern Velcro grip instead.



# Nordic Gear Guide



Combi skis, pictured above, are designed for both skate and classic technique. They are appropriate for ages 7-11 or skiers who weight under 80 lbs. The skis should be about as tall as the person skiing on them. For ages 7-11, waxless (fish scale) skis are acceptable for classic days. If you chose to use waxable classic skis you MUST clean off the kick wax before attending the next skate practice!



By age 12, we recommend skiers have two pairs of skis, skate and classic. If you are looking for used skis- keep these guidelines in mind:

## SKATE

- Flex- Squeeze the bases together (scraped/brushed) with two hands. If the athlete can easily squish the skis together, they are too soft. If they cannot compress the skis much, they are too stiff. If they are able to close the skis together with a pretty good squeeze they are just about right. (Thanks to Goldilocks and the Three Bears for this testing method)
- Ski length should be skier height.

## CLASSIC

- Flex- Use the Goldilocks method above to determine flex. But, use one hand to squeeze the bases together instead of two.
- Ski length should be skier height plus 10 to 15cm.
- Kick Zone- Place skis (brushed and scraped) on a clean, flat table. Have the skier stand on the bindings and balance their weight equally on both skis. Slide a business card between the table and ski and mark where the card stops: top and bottom. Then do the same with 100% of the skiers weight on one ski at a time. On a good fitting pair of skis, the card will slide approximately 16-22 inches from the heel plate to the tip of the ski. You will have 4 marks on your ski. The actual kick zone (from top to bottom) is the second mark and half way between the third and fourth mark. You can also tell by the way your kick wax wears after an hour of skiing.

## Where can I find Nordic gear in Bend?

### Webskis/Webcyclery

550 SW Industrial Way #20, Bend  
(541) 318-6188  
[www.webskis.com](http://www.webskis.com)

### Sunnyside Sports.com

930 NW Newport Ave. Bend  
(541) 382-8018  
[www.sunnysidesports.com](http://www.sunnysidesports.com)

### Pine Mountain Sports

255 SW Century Drive  
541-385-8080  
[www.pinemountainsports.com](http://www.pinemountainsports.com)

### [www.BendEnduranceAcademy.org](http://www.BendEnduranceAcademy.org)

Check out the "For Sale" tab- a community resource for buying and selling Nordic equipment.

*A note about our local shops: Visit them! All of the retailers listed above provide special discounts for Academy skiers. They also have special flex testing tools designed to help you choose the best ski based on your height and weight. Know your exact weight (dressed for skiing) height and shoe size before you head out shopping. Discounts and junior buy program details are listed on our website.*



## WAX

- The items pictured above are good to have at home for waxing: plastic scraper, groove scraper, brush, base cleaner, fiberlene (an old towel or t shirt would work too), non-fluorinated wax, iron. Your coaches will help with waxing for both classic days and race days. You are responsible for coming to practice with skis that are clean; including glide wax scraped and brushed plus kick wax removed completely. Your coaches will gladly teach you how to wax throughout the season.



# Nordic Gear Guide



## Important! Please note!

**Every Bend Endurance Academy Nordic skier needs two pairs of ski ties!**

- Please find ski ties exactly as pictured above. Local ski shops sell them or you can order them online.
- Ski ties are a nifty little invention that keeps the sticky side down and prevent damage to your skis and the skis of your teammates.
- Each day we will load our skis and poles into group bags. This makes our transition time on and off of the snow speedy and efficient. The 'group bag' system only works if everyone has their own set of ski ties for each pair of skis.
- Please do not become attached to your ski ties- you bring two- you take two. It's a fun process to see which ties you end up with at the end of the day- did you get a Madden? How about a Hawkinson or a Widmer? Maybe you can get a Husaby at next practice?
- The 'communal ski ties/group bag' is a great system- but, just like a team, it only works if everyone contributes! Please be a team player when it comes to ski ties!



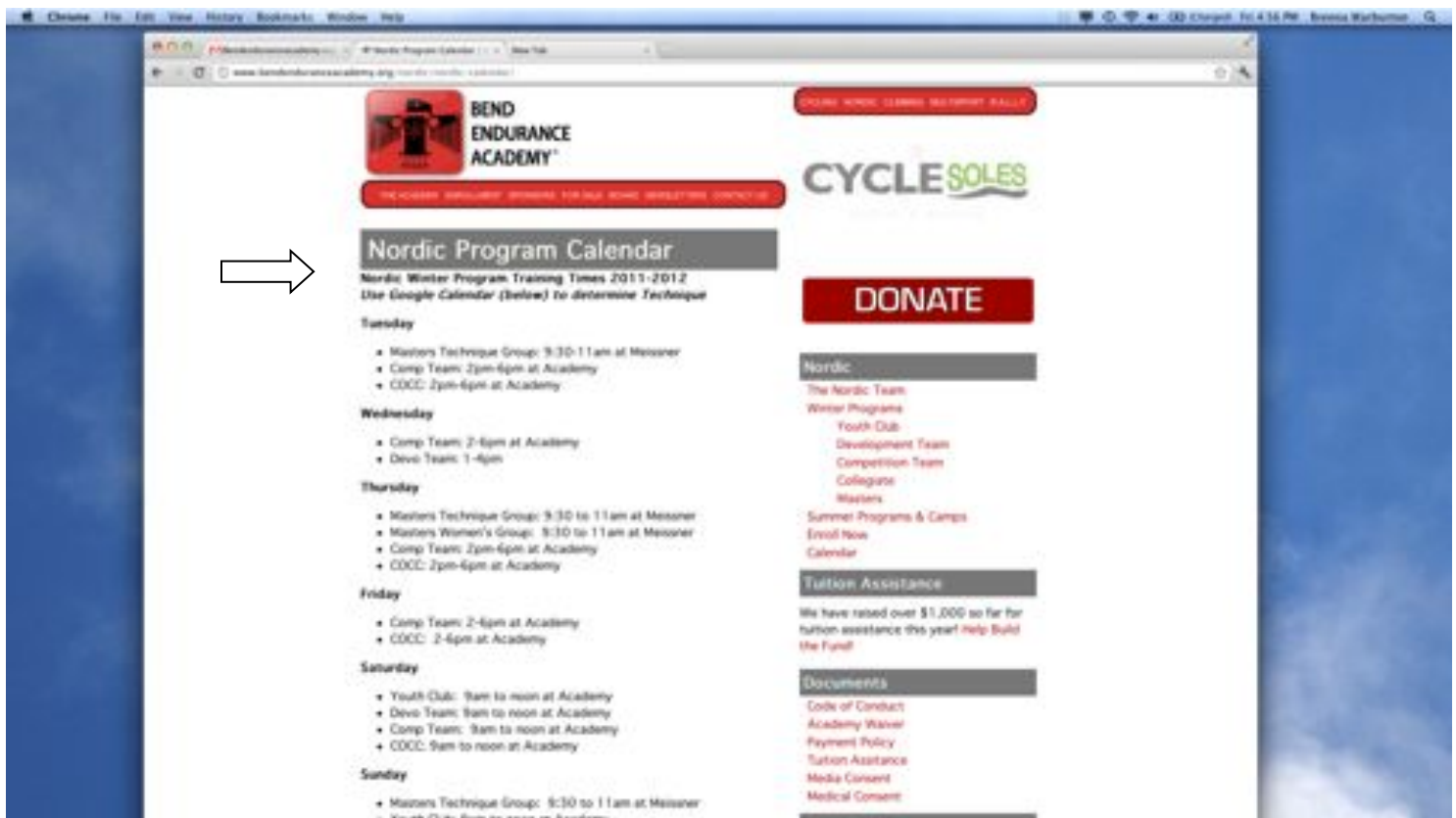
## FOR SALE!

- Looking for equipment? Selling equipment? We have an Academy version of Craigslist.
- Visit [www.BendEnduranceAcademy.org](http://www.BendEnduranceAcademy.org) and click on the “FOR SALE” tab.
- Skis, bikes, rollerskis, poles, boots?
- Simply send an email to [info@BendEnduranceAcademy.org](mailto:info@BendEnduranceAcademy.org) and we'll post your items for you.
- Make sure to include your phone number or email so prospective buyers can contact you.



### “Skate or classic today?”

- Choose Nordic under the “CALENDARS” button to confirm practices days and techniques.
- Make sure to dry out your boots and clean any klister off of your skis before next practice!
- Parents can drop off equipment at the Academy before practice on Wednesdays.
- Leave equipment in back of Red van.



### Weekly Schedule:

#### Wednesdays-

Development athletes are picked up from their respective schools between 1-1:30pm, return around 4pm.

#### Saturday and Sundays-

Youth, Development and Competition athletes leave office at 9am and return around noon.

#### Holidays-

During Winter Break- Weekday and Weekend practices are held in the mornings- leave office at 9am/return noon.

#### Race Days-

On selected weekends, one van will leave early (8 or 8:30ish) to attend local races while the other van will leave at 9am for regularly scheduled practice. Your coaches will notify you via email about local race opportunities. Youth and Development skiers can then decide what works best for them and their interests: race vs. practice.

**Away Race Weekends-** Van/s usually leave on Friday morning and return Sunday evening. Away races are appropriate starting around age 12. The Western States Youth Festival in Bozeman, MT is designed for skiers ages 12 and younger.



## Nordic Race Calendar 2011-2012

Date	Location	Type	Details
Nov 23,25,26	West Yellowstone, MT	SuperTour	Sprint Qx2 C&F 10/15km F 5/10km C
Dec 3,4	Bozeman, MT	SuperTour	TBD
Jan 2-8	Rumford, ME	U.S. Nationals	Jan. 2: Sprint F Jan. 4: 10/15k F Jan. 6: 20/30k C MST (Jr 5/10k C) Jan. 8: Sprint C
Jan 7,8	Bend, OR	PNSA JOQ 1 **	TBD
Jan 27-29	Soldier Hollow, UT	Super JOQ	TBD
Feb 4,5	Lev, WA or Methow, WA	PNSA JOQ 2 **	TBD
Feb 11-12	McCall, Id	IMD JOQ	TBD
Feb 17-19	Bozeman, MT	Western States Youth Festival **	Skate Race, Classic Race, Obstacle Course, Terrain Park
Feb 18,19	Spokane, WA	PNSA JOQ 3 **	TBD
March 3-11	Soldier Hollow, UT	USSA Junior Olympics	Sprint C Freestyle Mass Classic Individual Sprint Relay
Mar 24- 29	Presque Isle, ME	SuperTour Finals	Various

**\*\* denotes Youth/Development Appropriate Events**



#### **A NOTE ON RACING:**

*Our basic philosophy on racing when it comes to Youth and Development team skiers is pretty simple: Let the participant decide! A developing athlete may want to play in a snow bank one day and win a world cup race the next- and that's ok- it's all part of the development process.*

*When there are local race opportunities, Academy coaches will email you the details- event, distance, departure time etc. and then, Youth or Development skiers/parents can decide what works best for them and their current interests.*

*When there are race opportunities throughout the Northwest, Academy coaches will provide the details via email and on our website. Northwest races are appropriate for ages 12 and up. The trips are 3 days long- usually Friday to Sunday and cost approx. \$175 (including transportation, lodging, food, wax and entry fees). Coaches will instruct you via email as to how to enroll for each trip. We are very excited to be participating in this year's Western States Youth Festival in Bozeman, MT! Coaches will contact you with complete details.*



The United States Ski and Snowboard Association (USSA) is the governing body of our sport. Their website is [www.ussa.org](http://www.ussa.org)  
 USSA has outlined the following age classifications and created a Development Pipeline and Training System for Nordic skiing. The Academy designs programs based on ideas from the USSA Development Pipeline and Training System. Our coaches are trained using USSA's Coaching Certification process.

Age (As of December 31)

- |                |                |                    |
|----------------|----------------|--------------------|
| J6- Age 7      | J3- Ages 12-13 | OJ- Ages 18-19     |
| J5- Ages 8-9   | J2- Ages 14-15 | Senior- Ages 20-20 |
| J4- Ages 10-11 | J1- Ages 16-17 | Master-Ages 30+    |

\*\*J4s and J3s usually race between 1-3km, J2s race between 1-5km

**THE DEVELOPMENT PIPELINE**

"The steps of the Olympic podium are only the final steps of a grand athletic staircase. The only way to get to the top is one step at a time, not missing a single step."  
 Peter Vollenberg, Olympian & U.S. Cross Country Ski Team Head Coach

- 1 Active Introduction to Sport Age 0-6**  
 Sport and activity become a fun and integral part of life where children learn basic athletic motions, develop basic strength, flexibility and fitness all while focused on having fun.
- 2 Athletic Fundamentals Age 6-8**  
 Youth participants learn athletic coordination, balance, and agility while continuing to develop overall strength, flexibility, speed and basic fitness. The importance of teamwork and fair play are learned. Fun continues to be the major focus.
- 3 Learning to Prepare for Sport Age 8-12**  
 Youth athletes learn skills across a variety of sports that will be the foundation for all future development in athletics. These young athletes should participate in a number of athletic activities including sports that focus on strength, flexibility, agility, coordination, balance, speed and endurance. Fair play, teamwork and fun continue to be emphasized.
- 4 Preparing for Sport Age 12-15**  
 Young athletes must develop sport-specific skills as well as fitness. Athletes should begin to focus their attention on fewer sports as they discover their aptitude and enjoyment for a few specific sports. The athlete's rate of growth and development dictates the stage of progress and specialization.
- 5 Preparing to Compete Age 15 or 16+**  
 The athlete begins to optimize specific sport skills and fitness toward competing in the sport. A single sport should be chosen as the primary focus, though other sports can be played as a part of preparation. All aspects of the specific sport must be addressed and incorporated. Fair play, teamwork and the enjoyment of the process of preparation toward accomplishments should be emphasized.  
 By age 17, a skier must be training over 500 quality hours and be working with a coach and racing at the appropriate national and international level including SuperTour, Jr. Qualifiers, NCAA, JWC or JT, in addition to some international level racing.
- 6 Preparing to Win Age 18+**  
 Excellence in all aspects of the athlete's specific sport must be the goal of preparation at this stage.  
 By age 19, a skier must be training over 600 quality hours and be working with a coach and racing at the appropriate national and international level including SuperTour, NCAA, JWC and some OPA level racing.  
 By age 21, a skier must be training around or over 900 quality hours and be working with a professional coach and racing a full schedule of SuperTour, National and appropriate international events.  
 By age 23, a skier must be training near or over 700 professional hours depending on the amount of intensity and training focus. Athletes must be working with a professional coach and competing at the appropriate domestic and international level.
- 7 Life-long Participation All ages**  
 Sport and activity should remain a consistent, important and positive part of life. This is also an excellent time to give back to the sports and activities that have nourished ones own life.