

# *One Week in March: A Manual For Prospective Collegiate Nordic Skiers (An Abridgement)*

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## For the Parents:

Once upon a time, a long, long time ago, in the year 2000, I wrote a book titled One Week in March: A Manual for Prospective Nordic Skiers. The book survived through two editions and was last updated in 2003. I self-published the book and sold it mostly over the Internet, selling some 500 copies and giving away many, many more.

In 2000, I was fresh out of college myself and postponing real work in order to spend some time trying to ski at the elite level. As such, I had lots of time on my hands and the unbridled enthusiasm and idealism of a youngster. Nowadays, I'm a big kid with a real job in project management and little time to run my own "publishing business."

Despite the years that have passed, One Week in March has taken on a life of its own. Though the book has been out of print since late 2005, and I sold my very last copy early in 2007, people still contact me (sometimes in ingenious ways!) to request a copy. Additionally, parents of athletes from regions far beyond my own (Central) still stop and introduce themselves to me and tell me how much they appreciate the book.

In late February of 2008, the organizers of the 2008 Anchorage Junior Olympics contacted me about selling my book at their race. The very idea of doing all the research necessary to republish the book (and reopen my "publishing business" in order to sell copies) was frankly overwhelming. Because I know One Week in March has been invaluable to many, and I firmly believe in the great opportunity that is college skiing, I have written this abridgement as my compromise. I believe that it offers everything you need to know to help your son or daughter find a college with skiing.

I've chosen to offer One Week in March: A Manual For Prospective Collegiate Nordic Skiers (An Abridgement) free of charge in order to help the ski community. If you enjoy this book, and I hope you do, please feel free to "pay it forward" by donating some amount or service to an individual, team, or program in your ski community that could use the help.

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Please Note: This abridgement could contain unintentional errors or omissions. You should not rely exclusively on this text when conducting your college search.

## **PART ONE**

## **College Skiing: The Basics**

### **Organizations that Offer Collegiate Skiing**

There are forty-six colleges with ski racing opportunities in the United States. Ski teams or club teams\* may be part of the National Collegiate Athletic Association (NCAA), the United States Collegiate Snowsports Association (USCSA), or both. Additionally, there are a few “club ski teams” that participate in neither organization but instead compete locally in citizen races and marathons.

\*Club teams are funded by colleges’ activities associations, rather than their athletic departments budgets, and usually do not have a coach.

#### **National Collegiate Skiing Association:**

The NCAA is the most-prominent national governing body for athletics in the United States. The NCAA sanctions “Skiing,” so alpine skiers and Nordic skiers compete together as a single team. Colleges with NCAA teams are separated (mostly by size) into three classes: Division I, Division II, and Division III. One of the most significant differences between divisions is athletic scholarship availability (See “NCAA Athletic Scholarships for Skiing” below). Despite the scholarships and rules differences between divisions, skiing is an unusual NCAA sport in that there is only one NCAA National Skiing Championships (“NCAAs”) for all three divisions. That’s right: all skiers vie for one national championship regardless of division!

#### **NCAA Athletic Scholarships for Skiing**

Division	Men’s Scholarships	Women’s Scholarships
I	6.3	7
II	6.3	6.3
III	Not Allowed	Not Allowed

NCAA Skiing is broken up into three different regions: Rocky Mountain Intercollegiate Skiing Association (RMISA), Central Collegiate Skiing Association (CCSA), and Eastern Intercollegiate Skiing Association (EISA). A quota of skiers from each of the regions qualify for the NCAA Championships. A maximum of 6 women (3 alpine and 3 Nordic) and 6 men (3 alpine and 3 Nordic) may qualify for NCAAs. As team scoring is based on the results of each individual skier, schools need not bring a full team (12 athletes) in order to compete in the team championships.

#### **United States Collegiate Snowsports Association (USCSA):**

The United States Collegiate Snowsports Association (USCSA) is an organization not affiliated with NCAA that provides racing opportunities for Nordic skiers, alpine skiers, and snowboarders. The majority of Nordic teams that compete USCSA are sanctioned and funded by their school’s intercollegiate athletics department, and have full-time coaches. These programs operate no differently than their NCAA counterparts, except in that they compete on the younger USCSA circuit. Just as with NCAA, USCSA teams and individuals are selected for a national championships based on their results at regional events. USCSA rules do not prevent schools from competing in the NCAA, so some schools participate in both associations. In addition, individuals at schools that do not offer intercollegiate or club Nordic ski teams may also compete unattached in regional and national USCSA competitions.

#### **Club Teams**

A number of colleges and universities have student-run Nordic ski clubs. These programs usually have faculty representatives (sponsors) in lieu of full-time coaches. The faculty may or may not ski, and do not necessarily have much involvement with the program. Athletes most often coach themselves and/or attend lessons, camps, and clinics. The universities’ or colleges’ student-activities associations generally pay for the club, using funds from an activities fee collected from all the school’s students. Skiers usually pay a small fee to join the club, and must do some fund-raising. Although athletes must pay to participate, the expense is often partially recouped. For example, most clubs receive equipment discounts at local ski shops for their members. Most clubs also provide uniforms, rides to training sites, organized practices, training camps, and racing opportunities (USCSA and/or citizen races).

#### **Elite Training Programs:**

There is yet one other type of collegiate skiing opportunity: elite training programs with education options. In these programs (Alaska Pacific University, Maine Winter Sports Center and XC Oregon), ski racing is top priority. The goal of the skiers and their coaches is international success, following placement on the U.S. Ski Team. Nevertheless, athletes in these programs are encouraged to develop other elements in their lives in addition to skiing. In this spirit, each elite training program has a college or university nearby where athletes can take undergraduate, and in some cases graduate, classes. The cost of these programs varies by program and in relation to the individual athlete's results and potential. Athletes involved in these elite training programs are not concerned with NCAA, and will likely forfeit NCAA eligibility by accepting prize money and endorsements. These athletes race mostly in United States Ski Association and FIS (International Ski Federation) events.

## **Who Should Ski in College?**

### **An athlete who is willing to train more than ever before**

Unless you graduate from a high-school ski academy or a year-round training program, you will probably find that college skiers train a great deal more than you do. To be a successful college skier, you must train year-round, including weekends and vacations. Depending on your college coach's beliefs, your gender, and your training background, you will complete 350-600 yearly hours of training as a freshman. This means that you will need to train 5 to 15 hours a week, on average, during the summer before your freshman year. Once school starts, you will train as a team 5-12 times a week (i.e. some teams will do double sessions). Most practices vary in length from 45 minutes (as they might be on a school morning) to 3 hours (as they often are on a weekend day).

### **An athlete who skis to please himself or herself, not others**

Neither a skier's parents, nor his or her coaches may decide whether or not a high school skier goes on to college skiing. Well-meaning parents and coaches see the potential in their athletes, and cannot help but wish for them to continue. However, above all else, parents and coaches want to see their junior skiers go on to a happy, healthy, future. When a student's happy, healthy, future does not include collegiate Nordic skiing, he or she must speak up. After all, it's the athlete who will be doing all the collegiate studying, training, and racing!

### **An athlete who is willing to commit to academics**

All schools expect at least minimal academic success, and many expect a great deal more than that. At every school, if you fall below NCAA academic standards, you will no longer be allowed to participate. In addition, many schools have academic standards for their student-athletes that exceed those set by NCAA. Fortunately, most Nordic skiers are excellent students. If you were a good student in high school, you will most likely remain one in college. You will simply need to "up the ante" a bit to meet the increased demand of juggling collegiate academics and skiing.

### **An athlete who is willing to compromise a little on his/her (non-skiing) social life**

*You can't do everything. Of the four Ss in college, studying, skiing, sleeping, and socializing, one has got to give. If you want to be a good skier, it better be the socializing.* –Many College Skiers/Coaches

Given the intense demands of a collegiate skier's life, there is certainly less opportunity for lazy collegiate socializing. Additionally travel to races and training sites takes skiers away from campus friends and activities. A few teams have skiing on campus, but some travel as much as an hour to get on snow. Athletes should also expect to travel to six to ten races (usually two day races) annually, spending one to ten hours (one-way), depending on the site, on the road. However for everything lost, there is something gained. Many collegiate skiers report that the friendships they have with teammates have made for the happiest moments of their college years. Additionally, because college campuses can become very confining over time, skiers are lucky to be able leave the campus (to train and race) and "see the world" on a regular basis.

## **Are You Good Enough to Ski in College? (Yes!)**

One of the most common concerns potential collegiate skiers have is that they are not strong enough as skiers to ski in college. However, if you really want to ski in college, I promise you that you can find a program that meets your needs, regardless of your current skiing level! While Junior Olympic stars are certainly hot recruits, they are not the only ones who will succeed on the college scene. You do not have to be a high school star. In fact, many of those *stars* will actually burn out from ski competition during college. There are numerous examples of junior athletes whose high school promise never really panned out at the senior level. At the other extreme,

some not as fast high school skiers bloom in college and surprise everyone, including themselves. Accordingly, most college coaches recognize that great high-school skiers will not always continue to shine in college.

*I tried to recruit skiers who are improving year-by-year, rather than skiers who were on their way down. – Former Division I Coach*

*What I looked for most in a junior-aged skier was motivation. As long as the prospect had decent physical abilities, then I would take a highly motivated skier over a more talented (in terms of results) one every time. –Former Division II Coach*

*While many of my skiers will have been top state meet skiers and top-twenty [Junior Olympic] skiers, some may have only begun to reach their potential. I would rather work with twenty skiers who did not make the [Junior Olympic] team, but who are highly motivated, coachable, and committed to the sport, than one national champion who is unmotivated and uncoachable. –Former Division III Coach*

There are numerous collegiate Nordic ski programs in the United States, enough to serve every level of athlete. Some schools, such as Northern Michigan University in Marquette, Michigan, primarily train athletes who hope to make the United States Ski Team. On the other end of the spectrum fall some club programs, like University of Minnesota's, which welcomes all skiers, from state meet participants to those *who have never been on skis*. Whether Olympic hopeful or recreational skier, you can (and will) find the right program for you.

## **NCAA Ski Programs: A Variety of Choices**

Even though there are relatively few colleges in the U.S. with skiing, high-schoolers are not limited to one or a couple of types of schools from which to choose. The selection of schools is diverse, and every skier should be able to find one that meets their needs.

### **Division I Schools**

- The majority of Division schools are in the West and compete in the RMISA. Because they tend to be in the West, many of these schools are at altitude or have training sites at altitude.
- All of these schools have alpine ski teams.
- Most of these schools choose to give the full allotment of scholarships allowed for NCCA Division I Skiing. However, since all Division I schools have alpine and Nordic, the allotment of scholarships must be split between the skiing disciplines.
- Most of the foreign skiers who compete collegiately attend Division I schools.
- While the Division I schools are large universities, the traveling teams at some of these schools may be small. Because only three men and three women per school can compete in NCAA Nationals, some schools limit their traveling team to 3–5 skiers per gender in order to cut down on travel costs.
- Most Division I-bound skiers finish in the top-10 at the Junior Olympics. Many of these skiers have successfully competed at USSA Senior Nationals and earned berths on the JI trip. (As always, there are exceptions to every rule. A handful of walk-ons (unrecruited athletes without scholarships) have succeeded in earning spots on the traveling team of top Division I ski teams.
- **REMEMBER: Not all Division I schools are alike. Some do not have all (or even any) of the characteristics above.**

### **The Ivies**

Two Division I skiing schools, Dartmouth College and Harvard University, are members of the Ivy League. As Ivies, they have agreed to NOT provide athletic scholarships. Additionally, Cornell University, also an Ivy, has a club team. See “Highly Selective Schools” for more info on Dartmouth, Harvard, and Cornell.

### **Division II Schools**

- There are Division II schools competing in each of the three collegiate skiing regions.
- Many of these schools have only one skiing discipline (alpine OR Nordic).
- Many of these schools have larger squads (more than 3 to 5 Nordic skiers per gender). Accordingly, they may break up their scholarships so that more athletes are able to receive partial scholarships.
- Many of these schools do not provide the maximum number of scholarships that NCAA allows.
- Since NCCA allows schools with only one skiing discipline to provide the same number of scholarships as schools with both skiing disciplines, a greater number of scholarships may be assigned to Nordic skiers than is common.

- The skill level of Division II schools varies widely. Accordingly, one will find Olympians at Division II schools (Lindsey Dehlin [formerly Weier] and Lindsay Williams both competed at the 2006 Olympics while undergraduates at Division II Northern Michigan University) as well as athletes who were not top-20 performers at their State Meet or who failed to qualify the event (St. Cloud State University has accepted and developed many such athletes, including one who eventually qualified for NCAAs in her senior year).

**HIGHLY SELECTIVE SCHOOLS:** Highly selective schools are the nation's top-ranked colleges and universities. (The gold standard for ranking is U.S. News and Reports annual college ranking.) Ranking is based on the number of applicants who apply versus the number who are accepted (the greater the number of rejected applicants the more selective the school), the class rank and standardized testing scores of its freshmen class, and other factors. A number of colleges with skiing are considered highly selective. Below are the colleges and their 2008 Ranking by U.S. News and Report.

**TOP NATIONAL UNIVERSITIES**

Harvard University 2nd  
 Dartmouth College 11th  
 Cornell University 12<sup>th</sup>

**TOP LIBERAL ARTS COLLEGES**

Williams College 1st  
 Middlebury College 5th  
 Bowdoin College 7th  
 Colby College 22<sup>nd</sup>  
 United States Military Academy 22<sup>nd</sup> Tie  
 Bates College 24th  
 Whitman College 37th

At some schools, the admissions offices work closely with the schools' coaches. At such schools, coaches may have some ability to promote the applications of their athletes. As long the athletes' academic records indicate that they can handle the work at the college, they might be admitted as a result of the coaches' requests. The "Dartmouth Helpful Hints" document posted on the team's website explains it this way: "While the Ski Team can significantly promote the applications of its top recruits, the academic standards for admission to Dartmouth are still quite high."

**REMEMBER: Not all highly selective schools allow their coaches to provide any input in the admissions process.**

**Division III Schools**

- There are Division III schools competing in each of the three collegiate skiing regions.
- Most division III schools are private schools.
- Some are highly selective universities. See "Highly Selective Schools."
- Many are liberal arts colleges. See "Highly Selective Schools."
- Many are affiliated with the church. See "Religious Schools."
- Division III schools tend to have a more participation-based, rather than performance-based, philosophy. Operating under the belief that college athletics develop skills, which are useful both on and off the field (discipline, sportsmanship, patience, etc.), Division III schools encourage participation by all. As such, Division III programs are often relatively large and have a wide variety skill levels on the team.
- Athletes who are a good fit for Division III skiing are very dedicated to academics. They may be top-10 Junior Olympic performers or dedicated, enthusiastic skiers who were much less successful at skiing in high school. Few, if any, of the Division III teams allow for beginning skiers, but skiers who did not finish in the top-20 in their State Meet or even failed to qualify the State Meet are usually welcome. (A couple of Minnesota State Meet near-qualifiers or athletes who finished in the bottom 50% have gone on to make [or just miss making] NCAAs while skiing Division III.)

<b>RELIGIOUS SCHOOLS WITH SKIING</b>	
<b>School</b>	<b>Religious Affiliation</b>
Gustavus Adolphus University	Lutheran
College of St. Benedict	Catholic
St. John's University	Catholic
St. Olaf College	Lutheran
St. Michael's College	Catholic
College of St. Scholastica	Catholic
Northland College	United Church of Christ

## Recruiting, When and How

Compared to coaches in sports like basketball or football, Nordic ski coaches are extremely laid-back in their approach to recruiting. Many Division I and II coaches will send out recruiting letters or call the top U.S. junior skiers (top-10 or so at the Junior Olympics). Many coaches will also try to contact the top skiers in their region. Because of the budgetary and time restraints on coaches, *most skiers will not receive unsolicited recruiting letters or calls*. Do not despair; contact the coaches at the schools that you are interested in. If you send a letter or call a coach, he or she will almost certainly respond. Because college coaches have limited time and energy, they are eager to hear from athletes who already have some interest in their school. It is a better use of time for coaches to actively encourage interested athletes than "cold-call" those who have not contacted the school.

There are some NCAA recruiting rules that coaches must follow, which differ slightly by division.

## RECRUITING RULES

	<b>Division I</b>	<b>Division II</b>	<b>Division III</b>
<b>Brochures for camps and questionnaires</b>	<b>Beginning sophomore year</b>	<b>No regulation</b>	<b>No regulation</b>
<b>Calls to coach (at athlete's expense)</b>	<b>Unlimited</b>	<b>Unlimited</b>	<b>Unlimited</b>
<b>Recruiting Materials</b>	<b>Beginning Sept. 1 of junior year</b>	<b>Beginning Sept. 1 of junior year</b>	<b>Unlimited</b>
<b>Calls From Coach</b>	<b>Beginning July 1 after junior year; limited to 1x per week</b>	<b>One time per week beginning June 15 between junior and senior year.</b>	<b>Unlimited</b>
<b>Off-Campus Contacts (coach says more than just "Hello")</b>	<b>Beginning July 1 after junior year; limited to 7x</b>	<b>May occur up to 3 times beginning June 15 after junior year</b>	<b>May occur after junior year</b>
<b>Unofficial Visits (athlete pays for the visit)</b>	<b>Unlimited</b>	<b>Unlimited</b>	<b>Unlimited</b>
<b>Official Visits (college pays for visit)*</b>	<b>Beginning 1<sup>st</sup> day of classes senior year, one per school</b>	<b>Beginning 1<sup>st</sup> day of classes senior year, one per school</b>	<b>Beginning 1<sup>st</sup> day of classes senior year, one per school</b>

\*Athletes are limited to five official visits to Division I and II schools combined. Athletes are not limited in the number of official visits to Division III schools.

## So you Want an Athletic Scholarship?

The availability of athletic scholarships in Nordic skiing is quite limited due to a number of factors:

-There are relatively few Division I and II ski teams in the country (Remember: only these divisions may give athletic scholarships).

-A number of the Division II programs have very limited athletic aid available. (NCAA regulates the maximum number of full scholarships available per school, NOT THE MINIMUM.)

-The federal law known as Title IX that guarantees men and women equal athletic opportunity restricts the ratio of scholarships given to men versus women at each school. At schools with large men-only teams (like football) that provide many athletic scholarships, few male skiers may receive scholarships in order to keep up the gender ratio. (This is NOT how Title IX was meant to work! The idea was to provide more women's sports and scholarships. Unfortunately, some schools have chosen the cost-saving measure of artificially fixing the ratio by taking away male sports and scholarships.)

In order to earn a scholarship to a *skiing powerhouse*, the likes of University of Denver, Northern Michigan University, University of Utah, University of Colorado, University of New Mexico, or University of Vermont, you must be a very good skier. These, the strongest NCAA skiing schools, give full rides to skiers whom they feel can become All-Americans, that is be in the top-ten at NCAA Nationals. As a junior skier, you might be considered among this potential group if you finished in the top-five at Junior Olympics or in the top-thirty seniors and juniors combined at USSA Senior Nationals. Yet, even excellent results as a junior are not enough. You must appear to still be becoming a better skier, producing results that are steadily improving year to year.

There are other schools that give athletic scholarships to slightly lesser, *although still excellent*, skiers. These schools, such as University of New Hampshire, Montana State University, University of Wisconsin-Green Bay, and Michigan Tech, still qualify individuals for NCAA Nationals, but may not break into the top-five in the team standings. Many of the above schools sometimes give partial athletic scholarships.

*FYI—NCAA allows coaches to break-up scholarships into partial ones (from full to halves, or full to fourths, and so on) so a greater number of athletes may receive aid.*

Athletic scholarships are a nice reward for hard work and performance, but they are not a be all and end all, especially for college freshmen. Consider a scholarship a gift. Be thankful if you receive one, but do not allow your failure to do so to reflect on your sense of self-worth. Students who do not receive scholarships as freshmen make up the large majority of student-athletes. Thankfully, many ski teams will give scholarships to older (sophomore or later) students who prove themselves through one or several years of dedication.

Should you accept an athletic scholarship, you must know that scholarships are renewed yearly, and *are not guaranteed for more than a year*. NCAA rules prohibit coaches and institutions from promising athletic aid more than one year at a time. If, after the year is complete, they do not want to continue your scholarship, it is within their right not to renew it. In this situation, you may appeal to a committee outside of the athletic department, which NCAA requires your school to provide for review of such situations. According to NCAA, usually if the committee finds that the non-renewal is due to injury or performance, it will reinstate the scholarship. In addition, according to NCAA, non-renewal will only usually stand-up in committee if the athlete has violated team or institutional rule. Still, you should protect yourself by recognizing that there are no guarantees. Ask about the athletics department's policies on scholarships: *Are they most often renewed? For what reasons are they not reviewed?*

## The European Influence

The joke is, if you go to NCAA Nationals, you better be able to speak several foreign languages, because you will hear fewer people speaking English than Norwegian, German, Italian, etc. Frankly, the joke is somewhat exaggerated (Americans make up the majority of the athletes at NCAAs) but does have some factual basis (Many of the big, successful, Western universities' ski teams have foreign athletes and sometimes foreign coaches, as well).

Some foreign skiers have one obvious advantage over those from America: they are older. The NCAA's maximum age restrictions (at Division I and II schools) for Americans do not apply to international students. Some of the foreign NCAA skiers took several years off after high school to train and race (sometimes at the Europa, or even World, Cup level). Others attended, or completed, University at home and may even be graduate students in the U.S. These racers, who are in their 20s, are physically more mature with more training base and experience than the average 18-year old American freshman.

Many high school skiers and their coaches are angered by what they sometimes call *the importation of Euros*. Europeans have been competing in NCAAs since the 80s and, unfortunately, Americans have been complaining about it for just as long. Pete Vordenberg, US Ski Team Coach, suggests a no-nonsense approach to the situation:

*There are many who suggest it is bad that colleges import skiers from Europe on the grounds that these skiers steal scholarship dollars. That is right, they steal scholarship dollars, and if you want those dollars, you have to steal them back. I am for a free market importation of Europeans' strong competition. Quit sniffing about it not being fair. You will find that there are a number of Europeans on the international circuit, and they are known to be pretty good skiers too.*

Thus as an athlete seeking to better his or her skiing, you should consider yourself lucky that a small number of universities have brought in foreign skiers. You can stay at home, on your own turf, and *compete internationally*. After all, it is a great deal less expensive to compete here than it is to travel abroad for training and racing opportunities.

American skiers have a great deal to gain by not only racing, but also training, beside *euros*. Knut Nystad, former Head Coach of the Denver University's Nordic Ski Team and now Head Wax Technician for the Norwegian National Team, explains that having foreign athletes on the NCAA circuit "should be a dream come true for young talented skiers."

*For four years, U.S. skiers can train and race with skiers that come from a high level of skiing. They can learn that there is absolutely no reason why they should not ski just as fast as the Euros. Throughout training, camps, and racing, U.S. skiers can boost their confidence by seeing that the secret to racing fast is hard and disciplined work...the secret is just to find the optimal plan and to train, eat, sleep, drink, etc. to maximize one's potential...Perhaps by attending a university with foreign skiers, U.S. skiers can learn that you do not reach the peak of performance until the late 20s to early 30s, and that college is just a step on the way to becoming a better skier. –Knut Nystad*



## PART TWO

## The Process: How to Find Your Future College

*TIP: Go to [www.NCAA.org](http://www.NCAA.org) and download the “2007-2008 Guide for the College-Bound Student-Athlete.” This publication explains all you need to know about amateurism regulations, academic eligibility, and recruiting rules.*

### **Don't Forget to Register with the NCAA Eligibility Center!**

All prospective student-skiers who plan to join a Division I or Division II team must meet NCAA's academic qualifications and amateurism regulations and register with the NCAA Eligibility Center. (Division III athletes are exempted.)

The eligibility center is the organization that certifies the academic and amateur status of college-bound Division I and Division II student athletes. Prospective collegiate skiers should register with the Eligibility Center at the beginning of their junior years of high school. (If you have already passed this date, you should still register ASAP.) The NCAA Eligibility Center is located at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net). The number for customer service is (877) 262-1492.

*TIP: NCAA Eligibility Center procedures are covered in great detail in the “2007-08 Guide for the College-Bound Student Athlete.”*

## **STEP ONE: DETERMINING YOUR NEEDS**

### **What do you want to do after college? What do you want to major in?**

If you know, or think you know, what you want to do with your future, you will be able to eliminate schools that don't offer a program in your field. If, like most, you have a sense of what you want, but are not sure, you may still be able to narrow your search. If you dislike the humanities, and are sure that you want to do something scientific, then focus on schools that have strong science programs. Conversely, if you are sure you do not want to go into the sciences, look at schools that take pride in their humanities departments. If, like many high-schoolers, you have no idea what you want to do, search for a school that welcomes “undecided students” (and, ideally, does not require students to select a major until their junior year).

### **Where do you want to go to school?**

Your parents or you may already feel strongly that you should remain close to home or “get away for a while,” but as a skier it's important to remain flexible so as not to limit the number of schools from which to choose.

As a skier, one must take geographical factors into consideration, namely the amount of SNOW the school has. The length of a collegiate skiers' on-snow training season varies widely from school to school. For example, University of Alaska-Anchorage skiers are able to ski from mid-October at Hatcher Pass and then recreate in the spring by crust skiing up high into May. In contrast, Harvard skiers make do with a Boston-area manmade snow loop for much of the season. Usually, the more snow a school has, the better one's skiing experience will be, but it is not always that simple. Alaska tends to have more bountiful snow than the rest of the country, but skiers there have to contend with the Northern darkness (and also extreme cold at the University of Alaska-Fairbanks).

Also consider the training that you will do in the off-season: how much safe rollerskiing and trail running is available near a school? The ideal school for this is one that is rural or in a city with numerous parks.

### **Who are you and where do you fit?**

You should consider a school's social/political climate and atmosphere. If you choose a conservative school, but are yourself a left-wing liberal, you might find the social climate there unpleasant.

### **Do you want to compete in another sport besides skiing in college?**

A great number of skiers participated in other sports besides Nordic skiing in high school, and some of these skiers will want to continue this competition in college. If you want to be a multi-sport athlete in college, finding a ski program that meets your needs may be a special challenge.

Cross-country running is the second sport of choice for most multi-sport collegiate skiers. Unfortunately, many collegiate Nordic ski coaches frown upon skiers participating in cross-country running. These coaches often

cite *specificity* as a reason for advising skiers against participating on the team. They feel that skiers should be incorporating cross-country ski motions (rollerskiing, rollerboarding, and running, hiking, bounding with poles) into the majority of their fall training. Coaches may also point to the strain that being a two-sport athlete places on the body. Additionally, NCAA allows ski coaches to begin conducting team practices starting in the early fall. Skiers who are off cross-country running are likely losing ground to both their teammates and their competitors.

Yet there is a very good way to run cross-country in college. At a number of schools, the Nordic ski coach also happens to be a cross-country running coach for the school. In this case, the coach is not yet available to coach the skiers in the fall *unless they go out for cross-country running*. Thus, such coaches encourage their skiers to run cross-country. However, be advised that this *form* of cross-country running is unlike what most runners did in high school. Instead, skiers are usually given the opportunity to do many ski-specific workouts throughout the week. In addition, their running training is designed to *improve them for November, but not to peak them until March*. Such training does not bring the best possible cross-country running performances, but will provide excellent ski results.

Athletes who compete in other fall sports, and some cross-country runners, will not have the opportunity to train under their ski coach in the fall. Such athletes must go out of their way in order to make their situation work. Understandably, one's fall coach will expect that his or her players attend all practices and give one hundred percent effort. They will likely struggle to understand an athlete who skips practice to ski train, or who tries to ski train in addition to fall sport practices. Conversely, the athlete will probably experience pressure from his or her ski coach, his or her teammates, and himself or herself to train for skiing. Therefore, these athletes must, from the very beginning, establish good communication with the coaches of both sports. As early as their first visit upon campus, the athletes need to begin talking to both coaches about program expectations, and how they might be able to participate in both sports. For their well being and happiness, these athletes should choose a school at which both coaches seem quite willing to try to accommodate them. Even then, these athletes need a strong backbone and a good sense of their priorities, as it is very difficult to keep a good balance between two sports.

The vast majority of ski coaches are going to strongly advise against competing in a spring sport, because they designate spring as a period of rest and recovery. Competing in a collegiate sport is nothing like that *rest and recovery* that one's body needs following a year of intense training and racing. Without a rest period following the season, one may not continue to improve their skiing. Months of hard training follow the spring, so athletes who are not rested will not be able to build training volumes and intensities without wearing down. Skiers committed to a spring sport need to express this from the start, mentioning it to the collegiate coaches at first contact. Such athletes need to find the somewhat rare ski coach who supports participation in a spring sport (or choose one sport over the other).

### **What do you want from ski racing?**

#### ✓ To make the U.S. Ski Team:

If you seriously want to make the U.S. Ski Team, your college choice will be most difficult and most important. While it is possible for athletes to rise to Olympic Team status without ever having skied in college, as Suzanne King (1994 and 1998) and Sarah Konrad (2006) both did, that route is extremely challenging. There is a lot at stake for U.S. Ski Team/Olympic hopefuls. If you get behind your athletic peers in college by choosing the wrong program, your struggle towards the national team will be all the more difficult. In order to best make the U.S. Ski Team, you need to be skiing fast enough to make a well-funded elite team (like CXC or the Factory Team) immediately post-college or you will find your post-collegiate (and hopefully pre-Olympic) skiing extremely limited by financial considerations. If your aspirations are to have a strong post-collegiate racing career, you will need to make skiing the top priority in your collegiate search. Find a coach and training situation that can make you fast.

*TIP: Once you are at school, make sure to take academics seriously. You will develop interests and have the training for a meaningful, non-skiing career.*

#### ✓ To make NCAAs:

If you want to make NCAA nationals, it might be best to choose a ski team with a history of sending skiers to Nationals. However, sometimes a program without such history can work for you, if the coach and training environment suits you. This coach's training philosophy should mesh well with your abilities (strengths and weaknesses) as a skier. For example, if you are a muscular power skier, do not select a coach that believes solely in quickness and endurance training and eschews weight training. That said, make sure the coach you choose has the means and willingness to address your weaknesses also. If you are the skier described above, look for a coach who is still willing to try and nurture your quickness and endurance.

✓ To have fun without compromising your education and social life:

Do you hope to ski in the future, but don't believe that you need to do so in order to be happy? Perhaps, you feel that a ski program would be a "good addition" to your academic experience. You probably would be happy with yourself if you trained quite hard and improved a great deal, but didn't reach the very peak of your potential. (The vast majority of college skiers are like you! Most college skiers make sacrifices and train hard, but are not devoted to the sport above all else.) If you are a skier who has this balanced approach to skiing and college, then look for ski teams whose coaches and athletes possess similar balance.

### **What do you want from a coach?**

Skiers are most likely to succeed under a coach whom they like and respect, and who suits their personality and skiing ability. While an athlete need not be best friends with his or her coach, the two must be comfortable interacting. If an athlete visits a school and finds that he/she has trouble communicating with the coach, then that is probably not the school for him/her. The coach is likely the single most important aspect of an athlete's satisfaction or dissatisfaction with a ski team. Committed Nordic skiers will spend significantly more time with their coaches than their professors. If they dislike their coach, it will have a significant impact on their day-to-day life.

*TIP: Don't get hung up on a coach's credentials (his or her racing and coaching history). Any coach with a decent understanding of technique and training can probably meet your needs, if you give him or her a chance. While there are notable coaches who have produced numerous champions, there are many more coaches with just one or two winners to the credit, and still other coaches who are just waiting for the right athlete to come along...*

*TIP: While you might already have some distinct ideas about training methods, try to be open to coaches who offer you a different training plan than one you are used to. Do not be stubborn. When coaches' ideas challenge your beliefs, hear them out. Do not be fickle and eliminate the otherwise perfect school from your list over something as trivial as slight differences in training philosophy.*

### **Where do you get your motivation?**

You could find yourself on a collegiate team where you are the best skier, by far. In contrast, you could be the weakest, slowest skier on the team, who must always struggle to keep up. Some skiers prefer the security of being the best in the group, while others prefer to rise to the challenge of being in a group of better skiers. Think carefully about where you fit on this spectrum, using past experience as a gauge. Your preference for one of these two situations, especially if it is strong, may play an important part in your college ski team selection.

Some skiers rely on their coaches to give them direction in training, technique, and otherwise. They may hang on their coach's every word, relying on him or her to tell them what wax to put on, when to warm up, and how to race the race. Some athletes are just the opposite and want a great deal of control over their own training. They have strong beliefs about the best training methods, have honed their waxing skills, and are somewhat reluctant to place their trust in a coach. An ideal athlete probably falls somewhere between these two extremes. Where are you on this spectrum? If you are dependent, you probably should not choose a coach who emphasizes being independent (for example, having a lot of control over one's own training plan). On the contrary, self-reliant, independent thinking types would thrive under such a coach.

## **STEP TWO: VIEWING THE OPTIONS**

Use the Part Three to find college websites and surf the Internet viewing the schools and their ski teams.

Buy or checkout from the library one of the many college guidebooks (For example, Peterson's Four-Year Colleges 2008). Use the guidebook to get a sense of selectivity, cost, and school size (enrollment).

## **STEP THREE: GATHERING MORE DATA**

Contact the admissions office at the schools that interest you. Most often this is as easy as filling out a request for information form at the school's admissions website. (If the school is a large university, you might also request information from the department home page of the academic program in which you are interested.) At the school's athletic website, complete an online recruiting form (if available). This will cause coaches and/or athletic

departments to send you whatever information on the ski team, the school, and athletics that they usually send to recruits.

Once you receive all your information, look over all of it thoroughly. At this point, you may be able to eliminate some schools. There is a good chance that some will turn out to be different than you expected them to be and you will feel sure that they are not the right place for you.

## **STEP FOUR: CONTACTING THE COACH/PLANNING TO VISIT THE SCHOOL**

### **CONTACTING THE COACH**

**Write up a resume or letter that outlines your scholastic, training, and racing histories, including:**

- ✓ **Contact Information:** List your name, address, phone number, and your parent/s or guardian/s name/s.
- ✓ **Academic Information:** Give your current GPA and results of your ACT and/or SAT (if you have already taken them). If your GPA includes honors or advanced placement classes, mention that and explain how grades in such courses are or are not weighted into the GPA.
- ✓ **Activities, Honors, and Awards:** List any of these that you plan to mention on your college application. Make sure to mention any skiing awards that you may have earned (Varsity Letters, MVP, Most Improved, All-Conference, All-American, etc.) within this section.
- ✓ **Number of Years of Endurance Sport Training:** If you know, tell the number of hours that you trained each of these years. In addition, tell if all the training was ski-specific training or if you did other sports.
- ✓ **Racing History:** Give the highlights of your racing career. Be honest, and do not be embarrassed by how impressive they are or are not! Include enough information to give the coach a good sense of your ability level.
- ✓ **Name/s and Contact Information of Your Coach or Coaches:** Please ask for your coach/es, permission before listing this information.

**Email your letter or resume/cover letter to head coaches at all of the schools that you are still considering.**

When emailing, consider not using attachments. Paste your resume into the email text so that you need not worry if the coach can open your attachment.

Expect to hear back from the majority of the coaches in one to three weeks. (Do not rule out a school if it takes the coach an unusually long time to respond. Consider resending your information. Chances are the coach lost the message or fell behind in his/her email correspondence and would benefit from a friendly reminder. (If possible, use a "read-receipt" to see if the coach is even receiving mail sent to that box.)

Many coaches will send you a packet of information on their team and the school, and a personalized letter. If you like what you see in the materials, it is time to make plans to visit the school.

***TIP:** In the process of gathering data for publication of both editions of my book *One Week in March*, I learned that a few coaches do a very poor job of responding to email, phone, mail, and fax. Often these coaches were truly dedicated and enthusiastic coaches who just were not much for paperwork. If you do not hear from a coach, do NOT assume that their lack of response means they are not interested. If you believe that their school and program is a good fit, plan to visit the school. Contact the Athletics Department to schedule an appointment to meet the "uncontactable" coach.*

### **PLANNING A VISIT**

Once you confer with your parents about the best dates to do school visits, you will need to call both the coach and the school and make appointments. It is important that you call the coach before you call the admissions office. Schools offer tours and interviews almost every day of the year, many times a day. If you want to meet the coach (which you should), you will need to work around his/her schedule. Present the dates that your parents have approved to the coach, and set up an appointment that works for both of you. Then, contact the admissions office at the school and set an appointment for a tour and for an interview, if the school offers one. You should have no trouble getting an appointment for a tour or an interview, provided you give the school a reasonable amount of advanced notice. If there do not happen to be any available spaces on the given day, explain to the admissions counselor that you have an appointment with the ski coach, and ask if they can find a space for you so that you do not have to visit twice. Most admissions offices work closely with their coaches, and will do their best to accommodate you in such an instance.

## STEP FIVE: VISITING THE SCHOOL

The admissions office interview and tour is pretty straight-forward. Dress up, but wear shoes that you can comfortably walk in (for the tour). Prior to the appointment, read all the materials that the admissions office sent to you, and prepare to ask any questions that you may have. (Even if you don't have questions, create some for the interview. The interviewer likes to see that the student is an active participant in the college selection process.) Be polite, shake hands, and make your best first impression.

For your meeting with the coach, bring running shoes if it is summer, or ski equipment if it is winter. In most cases, you will only sit in their office and converse, and tour on-campus athletic facilities. However, coaches are permitted by NCAA to show you all the facilities they use, including the ski trails. Therefore, it is best to bring a set of clothes other than the dress clothes you wore for your interview, so that you may walk, jog, or ski the courses. You can bring the change of clothes along, or wear them. Unlike those in the admissions office, coaches could not care less about what you are wearing.

During the meeting, you should have two goals: to get a sense for the personality of the coach and program, and to have your questions answered.

### Good questions to ask a coach may include:

- ✓ Based on what you know about my results, do you think that I will make varsity as a freshman?
- ✓ Given the level of my skiing, would I be eligible for an athletic scholarship? (Remember these are only offered at some Division I and II schools.)
- ✓ Does my academic ability measure up with that of the average admitted freshman? Do you think that I will get in?
- ✓ I would like to compete in USSA Senior Nationals; will the team be attending?
- ✓ If I do not make varsity, will I still receive coaching, be eligible for camps, and be transported to training sites and races?
- ✓ Are camps paid for? Would I receive discounts at local shops, or will you help me get skis direct from the company at pro-form price?
- ✓ Does the team do any field or lab physiological testing? What and when? (Some teams have mandatory physical testing, especially upon return in the fall, which athletes may have to pass in order to remain on or make the varsity squad.)
- ✓ Would I be permitted to redshirt in the event of injury or in order to extend the time I spend with the team? (NCAA only allows an athlete four years of competition. Redshirting is when an athlete practices with the team, but does not compete, thereby not using any competition eligibility. Redshirted athletes may receive scholarships. Per NCAA rules, athletes may only redshirt one season, unless they are "medical redshirting" because of documented illness or injury.)
- ✓ Do you plan to remain at the school for four or more years? (As indelicate as this question seems, it is perfectly valid for you to ask it. You want to make sure that the coach is fairly certain that he or she will remain there for the years that you attend. The last thing you want is to have the coach leave after your freshman year!)
- ✓ If I were to become injured during official team practice or competition, would the school or I be responsible for paying for my treatments? An injury, even a minor one, could be financially devastating for a student without or with limited health insurance if the school does not pay for it.

## STEP SIX: APPLYING/SIGNING THE NATIONAL LETTER OF INTENT

### APPLYING

Once you decide where to apply, contact all the coaches that you have visited, and let them know where you have chosen to apply. If you are applying to their school, they will want to follow your admission process. They may even choose to contact the admissions counselors/officers on your behalf. The coaches whose schools you have not chosen will appreciate your telling them, so that they will not look for your name among the admitted students, and continue to hope that you join their team. Thank all the coaches that you call, including those whose schools you have not chosen, for their help to you up to this point. Remember, they took time out of their busy schedule to aid you in finding the right school.

- Follow the application directions exactly and send in all the materials in on time.

- Apply for financial aid at each and every school, even if you suspect you will not qualify. Obviously, if you have been given an athletic scholarship that meets one hundred percent of your needs, you need not apply. However, *if you receive a partial scholarship, you should still apply for aid.* Athletic scholarships do not disqualify you from state or federal financial aid programs. The athletic scholarship *is* taken into consideration when determining your financial need, but *if even with the scholarship you have financial need (as defined by the school), that need will most often be met.*

## THE NATIONAL LETTER OF INTENT

TIP: Find out more information about the National Letter of Intent at [www.nationalletter.org](http://www.nationalletter.org).

If you are a recruited student-athlete at a Division I or II school, you may be asked to sign the National Letter of Intent. The National Letter of Intent, which is administered by the Collegiate Commissioners Association, is kind of the sports equivalent of an admissions office's early-decision policy. The letter is a joint agreement between an individual athlete and a school that is offering him/her an athletic scholarship. The institution in question makes a *one-year* written offer of athletic scholarship monies that it guarantees to the athlete signing the letter. In turn, the athlete, by signing, promises to attend the institution for *one year*. The agreement only lasts one year, as NCAA restricts schools from promising athletic scholarship monies for more than one year at a time. Once you have signed the letter, no school that participates in the National Letter of Intent program will continue to recruit you. The National Letter of Intent benefits all parties involved: the athlete receives a scholarship; the school receives a skilled athlete; the other schools can focus their recruiting energies elsewhere.

The National Letter of Intent is a very serious and binding contract. You need to be certain of your desire to attend the school with which you sign. Most importantly, you must attend the school with which you signed. If you do not fulfil your part of the contract, you will be ineligible to compete *for two years* at any other institution that is part of the National Letter of Intent Program. Also, should the coach who recruited you leave the university, you are still contract-bound to attend for the one year period, as the Letter is an agreement with the university, not the coach. Thus, if you sign, you must be certain that you want to attend the university for one year, with or without its coach.

## STEP SEVEN: ACCEPTING ADMISSION

Few students have trouble choosing from the schools that admit them. Most students have developed a favorite, or at least preferences before they even receive admission.

Once you decide on a school, inform them. All schools have some procedure one must follow to accept admission. Your acceptance letter will tell you how to let the school know your plans to join the freshman class; follow the directions given there.

Let all the coaches whose schools you applied to know your decision. Thank all the coaches, including your new one, for all their help in this process. Talk to this coach about your plans for summer training. The coach may give you training guidelines and/or suggest that you join a summer training program, if locally available. He/she will likely want to keep a training log that you can show him/her in the fall. Also, ask the coach if the team will do any fitness testing in the fall, and what that testing will entail. You may want to, on the advice of your coach, practice for the test. If the coach wants incoming freshmen to be able to do ten pull-ups, for instance, you might want to begin work on that right away.

## PART THREE

## The Colleges Themselves: All the Info

### UNIVERSITY OF ALASKA-ANCHORAGE

SCHOOL WEBPAGE	<a href="http://www.uaa.alaska.edu">www.uaa.alaska.edu</a>
ADMISSIONS ADDRESS	PO Box 141629, Anchorage AK 99514-1629
ADMISSIONS PHONE	(907) 786-1480
ADMISSIONS EMAIL	<a href="mailto:enroll@uaa.alaska.edu">enroll@uaa.alaska.edu</a>
NORDIC HEAD COACH	Trond Flagstad
COACH'S PHONE	(907) 786-1285
COACH'S EMAIL	<a href="mailto:nordic@uaa.alaska.edu">nordic@uaa.alaska.edu</a>
TEAM ADDRESS	Trond Flagstad, 3211 Providence Drive, Anchorage, AK 99508
SPORTS WEBPAGE	<a href="http://www.goseawolves.com">www.goseawolves.com</a>
RECRUITING FORM	<a href="http://www.nmnathletics.com/quest/Questionnaire.dbml?QID=1508&amp;DB_OEM_ID=13400">www.nmnathletics.com/quest/Questionnaire.dbml?QID=1508&amp;DB_OEM_ID=13400</a>

### UNIVERSITY OF ALASKA-FAIRBANKS

SCHOOL WEBPAGE	<a href="http://www.uaf.edu">www.uaf.edu</a>
ADMISSIONS ADDRESS	Admissions Office, 215 Singers Hall, P.O. Box 757480, Fairbanks, AK 99775
ADMISSIONS PHONE	(907) 474-7500, (800) 478-1823
ADMISSIONS EMAIL	<a href="mailto:admissions@uaf.edu">admissions@uaf.edu</a>
NORDIC HEAD COACH	Scott Jerome
COACH'S PHONE	(907) 474-6802
COACH'S EMAIL	<a href="mailto:Scott.jerome@uaf.edu">Scott.jerome@uaf.edu</a>
TEAM ADDRESS	105 Patty Center, Fairbanks, AK 99775
SPORTS WEBPAGE	<a href="http://www.alaskanookscstv.com/">www.alaskanookscstv.com/</a>
RECRUITING FORM	none

### ALASKA PACIFIC UNIVERSITY *Elite Program*

ELITE TEAM WEBPAGE	<a href="http://www.nordic.alaskapacific.edu">www.nordic.alaskapacific.edu</a>
AFFILIATED UNIVERSITY	Alaska Pacific University
UNIVERSITY WEBSITE	<a href="http://www.alaskapacific.edu">www.alaskapacific.edu</a>
ADMISSIONS ADDRESS	4101 University Drive, Anchorage, AK 99508
ADMISSIONS PHONE	(907) 561-1266
ADMISSIONS EMAIL	<a href="mailto:admissions@alaskapacific.edu">admissions@alaskapacific.edu</a>
NORDIC HEAD COACH	Erik Flora, Holly Brooks, Frode Lillefjell
COACH'S PHONE	(907) 564-8889
COACH'S EMAIL	<a href="mailto:nordic@alaskapacific.edu">nordic@alaskapacific.edu</a>
TEAM ADDRESS	4101 University Drive, Anchorage, AK 99508

### BATES COLLEGE

SCHOOL WEBPAGE	<a href="http://www.bates.edu">www.bates.edu</a>
ADMISSIONS ADDRESS	23 Campus Avenue, Lewiston, ME 04240
ADMISSIONS PHONE	(207) 768-6000
ADMISSIONS EMAIL	<a href="mailto:admissions@bates.edu">admissions@bates.edu</a>
NORDIC HEAD COACH	Becky Woods
COACH'S PHONE	(207) 786-6339
COACH'S EMAIL	<a href="mailto:rwoods@bates.edu">rwoods@bates.edu</a>
TEAM ADDRESS	130 Central Ave, Lewiston ME 04240
ATHLETICS WEBPAGE	<a href="http://www.bates.edu/sports.xml">www.bates.edu/sports.xml</a>
RECRUITING FORM	<a href="http://www.bates.edu/x26798.xml">www.bates.edu/x26798.xml</a>

## BOWDOIN COLLEGE

SCHOOL WEBPAGE	<a href="http://www.bowdoin.edu">www.bowdoin.edu</a>
ADMISSIONS ADDRESS	5000 College Station, Brunswick, ME 04011
ADMISSIONS PHONE	(207) 725-3100
ADMISSIONS EMAIL	<a href="mailto:admissions@bowdoin.edu">admissions@bowdoin.edu</a>
NORDIC HEAD COACH	Nathan Alsobrook
COACH'S PHONE	(207) 725-3830
COACH'S EMAIL	<a href="mailto:nalsobr@bowdoin.edu">nalsobr@bowdoin.edu</a>
TEAM ADDRESS	900 College Station, Brunswick, ME 04011
SPORTS WEBPAGE	<a href="http://www.bowdoin.edu/athletics">www.bowdoin.edu/athletics</a>
RECRUITING FORM	<a href="http://www.bowdoin.edu/athletics/prospective.shtml">www.bowdoin.edu/athletics/prospective.shtml</a>

## CLARKSON UNIVERSITY *Club Team*

SCHOOL WEBPAGE	<a href="http://www.clarkson.edu">www.clarkson.edu</a>
ADMISSIONS ADDRESS	Undergraduate Admission, Holcroft House, PO Box 5605, Potsdam, NY 13669-5605
ADMISSIONS PHONE	(800) 527-6577, (315) 268-6479
ADMISSIONS EMAIL	<a href="mailto:admission@clarkson.edu">admission@clarkson.edu</a>
NORDIC HEAD COACH	Jim Allot
COACH'S PHONE	(315) 268-6622
COACH'S EMAIL	<a href="mailto:jallott@clarkson.edu">jallott@clarkson.edu</a>
TEAM ADDRESS	Clarkson University, Box 5830, Potsdam, NY 13699
ATHLETICS WEBPAGE	<a href="http://www.clarksonathletics.com">www.clarksonathletics.com</a>
RECRUITING FORM	<a href="http://www.clarksonathletics.com/prospective.asp?tab=ath">www.clarksonathletics.com/prospective.asp?tab=ath</a>

## COLBY COLLEGE

SCHOOL WEBPAGE	<a href="http://www.colby.edu">www.colby.edu</a>
ADMISSIONS ADDRESS	Office of Admissions and Financial Aid, 4800 Mayflower Hill, Waterville, ME 04901-8848
ADMISSIONS PHONE	(800) 723-3032
ADMISSIONS EMAIL	<a href="mailto:admissions@colby.edu">admissions@colby.edu</a>
NORDIC HEAD COACH	Tracey Cote
COACH'S PHONE	(207) 859-4921
COACH'S EMAIL	<a href="mailto:tacote@colby.edu">tacote@colby.edu</a>
TEAM ADDRESS	Colby College, Waterville, ME 04901
ATHLETICS WEBPAGE	<a href="http://www.colby.edu/athletics_cs/index.cfm">www.colby.edu/athletics_cs/index.cfm</a>
RECRUITING FORM	<a href="http://www.colby.edu/athletics_cs/mens_nordic_skiing/recruit.cfm">www.colby.edu/athletics_cs/mens_nordic_skiing/recruit.cfm</a>

## UNIVERSITY OF COLORADO-BOULDER

SCHOOL WEBPAGE	<a href="http://www.colorado.edu">www.colorado.edu</a>
ADMISSIONS ADDRESS	Office of Admissions, Regent Administrative Center 125, 552 UCB, Boulder, CO 80309
ADMISSIONS PHONE	(303) 492-6301
ADMISSIONS EMAIL	<a href="mailto:apply@colorado.edu">apply@colorado.edu</a>
NORDIC HEAD COACH	Bruce Cranmer
COACH'S PHONE	(303) 492-7971
COACH'S EMAIL	<a href="mailto:bruce.cranmer@colorado.edu">bruce.cranmer@colorado.edu</a>
TEAM ADDRESS	University of Colorado, 369 UCB, Boulder, CO 80309
ATHLETICS WEBPAGE	<a href="http://www.cubuffs.com">www.cubuffs.com</a>
RECRUITING FORM	<a href="http://www.cubuffs.com/ViewArticle.dbml?DB_OEM_ID=600&amp;ATCLID=37414">www.cubuffs.com/ViewArticle.dbml?DB_OEM_ID=600&amp;ATCLID=37414</a>



### COLORADO MOUNTAIN COLLEGE

SCHOOL WEBPAGE	<a href="http://www.coloradomtn.edu/campus_tmb/home.shtml">www.coloradomtn.edu/campus_tmb/home.shtml</a>
ADMISSIONS ADDRESS	Timberline Campus Admissions, 901 So. Hwy. 24, Leadville, CO 80461
ADMISSIONS PHONE	(719) 486-2015
ADMISSIONS EMAIL	<a href="mailto:admtimber@coloradomtn.edu">admtimber@coloradomtn.edu</a>
NORDIC HEAD COACH	Jim French
COACH'S PHONE	(719)486-4296
COACH'S EMAIL	<a href="mailto:jfrench@coloradomtn.edu">jfrench@coloradomtn.edu</a>
TEAM ADDRESS	Not available
ATHLETICS WEBPAGE	<a href="http://www.coloradomtn.edu/campus_tmb/nordic-ski-team/home.shtml">www.coloradomtn.edu/campus_tmb/nordic-ski-team/home.shtml</a>
RECRUITING FORM	none

### CORNELL UNIVERSITY *Club Team*

SCHOOL WEBPAGE	<a href="http://www.cornell.edu">www.cornell.edu</a>
ADMISSIONS ADDRESS	Undergraduate Admissions Office, 410 Thurston Ave., Ithaca, NY 14850
ADMISSIONS PHONE	(607) 255-5241
ADMISSIONS REQUEST INFORMATION	<a href="http://www.admissions.cornell.edu/forms/InfoReq_Pro prospectiveStudents_cfm">www.admissions.cornell.edu/forms/InfoReq_Pro prospectiveStudents_cfm</a>
SKI CLUB WEBPAGE	<a href="http://www.cnordic.com/wp/">www.cnordic.com/wp/</a>

### DARTMOUTH COLLEGE

SCHOOL WEBPAGE	<a href="http://www.dartmouth.edu">www.dartmouth.edu</a>
ADMISSIONS ADDRESS	Office of Undergraduate Admissions, 6016 McNutt Hall, Hanover, NH 03755
ADMISSIONS PHONE	(603) 646-2875
ADMISSIONS EMAIL	<a href="mailto:Admissions.Office@Dartmouth.Edu">Admissions.Office@Dartmouth.Edu</a>
NORDIC HEAD COACH	Cami Thompson (Women's) Ruff Patterson (Men's)
SKI TEAM PHONE	(603) 646-2495
COACH'S EMAIL	<a href="mailto:ruff.patterson@dartmouth.edu">ruff.patterson@dartmouth.edu</a> , <a href="mailto:camithompson@dartmouth.edu">camithompson@dartmouth.edu</a>
TEAM ADDRESS	Dartmouth Ski Team, PO Box 9, Robinson Hall, Hanover, NH 03755
ATHLETICS WEBPAGE	<a href="http://www.dartmouth.edu/~dartski/">www.dartmouth.edu/~dartski/</a>
RECRUITING FORM	<a href="http://www.dartmouth.edu/~dartski/recruiting/recruiting.html">www.dartmouth.edu/~dartski/recruiting/recruiting.html</a>

### UNIVERSITY OF DENVER

SCHOOL WEBPAGE	<a href="http://www.du.edu">www.du.edu</a>
ADMISSIONS ADDRESS	Office of Admission, University of Denver, 2197 S. University Boulevard, Denver, Colorado 80208
ADMISSIONS PHONE	(800) 525-9495
ADMISSIONS EMAIL	<a href="mailto:admission@du.edu">admission@du.edu</a>
NORDIC HEAD COACH	David Stewart
COACH'S PHONE	(303) 871-4935
COACH'S EMAIL	<a href="mailto:david.stewart@du.edu">david.stewart@du.edu</a>
TEAM ADDRESS	Head Nordic Ski Coach David Stewart, 2201 E. Asbury Ave, Denver, CO 80208
ATHLETICS WEBPAGE	<a href="http://www.denverpioneers.com">www.denverpioneers.com</a>
RECRUITING FORM	<a href="http://www.denverpioneers.com/fls/18600/pdf">www.denverpioneers.com/fls/18600/pdf</a>

### GUSTAVUS ADOLPHUS COLLEGE

SCHOOL WEBPAGE	<a href="http://www.gustavus.edu">www.gustavus.edu</a>
ADMISSIONS ADDRESS	Admission Office, 800 West College Avenue, St. Peter, Minnesota 56082
ADMISSIONS PHONE	800-GUSTAVUS (800) 487-8288
ADMISSIONS EMAIL	<a href="mailto:admission@gustavus.edu">admission@gustavus.edu</a>
NORDIC HEAD COACH	Jed Friedrich
COACH'S PHONE	(507) 933-7632
COACH'S EMAIL	<a href="mailto:jfriedri@gustavus.edu">jfriedri@gustavus.edu</a>
TEAM ADDRESS	Jed Friedrich, Head Nordic Ski Coach, 800 West College Avenue, St. Peter, MN 56082
SPORTS WEBPAGE	<a href="http://www.gustavus.edu/athletics">www.gustavus.edu/athletics</a>
RECRUITING FORM	<a href="http://www.gustavus.edu/athletics/contactcoach.php">www.gustavus.edu/athletics/contactcoach.php</a>

### HARVARD UNIVERSITY

SCHOOL WEBPAGE	<a href="http://www.harvard.edu">www.harvard.edu</a>
ADMISSIONS ADDRESS	Office of Admissions and Financial Aid, 86 Brattle Street Cambridge, MA 02138
ADMISSIONS PHONE	(617) 495-1551
ADMISSIONS REQUEST INFORMATION	<a href="http://www.admissions.college.harvard.edu/utilities/contact/index.html">www.admissions.college.harvard.edu/utilities/contact/index.html</a>
NORDIC HEAD COACH	Peter Graves
COACH'S PHONE	(617) 384-9491
COACH'S EMAIL	<a href="mailto:peterg72@hotmail.com">peterg72@hotmail.com</a>
TEAM ADDRESS	Murr Center, 65 North Harvard Street, Boston, MA 02163
ATHLETICS WEBPAGE	<a href="http://www.gocrimson.com">www.gocrimson.com</a>
RECRUITING FORM	<a href="http://www.athletics.harvard.edu/recruiting_forms/">www.athletics.harvard.edu/recruiting_forms/</a>

### UNIVERSITY OF MAINE-FARMINGTON

SCHOOL WEBPAGE	<a href="http://www.umf.maine.edu">www.umf.maine.edu</a>
ADMISSIONS ADDRESS	Office of Admission, University of Maine at Farmington, 246 Main Street, Farmington, Maine 04938-1994
ADMISSIONS PHONE	(207) 778-7050
ADMISSIONS EMAIL	<a href="mailto:umfadmit@maine.edu">umfadmit@maine.edu</a>
SKIING HEAD COACH	Harry Ricker
COACH'S PHONE	(207) 754-3455
COACH'S EMAIL	<a href="mailto:gatecoach@hotmail.com">gatecoach@hotmail.com</a>
TEAM ADDRESS	UMF Athletics Department, Dearborn Gymnasium, 163 High Street, Farmington, Maine 04938
ATHLETICS WEBPAGE	<a href="http://www.athletics.umf.maine.edu">www.athletics.umf.maine.edu</a>
RECRUITING FORM	<a href="http://www.athletics.umf.maine.edu/General_Athletic_Information/prospective_athlete_form.htm">www.athletics.umf.maine.edu/General Athletic Information/prospective athlete form.htm</a>

### UNIVERSITY OF MAINE-FORT KENT

SCHOOL WEBPAGE	<a href="http://www.umfk.maine.edu/">www.umfk.maine.edu/</a>
ADMISSIONS ADDRESS	University of Maine at Fort Kent, Admissions Office, 23 University Drive, Fort Kent, ME 04743
ADMISSIONS PHONE	(888) 879-8635
ADMISSIONS EMAIL	<a href="mailto:umfkadm@maine.edu">umfkadm@maine.edu</a>
NORDIC HEAD COACH	Roy Michaud
COACH'S CELL PHONE	(207) 441-0093
COACH'S EMAIL	<a href="mailto:roy.michaud@maine.edu">roy.michaud@maine.edu</a>
TEAM ADDRESS	Nordic Ski Coach, University of Maine-Fort Kent, 23 University Drive, Fort Kent, ME 04743
ATHLETICS WEBPAGE	<a href="http://www.umfk.maine.edu/athletics/default.cfm">www.umfk.maine.edu/athletics/default.cfm</a>
RECRUITING FORM	<a href="http://www.umfk.maine.edu/athletics/contact/default.cfm">www.umfk.maine.edu/athletics/contact/default.cfm</a>

### UNIVERSITY OF MAINE-PRESQUE ISLE

SCHOOL WEBPAGE	<a href="http://www.umpi.maine.edu/cms/index.php">www.umpi.maine.edu/cms/index.php</a>
ADMISSIONS ADDRESS	University of Maine at Presque Isle, Admissions Office, 181 Main Street, Presque Isle, Maine 04769-2888
ADMISSIONS PHONE	(207) 768-9532
ADMISSIONS EMAIL	<a href="mailto:adventure@umpi.maine.edu">adventure@umpi.maine.edu</a>
NORDIC HEAD COACH	Petr Jakl
COACH'S PHONE	(207) 768-9689
COACH'S EMAIL	<a href="mailto:petr.jakl@umpi.edu">petr.jakl@umpi.edu</a>
TEAM ADDRESS	Nordic Ski Coach, Wieden Hall, University of Maine at Presque Isle, 181 Main Street, Presque Isle, Maine 04769
ATHLETICS WEBPAGE	<a href="http://www.umpi.maine.edu/cms/athletics/">www.umpi.maine.edu/cms/athletics/</a>
RECRUITING FORM	<a href="http://www.umpi.maine.edu/cms/athletics/recruiting/">www.umpi.maine.edu/cms/athletics/recruiting/</a>

### MAINE WINTER SPORTS CENTER *Elite Program*

ELITE TEAM WEBPAGE	<a href="http://www.mainewsc.org">http://www.mainewsc.org</a>
AFFILIATED UNIVERSITY	University of Maine-Fort Kent University of Maine-Presque Isle
UNIVERSITY WEBSITE	See Listings Above
NORDIC HEAD COACH	Will Sweetser (Nordic), Gary Colliander (Biathlon)
COACH'S PHONE	(207) 227-3322 (Will), (207) 227-3863 (Gary)
COACH'S EMAIL	<a href="mailto:will@mainewsc.org">will@mainewsc.org</a> , <a href="mailto:gary@mainewsc.org">gary@mainewsc.org</a>
TEAM ADDRESS	Maine Winter Sports Center, 552 Main St. - Caribou, ME 04736

### MICHIGAN TECHNOLOGICAL UNIVERSITY

SCHOOL WEBPAGE	<a href="http://www.mtu.edu">www.mtu.edu</a>
ADMISSIONS ADDRESS	1400 Townsend Drive, Houghton MI 49931
ADMISSIONS PHONE	(888) 688-1885, (906) 487-2335
ADMISSIONS EMAIL	<a href="mailto:mtu4u@mtu.edu">mtu4u@mtu.edu</a>
NORDIC HEAD COACH	Joe Haggemiller
COACH'S PHONE	(906) 487-2986
COACH'S EMAIL	<a href="mailto:jhaggem@mtu.edu">jhaggem@mtu.edu</a>
TEAM ADDRESS	Michigan Tech, Houghton, MI 49931
ATHLETICS WEBPAGE	<a href="http://www.michigantechhuskies.com">www.michigantechhuskies.com</a>
RECRUITING FORM	none

### MIDDLEBURY COLLEGE

SCHOOL WEBPAGE	<a href="http://www.middlebury.edu">www.middlebury.edu</a>
ADMISSIONS ADDRESS	Admissions Office, The Emma Willard House, 5405 Middlebury College, Middlebury, VT 05753
ADMISSIONS PHONE	(802) 443-3000
ADMISSIONS EMAIL	<a href="mailto:admissions@middlebury.edu">admissions@middlebury.edu</a>
NORDIC HEAD COACH	Andrew Gardner
COACH'S PHONE	(802) 443-5271
COACH'S EMAIL	<a href="mailto:agardner@middlebury.edu">agardner@middlebury.edu</a>
TEAM ADDRESS	Memorial Field House, Middlebury, VT 05753
ATHLETICS WEBPAGE	<a href="http://www.middlebury.edu/athletics">www.middlebury.edu/athletics</a>
RECRUITING FORM	<a href="http://www.middlebury.edu/athletics/prospectives/">www.middlebury.edu/athletics/prospectives/</a>

### UNIVERSITY OF MINNESOTA-TWIN CITIES *Club Team*

SCHOOL WEBPAGE	<a href="http://www.umn.edu">www.umn.edu</a>
ADMISSIONS ADDRESS	Undergraduate Admissions, 240 Williamson Hall, 231 Pillsbury Drive S.E., Minneapolis, MN 55455-0213
ADMISSIONS PHONE	(612) 625-2008 or (800) 752-1000
ADMISSIONS REQUEST INFORMATION	<a href="http://www.admissions.tc.umn.edu/answers">www.admissions.tc.umn.edu/answers</a>
CLUB WEBSITE	<a href="http://www.tc.umn.edu/~nordic">www.tc.umn.edu/~nordic</a>
CLUB EMAIL	<a href="mailto:nordic@umn.edu">nordic@umn.edu</a>

### MONTANA STATE UNIVERSITY

SCHOOL WEBPAGE	<a href="http://www.montana.edu">www.montana.edu</a>
ADMISSIONS ADDRESS	MSU Admissions, 201 Strand Union Building, P.O. Box 172190, Bozeman, MT 59717
ADMISSIONS PHONE	(888) MSU-CATS
ADMISSIONS EMAIL	<a href="mailto:Admissions@montana.edu">Admissions@montana.edu</a>
NORDIC HEAD COACH	Grethe Hagensen
COACH'S PHONE	(406) 994-4118
COACH'S EMAIL	<a href="mailto:ghagensen@msubobcats.com">ghagensen@msubobcats.com</a>
TEAM ADDRESS	Bobcat Athletics, MSU, P.O. Box 3380, Bozeman, MT 59717
ATHLETICS WEBPAGE	<a href="http://www.msubobcats.com">www.msubobcats.com</a>
RECRUITING FORM	<a href="http://www.msubobcats.com/recruit.php?sid=sk">www.msubobcats.com/recruit.php?sid=sk</a>

### UNIVERSITY OF NEVADA

SCHOOL WEBPAGE	<a href="http://www.unr.edu">www.unr.edu</a>
ADMISSIONS ADDRESS	Admissions and Records, Mail Stop 120, Reno, Nevada 89557
ADMISSIONS PHONE	(866) 2NEVADA
FIND YOUR ADMISSION'S COUNSELOR	<a href="http://www.ss.unr.edu/admissions/contactus/find.asp">www.ss.unr.edu/admissions/contactus/find.asp</a>
NORDIC HEAD COACH	August Teague
COACH'S PHONE	(775) 682-6943
COACH'S EMAIL	<a href="mailto:Ateague@unr.edu">Ateague@unr.edu</a>
TEAM ADDRESS	University of Nevada, 1664 N. Virginia Street, Legacy Hall/MS-264, Reno, NV 89557-0110
SPORTS WEBPAGE	<a href="http://www.nevadawolfpack.com">www.nevadawolfpack.com</a>
RECRUITING FORM	none

### UNIVERSITY OF NEW HAMPSHIRE

SCHOOL WEBPAGE	<a href="http://www.unh.edu">www.unh.edu</a>
ADMISSIONS ADDRESS	Office of Admissions, 4 Garrison Avenue, Durham, NH 03824
ADMISSIONS PHONE	(603) 862-1360
ADMISSIONS REQUEST INFORMATION	<a href="http://www.admissions-online.unh.edu/Quick_Forms/EmailContact">www.admissions-online.unh.edu/Quick_Forms/EmailContact</a>
NORDIC HEAD COACH	Cory Schwartz
COACH'S PHONE	(603) 862-3837
COACH'S EMAIL	<a href="mailto:corys@unh.edu">corys@unh.edu</a>
TEAM ADDRESS	Field House, 145 Main Street, Durham, NH 03824
ATHLETICS WEBPAGE	<a href="http://www.unhwildcats.com">www.unhwildcats.com</a>
RECRUITING FORM	<a href="http://www.unhwildcats.com/index.cfm?id=5F2E3A63-E170-79D5-EA6286EF77DE8A71">www.unhwildcats.com/index.cfm?id=5F2E3A63-E170-79D5-EA6286EF77DE8A71</a>

### UNIVERSITY OF NEW MEXICO

SCHOOL WEBPAGE	<a href="http://www.unm.edu">www.unm.edu</a>
ADMISSIONS ADDRESS	Office of Admissions, P.O. Box 4895, Albuquerque, NM 87196-4895
ADMISSIONS PHONE	(505) 277-0111
ADMISSIONS REQUEST INFORMATION	<a href="http://www8.unm.edu/pls/banp/zwskwpro.P_ProspectForm?p_prel_code=UGALB">www8.unm.edu/pls/banp/zwskwpro.P_ProspectForm?p_prel_code=UGALB</a>
NORDIC HEAD COACH	Fredrik Landstedt
COACH'S PHONE	(505) 277-5423
COACH'S EMAIL	<a href="mailto:landsted@unm.edu">landsted@unm.edu</a>
TEAM ADDRESS	New Mexico Athletics, Colleen J. Maloof Administration Building, 1 University of New Mexico, MSC04 2680, Albuquerque, NM 87131-0001
ATHLETICS WEBPAGE	<a href="http://www.golobos.cstv.com">www.golobos.cstv.com</a>
RECRUITING FORM	<a href="http://www.cyberquestlive.com/cgl/newmexicoskiing/">www.cyberquestlive.com/cgl/newmexicoskiing/</a>

### NORTHERN MICHIGAN UNIVERSITY

SCHOOL WEBPAGE	<a href="http://www.nmu.edu">www.nmu.edu</a>
ADMISSIONS ADDRESS	Admissions Office, NMU, 1401 Presque Isle Avenue, Marquette, MI 49855
ADMISSIONS PHONE	(800) 682-9797
ADMISSIONS EMAIL	<a href="mailto:Admiss@nmu.edu">Admiss@nmu.edu</a>
NORDIC HEAD COACH	Sten Fjeldheim
COACH'S PHONE	(906) 227-2049
COACH'S EMAIL	<a href="mailto:sfjeldhe@nmu.edu">sfjeldhe@nmu.edu</a>
TEAM ADDRESS	NMU Intercollegiate Athletics, 1401 Presque Isle Ave, Marquette MI 49855
ATHLETICS WEBPAGE	<a href="http://www.webb.nmu.edu/Sports/">www.webb.nmu.edu/Sports/</a>
RECRUITING FORM	none

## NORTHLAND COLLEGE

SCHOOL WEBPAGE	<a href="http://www.northland.edu">www.northland.edu</a>
ADMISSIONS ADDRESS	Northland College Admissions, 1411 Ellis Avenue - Ashland, Wisconsin 54806-3999
ADMISSIONS PHONE	(800) 753-1840, (715) 682-1258
ADMISSIONS EMAIL	<a href="mailto:admit@northland.edu">admit@northland.edu</a>
NORDIC HEAD COACH	David Beeksma
COACH'S PHONE	(715) 682-1876
COACH'S EMAIL	<a href="mailto:dbeeksma@northland.edu">dbeeksma@northland.edu</a>
TEAM ADDRESS	Northland College, 1411 Ellis Avenue - Ashland, Wisconsin 54806-3999
ATHLETICS WEBPAGE	<a href="http://www.northland.edu/Northland/Athletics">www.northland.edu/Northland/Athletics</a>
RECRUITING FORM	<a href="http://www.northland.edu/Northland/Athletics/Men-NordicSkiing/RecruitQuestionnaire.htm">www.northland.edu/Northland/Athletics/Men-NordicSkiing/RecruitQuestionnaire.htm</a>

## XC OREGON

### *Elite Program*

ELITE TEAM WEBPAGE	<a href="http://www.xcoregon.org">www.xcoregon.org</a>
AFFILIATED COMMUNITY COLLEGE	Central Oregon Community College
UNIVERSITY WEBSITE	<a href="http://www.cocc.edu">www.cocc.edu</a>
ADMISSIONS ADDRESS	Admissions, Central Oregon Community College, 2600 N.W. College Way, Bend, Oregon 97701
ADMISSIONS PHONE	(541) 383-7700
ADMISSIONS EMAIL	<a href="mailto:welcome@cocc.edu">welcome@cocc.edu</a>
NORDIC HEAD COACH	JD Downing
COACH'S PHONE	(541) 317-0217
COACH'S EMAIL	<a href="mailto:jd@xcskiworld.com">jd@xcskiworld.com</a>
TEAM ADDRESS	XC Oregon, 55 SW Gleneagles Way, Bend, OR 97702

## COLLEGE OF ST. BENEDICT

SCHOOL WEBPAGE	<a href="http://www.csbsju.edu">www.csbsju.edu</a>
ADMISSIONS ADDRESS	Office of Admission, PO Box 7155, Collegetown, MN 56321
ADMISSIONS PHONE	(800) 544-1489
ADMISSIONS EMAIL	<a href="mailto:admissions@csbsju">admissions@csbsju</a>
NORDIC HEAD COACH	David A. Johnson
COACH'S PHONE	(320) 363-3296
COACH'S EMAIL	<a href="mailto:djskinordic@csbsju.edu">djskinordic@csbsju.edu</a>
TEAM ADDRESS	Nordic Ski Coach, 37 S. College Avenue, St. Joseph, MN 56374
ATHLETICS WEBPAGE	<a href="http://www.csbsju.edu/csbsports/">www.csbsju.edu/csbsports/</a>
RECRUITING FORM	<a href="http://www.csbsju.edu/csbsports/csbrecruit.aspx">www.csbsju.edu/csbsports/csbrecruit.aspx</a>

## ST. CLOUD STATE UNIVERSITY

SCHOOL WEBPAGE	<a href="http://www.stcloudstate.edu">www.stcloudstate.edu</a>
ADMISSIONS ADDRESS	Admissions, 720 4th Avenue South - St. Cloud, Minnesota 56301-4498
ADMISSIONS PHONE	(320) 308-2244
ADMISSIONS EMAIL	<a href="mailto:scsu4u@stcloudstate.edu">scsu4u@stcloudstate.edu</a>
NORDIC HEAD COACH	Jeremy Frost
COACH'S PHONE	(320) 308-2245
COACH'S EMAIL	<a href="mailto:jmfrostl@stcloudstate.edu">jmfrostl@stcloudstate.edu</a>
TEAM ADDRESS	Intercollegiate Athletics, 214 Halenbeck Hall, 720 4th Avenue S., St. Cloud, MN 56301-4498
ATHLETICS WEBPAGE	<a href="http://www.stcloudstate.edu/athletics">www.stcloudstate.edu/athletics</a>
RECRUITING FORM	none

### ST. JOHN'S UNIVERSITY

SCHOOL WEBPAGE	<a href="http://www.csbsju.edu">www.csbsju.edu</a>
ADMISSIONS ADDRESS	Office of Admission, Saint John's University, PO Box 7155, Collegeville, MN 56321
ADMISSIONS PHONE	(800) 544-1489, (320) 363-2196
ADMISSIONS EMAIL	<a href="mailto:admissions@csbsju">admissions@csbsju</a>
NORDIC HEAD COACH	David A. Johnson
COACH'S PHONE	(320) 363-3296
COACH'S EMAIL	<a href="mailto:djskinordic@csbsju.edu">djskinordic@csbsju.edu</a>
TEAM ADDRESS	Nordic Ski Coach, 37 S. College Avenue, St. Joseph, MN 56374
ATHLETICS WEBPAGE	<a href="http://www.gojohnnies.com/">www.gojohnnies.com/</a>
RECRUITING FORM	<a href="http://www.gojohnnies.com/sjurecruit.htm">www.gojohnnies.com/sjurecruit.htm</a>

### ST. LAWRENCE UNIVERSITY

SCHOOL WEBPAGE	<a href="http://www.stlawu.edu">www.stlawu.edu</a>
ADMISSIONS ADDRESS	St. Lawrence University Admissions, 23 Romoda Drive, Canton, NY 13617
ADMISSIONS PHONE	(800) 285-1856
ADMISSIONS EMAIL	<a href="mailto:admissions@stlawu.edu">admissions@stlawu.edu</a>
NORDIC HEAD COACH	Ethan Townsend
COACH'S PHONE	(315) 229-5530
COACH'S EMAIL	<a href="mailto:etownsend@stlawu.edu">etownsend@stlawu.edu</a>
TEAM ADDRESS	Ethan Townsend, Head Nordic Ski Coach, Augsbury Center, Canton, NY 13617
SPORTS WEBPAGE	<a href="http://www.stlawu.edu/sports/index.html">www.stlawu.edu/sports/index.html</a>
RECRUITING FORM	<a href="http://www.stlawu.edu/sports/nordic_skiing/nordicski_recruit.htm">www.stlawu.edu/sports/nordic_skiing/nordicski_recruit.htm</a>

### ST. MICHAEL'S COLLEGE

SCHOOL WEBPAGE	<a href="http://www.smcvt.edu">www.smcvt.edu</a>
ADMISSIONS ADDRESS	Office of Admission, Saint Michael's College, One Winooski Park, Box 7, Colchester, VT 05439
ADMISSIONS PHONE	(800) SMC-8000
ADMISSIONS EMAIL	<a href="mailto:admission@smcvt.edu">admission@smcvt.edu</a>
NORDIC HEAD COACH	Joe Connelly
COACH'S PHONE	(802) 654-2616
COACH'S EMAIL	<a href="mailto:jconnelly@smcvt.edu">jconnelly@smcvt.edu</a>
TEAM ADDRESS	Nordic Ski Team, Box 258, Winooski Park, Colchester, VT 05439
ATHLETICS WEBPAGE	<a href="http://www.smcathletics.com">www.smcathletics.com</a>
RECRUITING FORM	<a href="http://www.2smcvt.edu/forms/admission/athleteinquiry.htm">www.2smcvt.edu/forms/admission/athleteinquiry.htm</a>

### ST. OLAF COLLEGE

SCHOOL WEBPAGE	<a href="http://www.stolaf.edu">www.stolaf.edu</a>
ADMISSIONS ADDRESS	Admissions, St. Olaf College, 1520 St. Olaf Ave., Northfield, MN 55057
ADMISSIONS PHONE	(507) 786-3025, (800) 800-3025
ADMISSIONS EMAIL	<a href="mailto:admissions@stolaf.edu">admissions@stolaf.edu</a>
NORDIC HEAD COACH	Ollie Garrison
COACH'S PHONE	(507) 786-8107
COACH'S EMAIL	<a href="mailto:garrison@stolaf.edu">garrison@stolaf.edu</a>
TEAM ADDRESS	Nordic Ski Coach, St. Olaf College, 1520 St. Olaf Ave., Northfield, MN 55057
ATHLETICS WEBPAGE	<a href="http://www.stolaf.edu/athletics">www.stolaf.edu/athletics</a>
RECRUITING FORM	<a href="http://www.stolaf.edu/athletics/nordski/men/recruit/">www.stolaf.edu/athletics/nordski/men/recruit/</a> <a href="http://www.stolaf.edu/athletics/nordski/women/recruit/">www.stolaf.edu/athletics/nordski/women/recruit/</a>

### COLLEGE OF ST. SCHOLASTICA

SCHOOL WEBPAGE	<a href="http://www.css.edu">www.css.edu</a>
ADMISSIONS ADDRESS	Admissions Office, 1200 Kenwood Avenue, Duluth, MN 55811
ADMISSIONS PHONE	(800) 249-6412, (218) 723-6046
ADMISSIONS EMAIL	<a href="mailto:admissions@css.edu">admissions@css.edu</a>
NORDIC HEAD COACH	Chad Salmela
COACH'S PHONE	(218) 723-6149
COACH'S EMAIL	<a href="mailto:nordic@css.edu">nordic@css.edu</a>
TEAM ADDRESS	The College of St. Scholastica, 1200 Kenwood Ave., Duluth, MN 55811
ATHLETICS WEBPAGE	<a href="http://www.csssaints.com">www.csssaints.com</a>
RECRUITING FORM	<a href="http://www2.css.edu/app/depts/athletics/nordicskiing.cfm?path=wnskiing&amp;tab=womens">www2.css.edu/app/depts/athletics/nordicskiing.cfm?path=wnskiing&amp;tab=womens</a>

### UNITED STATES AIRFORCE ACADEMY *Club Team*

SCHOOL WEBPAGE	<a href="http://www.usafa.af.mil/index.cfm?catname=AFA%20Homepage">www.usafa.af.mil/index.cfm?catname=AFA%20Homepage</a>
ADMISSIONS INFORMATION	<a href="http://www.academyadmissions.com">www.academyadmissions.com</a>
ADMISSIONS ADDRESS	HQ USAFA/RRS, 2304 Cadet Dr, Ste 200, USAF Academy CO 80840
ADMISSIONS PHONE	(800) 443-9266
ADMISSIONS EMAIL	<a href="mailto:rr_webmail@usafa.edu">rr_webmail@usafa.edu</a>
CLUB INFORMATION WEBPAGE	<a href="http://www.usafa.af.mil/cadetFocus/cadetClubs/">www.usafa.af.mil/cadetFocus/cadetClubs/</a>

### UNITED STATES MILITARY ACADEMY *Club Team*

SCHOOL WEBPAGE	<a href="http://www.usma.edu">www.usma.edu</a>
ADMISSIONS INFORMATION	<a href="http://www.admissions.usma.edu">www.admissions.usma.edu</a>
ADMISSIONS ADDRESS	USMA Admissions, Building 606, West Point, New York 10996
ADMISSIONS PHONE	(845) 938-4041
ADMISSIONS EMAIL	<a href="mailto:admissions@usma.edu">admissions@usma.edu</a>
SKI CLUB WEBPAGE	<a href="http://www.usma.edu/uscc/DCA/extact/clbchr2.htm">www.usma.edu/uscc/DCA/extact/clbchr2.htm</a> <a href="http://www.usma.edu/uscc/DCA/Clubs/skin/index.htm">www.usma.edu/uscc/DCA/Clubs/skin/index.htm</a>



### UNIVERSITY OF UTAH

SCHOOL WEBPAGE	<a href="http://www.utah.edu">www.utah.edu</a>
ADMISSIONS ADDRESS	Admissions, 201 S. 1460 E. Rm. 250S, Salt Lake City, Utah 84112
ADMISSIONS PHONE	(801) 581-7281
ADMISSIONS EMAIL	<a href="mailto:admissions@sa.utah.edu">admissions@sa.utah.edu</a>
NORDIC HEAD COACH	Wendy Wagner
DIRECTOR OF SKIING	Eli Brown
COACHES' PHONE	(801) 581-3524
COACHES' EMAILS	<a href="mailto:ebrown@huntsman.utah.edu">ebrown@huntsman.utah.edu</a> , <a href="mailto:wwagner@huntsman.utah.edu">wwagner@huntsman.utah.edu</a>
TEAM ADDRESS	Nordic Ski Team, University of Utah Athletics Department, 1825 E. South Campus Dr., Salt Lake City, UT 84112-0900
ATHLETICS WEBPAGE	<a href="http://www.utahutes.com">www.utahutes.com</a>
RECRUITING FORM	<a href="http://www.interact.cstv.com/prospects/index.cfm?school_code=utah&amp;sport=c-ski">www.interact.cstv.com/prospects/index.cfm?school_code=utah&amp;sport=c-ski</a>

### UNIVERSITY OF VERMONT

SCHOOL WEBPAGE	<a href="http://www.uvm.edu">www.uvm.edu</a>
ADMISSIONS ADDRESS	University of Vermont, Undergraduate Admissions Office, 194 S. Prospect St., Burlington, VT 05401
ADMISSIONS PHONE	(802) 656-3370
ADMISSIONS EMAIL	<a href="mailto:admissions@uvm.edu">admissions@uvm.edu</a>
NORDIC HEAD COACH	Paul Stone
COACH'S PHONE	(802) 656-7697
COACH'S EMAIL	<a href="mailto:Paul.Stone@uvm.edu">Paul.Stone@uvm.edu</a>
TEAM ADDRESS	UVM Nordic Ski Team, University of Vermont Athletic Department, 97 Spear Street, Patrick Gymnasium, Burlington, VT 05405
ATHLETICS WEBPAGE	<a href="http://www.uvm.edu/~sportspr/">www.uvm.edu/~sportspr/</a>
RECRUITING FORM	none

### WESTERN STATE COLLEGE

SCHOOL WEBPAGE	<a href="http://www.western.edu">www.western.edu</a>
ADMISSIONS ADDRESS	Admissions Office, Western State College, 600 North Adams Street, Gunnison, CO 81231
ADMISSIONS PHONE	(800) 876-5309
REQUEST ADMISSIONS INFORMATION	<a href="http://www.western.edu/admissions/request_info.php">www.western.edu/admissions/request_info.php</a>
NORDIC HEAD COACH	Jesse Crandall
COACH'S PHONE	(970) 943-2240
COACH'S EMAIL	<a href="mailto:jcrandall@western.edu">jcrandall@western.edu</a>
TEAM ADDRESS	Nordic Skiing Head Coach Jesse Crandall, Paul Wright Gym, Gunnison CO 81231
ATHLETICS WEBPAGE	<a href="http://www.wscathletics.com">www.wscathletics.com</a>
RECRUITING FORM	<a href="http://www.wscathletics.com/prospective.asp?id=1&amp;sport=skiing">www.wscathletics.com/prospective.asp?id=1&amp;sport=skiing</a>

### WHITMAN COLLEGE

SCHOOL WEBPAGE	<a href="http://www.whitman.edu">www.whitman.edu</a>
ADMISSIONS ADDRESS	Admission Office, 345 Boyer Avenue, Walla Walla, WA 99363
ADMISSIONS PHONE	(877) 462-9448
ADMISSIONS EMAIL	<a href="mailto:admission@whitman.edu">admission@whitman.edu</a>
NORDIC HEAD COACH	Calisa Schouweiler
COACH'S PHONE	(509) 522-4438
COACH'S EMAIL	<a href="mailto:schouwcm@whitman.edu">schouwcm@whitman.edu</a>
TEAM ADDRESS	Nordic Ski Team, Athletics, Whitman College, Walla Walla, WA 99362
ATHLETICS WEBPAGE	<a href="http://www.whitman.edu/content/athletics">www.whitman.edu/content/athletics</a>
RECRUITING FORM	<a href="http://www.whitman.edu/admission/app/ski_inqcard.cfm">www.whitman.edu/admission/app/ski_inqcard.cfm</a>

### WILLIAMS COLLEGE

SCHOOL WEBPAGE	<a href="http://www.williams.edu">www.williams.edu</a>
ADMISSIONS ADDRESS	Williams College Office of Admission, Bascom House, 33 Stetson Court, Williamstown, MA 01267
ADMISSIONS PHONE	(413) 597-2211
ADMISSIONS EMAIL	<a href="mailto:admission@williams.edu">admission@williams.edu</a>
NORDIC HEAD COACH	Bud Fisher
COACH'S PHONE	(413) 597-2340
COACH'S EMAIL	<a href="mailto:rfisher@williams.edu">rfisher@williams.edu</a>
TEAM ADDRESS	Bud Fisher, Lasell Gym, 22 Spring St., Williamstown, MA 01267
ATHLETICS WEBPAGE	<a href="http://www.williams.prestosports.com/landing/index">www.williams.prestosports.com/landing/index</a>
RECRUITING FORM	<a href="http://www.williams.prestosports.com/sports/skiing/prospectiveathlete">www.williams.prestosports.com/sports/skiing/prospectiveathlete</a>

### UNIVERSITY OF WISCONSIN-GREEN BAY

SCHOOL WEBPAGE	<a href="http://www.uwgb.edu">www.uwgb.edu</a>
ADMISSIONS ADDRESS	Admissions, UW-Green Bay, 2420 Nicolet Drive, Green Bay, WI 54311
ADMISSIONS PHONE	(920) 465-2111
ADMISSIONS EMAIL	<a href="mailto:uwgb@uwgb.edu">uwgb@uwgb.edu</a>
NORDIC HEAD COACH	Butch Reimer
COACH'S PHONE	(920) 465-2379
COACH'S EMAIL	<a href="mailto:reimerb@uwgb.edu">reimerb@uwgb.edu</a>
TEAM ADDRESS	Butch Reimer, Kress Events Center, 2420 Nicolet Drive Green Bay, WI 54311-7001
ATHLETICS WEBPAGE	<a href="http://www.uwgbathletics.cstv.com/">www.uwgbathletics.cstv.com/</a>
RECRUITING FORM	<a href="http://www.interact.cstv.com/prospects/index.cfm?school_code=wigb">www.interact.cstv.com/prospects/index.cfm?school_code=wigb</a>

### UNIVERSITY OF WISCONSIN-MADISON

#### Club Team

SCHOOL WEBPAGE	<a href="http://www.wisc.edu">www.wisc.edu</a>
ADMISSIONS ADDRESS	Office of Admissions, University of Wisconsin-Madison, Armory & Gymnasium, 716 Langdon Street, Madison, WI 53706-1481
ADMISSIONS PHONE	(608) 262-3961
ADMISSIONS EMAIL	<a href="mailto:onwisconsin@admissions.wisc.edu">onwisconsin@admissions.wisc.edu</a>
CLUB WEBSITE	<a href="http://www.hoofers.org/sns/teams/team-nordic">www.hoofers.org/sns/teams/team-nordic</a>
CLUB EMAIL	<a href="mailto:uwnordic@gmail.com">uwnordic@gmail.com</a>

**WORCHESTER POLYTECHNIC INSTITUTE** *Club Team*

SCHOOL WEBPAGE	<a href="http://www.wpi.edu">www.wpi.edu</a>
ADMISSIONS ADDRESS	Office of Undergraduate Admissions -Worcester Polytechnic Institute, 100 Institute Road, Worcester, MA 01609-2280
ADMISSIONS PHONE	(508) 831-5286
ADMISSIONS EMAIL	<a href="mailto:admissions@wpi.edu">admissions@wpi.edu</a>
NORDIC HEAD COACH	Amy Lane
COACH'S EMAIL	<a href="mailto:skicoach@wpi.edu">skicoach@wpi.edu</a>
SKI CLUB WEBPAGE	<a href="http://www.users.wpi.edu/~skiteam">www.users.wpi.edu/~skiteam</a>

**UNIVERSITY OF WYOMING** *Club Team*

SCHOOL WEBPAGE	<a href="http://www.uwyo.edu">www.uwyo.edu</a>
ADMISSIONS ADDRESS	UW Admissions, Department 3435, 1000 E. University Ave., Laramie, WY 82071
ADMISSIONS PHONE	(307) 766-5160, (800) DIAL-WYO
ADMISSIONS EMAIL	<a href="mailto:why-wyo@uwyo.edu">why-wyo@uwyo.edu</a>
NORDIC HEAD COACH	Christi Boggs, Rachel Watson
COACH'S PHONE	Not Available
COACH'S EMAIL	<a href="mailto:uwski@yahoo.com">uwski@yahoo.com</a>
TEAM ADDRESS	University of Wyoming, Nordic Ski Club, Dept. 3604, 1000 E. University Ave., Laramie, WY 82071
ATHLETICS WEBPAGE	<a href="http://www.uwyo.edu/ski/">www.uwyo.edu/ski/</a> <a href="http://www.uwski.blogspot.com">www.uwski.blogspot.com</a>
RECRUITING FORM	<a href="http://www.uwacadweb.uwyo.edu/NORDICINFO/recruits.asp">www.uwacadweb.uwyo.edu/NORDICINFO/recruits.asp</a>