

Massachusetts Eastern High School Championships Nordic Team

2026 Eastern High School Championships

March 6-8 at Gore Mountain Nordic Center in North Creek, NY

Congratulations on trying out for a place on the Massachusetts EHS Nordic Team! Hopefully, you will earn the privilege to represent Massachusetts as an accomplished athlete at this premier event once the qualification process is complete. With this privilege will also come responsibilities. The commitment is for ALL THREE DAYS. Racing is scheduled Friday 3/6 to Sunday 3/8. If you cannot commit for the entire weekend, team coaches will need to select another skier.

A check made out to **Eastern Mass Nordic, Inc** for **\$475.00** is needed when registering!

Payment and entry forms should be submitted at the 1/25 qualifying event. Checks will not be deposited until after the team has been named and athletes have confirmed that they are attending.

The following are some guidelines for EHSC weekend:

Continue with your training, since the event is over six weeks away. Please plan your training schedule to ensure your best performance for this important weekend. If you need training suggestions, please talk to your own coach or one of the EHS team coaches. Each skier **MUST** be committed to continuing their training up to the EHS Championship in March.

The Team is staying at The Courtyard by Marriott in **Lake George, NY**. The Team Leader will issue a Massachusetts Team race suit to wear in the races, along with an EHS Team sweatshirt for you to keep. The racing suit will be returned at the end of the championship. The replacement cost of the racing suit is \$225.00, so please take care of it. If the suit is lost or damaged, you are responsible for paying the \$225.00.

In order to be on the Massachusetts EHS Team and to participate in the New England EHS Championships, you must be a current NENSA member. Go to <http://nensa.net/joinrenew-membership/> to register. This takes some time, so don't delay. You must have a NENSA membership 1 week before the championship begins. If you do not obtain your membership, your space on the team will be offered to the next qualifying racer.

If you have any questions, please contact the Massachusetts Team Leader, who is Susannah Wheelwright:
susannah.wheelwright@gmail.com

The EHS Championship is for skiers in 9th to 12th grade. It will be held at Gore Mountain, North Creek, NY on March 6-8, 2026. **ALL TEAM MEMBERS should arrange their own ride to North Creek and to get home after the event concludes.** We are working on hiring a local bus to transport the team between the venue and lodging.

Regarding Behavior during the Championships: Remember that you are representing yourself and the Massachusetts team during this Championship. We ask that racers respect their fellow teammates and coaches. You will be expected to act as responsible young adults. Inappropriate behavior will result in a loss of your race bib and removal from the team. Additionally, racers will be responsible for loss or damage to their race suits and damage to property.

Skis: Please label all equipment with your name. As we have limited waxing facilities, please come with your skis as race ready as possible. (This means no old klister or "I have no idea what's on my skis!")

- 1) Clean your skis well. Check the sidewalls and tops and remove all klister and sticky film and dirt. You may need to use a cleaning solvent to do this. If this is not done, your skis will be returned for you to clean, and you will go to the end of the line to wait for assistance with waxing.
- 2) Skiers are asked to bring warm-up skis to use while the coaches are waxing your race skis. Please try to borrow a pair if you do not have warm-up pairs of skating and classical skis (waxless classical skis can be a blessing for warmups; otherwise, you will apply klister/kick wax and clean it yourself at the end of the weekend).
- 3) Check your ski bindings. Tighten loose screws and lubricate working parts. Silicone works well for this. Check your poles, pole straps and baskets. Repair or replace as needed. Check your boots. Make sure the laces, zippers, ties, buckles or Velcro are in good working condition.
- 4) Come to the Championship with your skis fully prepared and race wax applied. Take your best guess regarding the weather and wax accordingly so that your skis are prepped to race on Friday afternoon. If you have 2 pairs of skis, prepare them both with your best guess for wax. After you have waxed your skis, indicate your wax on a label or piece of masking tape. If you have only one pair of skis, prepare them for the skate race on Friday afternoon. We will help you re-wax them for Saturday's race.

- 5) Classical skis should have the kick zone marked. The tips and tails should be glide waxed with your best guess and the kick zone completely clean – no old klister or kick wax. This will allow for easier glide waxing if we need to make a change.
- 6) If you bring skis that are waxed incorrectly because the weather changes, team coaches will help you re-wax your skis as necessary, but we must know what you have on your skis (it should be on the label or masking tape).
- 7) Bring your favorite waxes with you. The coaches will also have some waxes, especially klister.
- 8) Making the coaches' jobs easier will allow us to do a better job helping you to get ready for your race.
- 9) Always know what is on your skis, and mark it down on them with a label or masking tape. We will re-wax as the weather changes, but please prepare your skis in advance. If you have any questions, contact your own coach or one of the MA team coaches.

As I receive additional information, I will send it out to you. If you have any team questions, please contact:

Team Leader - Susannah Wheelwright: susannah.wheelwright@gmail.com

EHS CHAMPIONSHIP CHECKLIST

- Bring to Championships
 - Classic skis
 - Skate skis
 - Rock skis (both classic and skate) for warming up before races
 - Classical ski poles
 - Skate ski poles
 - Classical and skate boots, or Combi boots
 - Ski bag for skis and poles
 - (optional) Sleeping bag and floor pad – check room arrangements
 - Hats, gloves, sunglasses and other appropriate ski clothes
- To do BEFORE Coming to the Championships
 - Skate skis – waxed, scraped and brushed for first skate race BEFORE going to the championship
 - Classic skis – cleaned and glide waxed, scraped and brushed for the first classic race with kick zones cleaned and lightly sanded BEFORE going to the championship. Kick wax zone must be clearly marked so coaches can wax skis properly.
 - Confirm that you can attend the ENTIRE championship including the Friday off from school. Do not accept team membership if you cannot attend the entire event. The event begins on Friday and ends on Sunday with the relay race. You will be expected to do all four races.
 - Have your name on EVERYTHING, skis, poles, boots, and ski bag. Many people use mailing return address labels for skis and poles.
- Check All Equipment
 - Poles – straps function properly and handles and baskets firmly glued on
 - Skis cleaned and waxed as outlined above
 - Boot laces are not broken and Velcro straps function properly
 - Ski bindings function properly, base plates are firmly attached to the ski and the rubber “bumpers” are not loose or missing
- Transportation

Arrange a ride to Lake George and North Creek, NY on Friday, March 6, arriving in time for the afternoon races. Carpooling is encouraged!!

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PLEASE FILL OUT THIS FORM & BRING IT TO THE MASS NORDIC CUP

Team Registration / Medical Release

I give permission for my daughter/son (print name) _____ to attend the Eastern High School Championships at Gore Mountain Nordic Center, North Creek, NY as a member of the Massachusetts Eastern High School (EHS) Nordic Ski Team. I further give permission for the Massachusetts EHS team leader or other Massachusetts EHS Nordic Team coach to seek medical attention for my daughter/son on my behalf.

Parent/Guardian Name (signature) _____ Date _____

Parent/Guardian Name (print) _____

Address _____

City, State, Zip _____

Skier's Email _____

Email Parent/Guardian 1 _____ Home/Cell Tel. _____ Work Tel. _____

Email Parent/Guardian 2 _____ Home/Cell Tel. _____ Work Tel. _____

Insurance Company _____ Telephone _____

Policy Holder _____ Policy Number _____

Physician Name _____ Telephone _____

Medical Conditions to be aware of: _____
(such as food or other allergies, asthma, etc.)

Eligibility, Sportsmanship and Financial Security Agreement

The Massachusetts EHS Team (as well as other state teams: ME, NH, VT, and NY) is composed of high school students currently in grades 9-12 who either reside in Massachusetts or attend high school in Massachusetts. Those who have previously graduated from high school and who may be doing post-graduate work in another secondary school are not eligible for this team. I certify that I am eligible and that I will abide by all rules of competition and sportsmanship as set forth by USSA and NENSA. I will obey all rules set forth by the EHS leader and coaches. I understand that serious rule infractions or inappropriate behavior will result in loss of race bibs and removal from the team. I understand that there will be no financial reimbursement should I become symptomatic and/or test positive for COVID-19 or be removed from the team for any other reason. I agree to pay for any loss or damage to the racing suit loaned to me.

Team Member Signature _____ Date _____

Team Member Name (print) _____

Parent/Guardian Signature _____ Date _____

Team Sweatshirt Information

Team Sweatshirt Size: XL ____ L ____ M ____ S ____

Hood: ____ No hood: ____

