

Interschools Cross Country Skiing

Information Guide



Who Should Cross Country (XC) Ski?

XC Skiing is a sport for everyone, and if you're at the snow with your Interschools Team, why not just give it a go?! For any child who likes sport and enjoys the outdoors, XC Skiing is perfect.

What is XC Skiing?

XC is an Olympic winter sport which skiers compete on groomed trails using lightweight skis, poles and boots. Race courses have uphill, downhill and flats and learning how to ski "up-hill" is part of the fun of cross country skiing!

There are two styles of XC Skiing – Skate and Classic

Style	Description	Races	Interschools 2014
Skate	<ul style="list-style-type: none">• Technique very much simulates ice-skating• Faster technique	Skating is allowed only in free-technique races. There are specified "Classic" Races where skating is not permitted.	All races permit skating in 2014
Classic	<ul style="list-style-type: none">• Technique very much simulates nordic walking• An easier technique for beginners	<p>Classic is allowed in all types of races.</p> <p>When National Interschools are in Victoria, the first mass start race is currently only permits classic.</p>	All races permit classic in 2014



From Interschools to the 2014 Sochi Winter Olympics

“Interschools is where I discovered my passion for XC skiing. I was a relatively good cross-country runner, so in 2004 my school (PLC Sydney) signed me up for their Interschools Cross Country Ski Team, literally handing me a pair of skis and said ‘just run up the hill!’ Little did we know, that I would later become an Olympian in a sport I had never heard of before Interschools! I recently competed at the Sochi Olympics, and it was the pathway I found through interschools that fostered and developed my passion for XC Skiing. If there’s any advice I can give to Interschool athletes, it’s to just give it a try – you never know where you might find yourself a few years from now – I am living proof of that!”

Lucy Glanville

2012 Youth Olympics XC Skiing

2014 Sochi Winter Olympics Biathlon

2009-2013 Australian National XC Team

General Information

DATE	Regional/State Interschools: Tuesday 26 National Interschools: Wednesday 10
LOCATION	All 2014 Interschools races will be held at the Perisher Valley Cross Country Centre
RACE DESCRIPTION	1 st Race - Freestyle – Participants are lined up in three rows, one member from each team on each line, based on team bib order. Every participant must finish for the team to receive a result. 2 nd Race Relay - The same as a standard relay race - Participants each complete a lap, tagging team members each time
RACE TECHNIQUE	XC Freestyle – Skate or Classic Technique XC Relay – Skate or Classic Technique
RACE DISTANCES	XC Freestyle <div style="margin-left: 40px;">- DIV 1,2,3: 1.5-2.5km - DIV 4,5: Approx 1km</div> XC Relay <div style="margin-left: 40px;">- DIV 1,2,3: 1-1.5KM - DIV 4,5: 0.5-1KM</div>

The INTERSCHOOLS SNOWSPORTS HANDBOOK 2014 on page 5 outlines in detail
information about the Interschools Cross Country races

http://nswinterschools.com.au/sites/nswinterschools.com.au/files/2014_interschools_snowsports_handbook.pdf

Equipment

Equipment	Important Tips when Hiring	Purchase/Hire
Skis *	<ul style="list-style-type: none"> • Skate Skis have a smooth base • Classic skis either have a pattern moulded into the base or other means of providing grip with the snow – such as waxing* • Skis should be approx. 10-15cm taller than the child 	<p>Please use the links below to purchase or hire equipment:</p> <p>http://www.perisherxcountry.org/pages.php?47</p> <p>http://www.perisherxcountry.org/index.php</p>
Poles	<ul style="list-style-type: none"> • Generally, skate poles should reach an athlete's nose • Generally, classic poles should reach to the top of the shoulder 	<p>Please use the links below to purchase or hire equipment:</p> <p>http://www.perisherxcountry.org/pages.php?47</p> <p>http://www.perisherxcountry.org/index.php</p>
Boots	<ul style="list-style-type: none"> • There are different boots for skate and classic. Or an athlete can use a “combi” boot which is suitable for both skate and classic 	<p>Please use the links below to purchase or hire equipment:</p> <p>http://www.perisherxcountry.org/pages.php?47</p> <p>http://www.perisherxcountry.org/index.php</p>

* Experienced Interschools cross country skiers may use waxed classic skis, however this is not recommended for newer skiers.

Clothing

Clothing	Important Points
Race Clothing	<p>Its best that clothing is relatively light as XC skiing can work up a sweat. Tight clothing is preferred as it is easier to move and less wind resistant.</p> <ul style="list-style-type: none"> • 2XU compression clothing • Skins compression clothing • Alpine Racesuits are ok but skiers can overheat in these
Warm-up Clothing	<p>Alpine Pants and Jackets are perfect options for warming up. Other alternatives include proper XC full-length zip pants and XC jackets, all available from shops stocking XC gear. Track suits are OK in fine weather. Have wet weather gear for the wet and windy days. Layers are a good option - using thermals underneath a pair of skins/2XU/Compression pants is a perfect option</p>
Light Gloves	<p>Ensure gloves fit in the pole straps and are not too thick</p>
Headwear (Beanie and Glasses)	<p>Helmet is not necessary. Beanie or headband should be lightweight and breathable Goggles are ok in poor conditions, but can be too hot in good weather Sunglasses are recommended when weather is fine and sunny</p>

Forming a Team

Freestyle Event (1st Race)

On the start line there are three rows with one team member on each row. Naturally it makes sense that the team is entered in order of speed and ability, so putting your best skier on the first line, 2nd best on the 2nd line and 3rd skier on the 3rd line is usually the best order to follow. This gives each participant the best chance to achieve individually which in turn adds up to score the team's overall result.

Relay Event (2nd Race)

There are many strategies for relays – what is important to remember is that the sequence the Team members have been entered by the school is the order the team must race in. Some Teams like to put their best skier first, so the Team can “get out in front” whereas others like to keep their best skier to try and catch Teams at the end. The strategy you adopt will depend upon what you think is best for the athletes in your Team.

Training a Team

XC Interschools racing is becoming more challenging every year and a base aerobic fitness is beginning to separate the participants from the competitors. Some general fitness prior to on-snow training is a great way to prepare for the events and if your school is really keen it can purchase dryland roller skis or Skikes to train. On-Snow training is available in Perisher all winter and especially during the July school holidays and prior to the Interschools races. For advice on pre-season training please contact NSWXC - nswxc1@gmail.com - or visit the Perisher XC Website - www.perisherxcountry.org - or join your local training group.

Where to After Interschools?

XC Interschools is the first step on the pathway for athletes who are interested in competitive cross country skiing. It can lead onto state, national and international representation. In addition, XC Interschools can lead to a lifetime of employment in a healthy recreation.

NSW Cross Country (NSWXC) is an organisation which interested athletes can contact if they wish to take their cross county skiing further. Programs are run in Sydney, ACT and the Snowy Mountains.

And XC ski just for fun and fitness. The Perisher Valley trails are groomed all winter and the Nordic Shelter is warm and welcoming to all

Useful Websites:

Ski and Snowboard Australia (SSA) http://www.skiandsnowboard.org.au/site/index.cfm?fuseaction=display_main&OrgID=2083

NSW Snowsports (NSWS) http://www.nswsnowsports.com.au/site/index.cfm?fuseaction=display_main&OrgID=4325

Perisher Cross Country (PXC) <http://www.perisherxcountry.org>



NSW & ACT Cross Country Interschools Championships

When & Where is Cross Country Held?

The NSW & ACT Cross Country Championships are held prior to the NSW State Interschools Championships in August.

The event is held at the Perisher Valley Cross Country Trails, which is located next to the Sverre Kaaten Nordic Shelter in Perisher Valley. The Perisher Cross Country Trails and the Nordic Shelter are located on the South side of the road and Perisher car park. Access the trails from the Perisher car park or catch the Skitube to Perisher, and walk up a slight hill south of the road.

As the trails are a community-owned facility that has been built and maintained by volunteer members of the XC community, competitors do not have to purchase lift tickets to compete in the Cross Country Interschools Championship. Team managers and volunteer course officials do not receive discounted tickets for the Cross Country Interschools events.

How do Schools Enter?

Schools do not need to complete their online entries for the NSW & ACT Cross Country Championships until early August. NSW schools can enter the Cross Country Championships at the same time that they complete their NSW State Championships entries.

Events/Disciplines

- Cross Country Freestyle - Raced with skate or classic cross country skis or style with a mass start. Teams need to field three skiers to achieve a team result.
- Cross Country Relay – Three skier relay team only event.

Individuals not in teams of three can enter the Cross Country Freestyle. Teams need to have three members to receive a team result for the Cross Country Freestyle.

You must have 3 members in a team to enter and compete in the Cross Country Relay.

Distance?

The distance of the Division 5 & 4 and Division 1, 2 & 3 trails are snow dependent and can vary from year to year. However the distance is between 1 – 1.5km.

Cross Country Race Schedule

The Cross Country Race Schedule will be released two or three days prior to the event.

The race schedule will be available on the NSW/ACT Interschools Website and the Course Official registration desk. The Interschools Committee will notify the Interschools Community via Enews and social media once it is released.

From Interschools to the Winter Olympics...



Interschool Competitions



State Championships



12-13th July, Perisher NSW
19-20th July, Falls Creek

National Junior Championships



26-27th July, Perisher NSW

Nordic U23 World Championships



Nordic World Junior Championships



2015 Almaty, Kazakhstan

Australian Championships



2nd-3rd August, Perisher NSW
16-17th, Falls Creek VIC

Nordic World Championships



Winter Olympic Games



2018 Pyeongchang, South Korea

2015 Almaty, Kazakhstan

2015 Falun, Sweden

What can I do to make the next step...



From Interschools >>>>

Get involved in an SSA
Futures program

www.skiandsnowboard.org.au

Check out your state association for information

NSW - www.nswsnowsports.com.au ACT - www.snowsportsact.com.au

Join a local training
program

Jindabyne - Jindabyne XC Juniors
Weekly training on Mondays
Contact: Tim Greville
0428 159 336
www.facebook.com/jindyxcjuniors

Mount Beauty - BNSC Junior
Joeys & Junior Birkies
Activities & on-snow training
Contact: Michelle Forrer
0417 206 672
forrer.michelle.l@edumail.vic.gov.au

Sydney - NSW Squad training
Weekly training Saturday pm,
Sundays am
Contact: Michael Bull
0408 400 576
www.teamapp.com (NSWXC)
mwbull@optusnet.com.au

Canberra - ACT Junior Program
Weekly training Sundays 9-11am
Contact: Alasdair Tutt
0458 257 838
tutty_skisfast@live.com.au

Melbourne - MNSC Junior Training
Program
Weekly training Sundays 10-11:30am
Contact: Robbie Catto-Smith
0422 804 279
cattosmith@gmail.com

To qualify for a State Development Squad or Team >>>

Participate in some citizens races, state
and national junior championships and/or
the Joey Hoppet

Victorian Junior Development Squad
Coach: Rob Jones
Specific selection: 10 skiers selected
from State Interschools, Mini series,
SSA Futures programs.

Victorian Junior Team
Coaches: Jean Claude Legras &
Allison McArdle
Squad/Team Manager: Ronice Goebel
0409332642
www.vicjuniorxcski.com
Specific selection: Top 3 at State
or National Interschools, 10% behind
the winner at any Junior
Championships race, and result in
the Joey Hoppet.

NSW Junior Squad
Coach: Callum Watson, Alasdair
Tutt and Cameron Morton.
Specific selection: participation in
training activities and min. of two
nominated races.

NSW Junior Team
Coach: Callum Watson, Alasdair
Tutt and Cameron Morton.
Squad/Team Manager: Michael Bull
0408 400 576
Specific selection: participation in
nominated races and finish within
10% of the first state skier.
Percentage is determined by an
average of the best two results.