



2021-2022 BOW NORDIC SKI TEAM

Bow High School

Head Coach: Christopher Naimie, cnaimie@bownet.org, 603-491-5223 (cell)

Coaching Contacts: On Snow-Chris Naimie (cnaimie@bownet.org); Other-Kathy Veilleux (kveilleux@bownet.org)

Bow Nordic Website: www.bownordic.org

NH Div III Champions

Boys	Girls
2007	2010
2009	2011
2010	2012
2012	2013
2013	2014

Information For All Skiers & Parents/Guardians

- Coaching Philosophy:
 - Primary Focus – Goal-oriented growth mindset targeting general athleticism and passion for being outside in winter!
 - Technique - Constructively guide/support each team member as they pursue their goal to:
 - Learn to Ski
 - JV: To be a better skier, be more fit, participate in races and see improvement
 - Varsity: Top 8 skiers from the team ski on the “A” team at each meet
 - Top 50 in NHNCA Coaches Series Races
 - Qualify for Meet of Champions by finishing in top 10 at state division meet
 - Top 3 in state division meet
 - Represent New Hampshire at NENSA U16’s or EHSC’s in March
- Equipment: 3 Options for obtaining skis, boots & poles for the season
 - Obtain all your own (I will forward info about team discounts at regional retailers)
 - Rent all of your equipment from team (at a cost of \$120 for the season)
 - Obtain skate equip. on your own and borrow classic equip. (skin skis & poles) from team

Year	Event	Location	Date	Time	Level	Notes
2021	Proctor Academy	Proctor Academy	12/11	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/12	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/13	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/14	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/15	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/16	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/17	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/18	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/19	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/20	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/21	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/22	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/23	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/24	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/25	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/26	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/27	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/28	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/29	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/30	9:00 AM	Varsity	State Meet
2021	Proctor Academy	Proctor Academy	12/31	9:00 AM	Varsity	State Meet

Bow Nordic Team Goals

- Promote the life-long love of Nordic skiing
- Improve technical proficiency of all skiers, regardless of current ability
- Promote healthy living by teaching and practicing the behaviors that lead to a balanced lifestyle, including proper nutrition and rest and the importance of exercise and being outdoors
- Create an atmosphere where athletes positively support and encourage one another to reach his/her individual goals
- Represent Bow Nordic positively to the broader community including BHS, the town of Bow and the NH Nordic community.

- Team Rules:
 - Excused Full-Team Practice Absences (indicated by “P:” on Training Contract):
 - => requires prior notification, and
 - => must not violate Article II, Sect 7 of NHIAA Handbook, and
 - => must not exceed 5 practices.
 - Optional Practices (indicated by “OPT” on Training Contract):
 - => these are intended to account for life-long aspects of our sport and potential weekend xc skiing plans.
 - Unexcused Absence/Unexcused Tardy/Conduct reflecting poorly on individual, team, and/or community
 - => may not compete in the next race
 - Three Unexcused Race Absences or Three Unexcused Full-Team Practice Absences
 - => released from team to pursue other interests
 - Sportsmanship and “esprit de corps” are strongly emphasized
 - Requirements for Earning a Varsity Letter: Travel to State Meet

Group	Goal
FALCON GROUP	skiing - represent Bow at State Meet and beyond strength/endurance - push the envelope waxing - be self-sufficient (except klister)
BLUE GROUP	skiing - see improvements in technique and times strength/endurance - invest in possibilities waxing - progress toward self-sufficiency
GOLD GROUP	skiing - learn to ski and enjoy competing strength/endurance - explore possibilities waxing - learn fundamentals

- Training and Racing:
 - Training and Practice: Calendar is posted on Google Calendar (daily postings will provide details)
 - General and Specific Strength, Endurance, Balance, Agility and Technique are all emphasized
 - Practice will begin and end promptly at announced times (usually 3:20PM-4:50PM)
 - Schoolwork always takes precedence over skiing
 - Team will be organized into squads, with experienced skiers leading each squad. Squad leaders ensure their squad members have properly waxed skis and are properly prepared.
 - Roller-skiing up until there is sufficient local snow for skiing (helmets required)
 - Racing: Races are included on Google Calendar (I will post details prior to each meet)
 - Weekend NHNCA Series Races are marquee events!
 - Everyone travels to regular season races, only varsity skiers travel to state championships
 - We have two sets of 30 uniforms, we will do our best to provide fitting uniforms for all



- Cold Weather, Emergency, and Medical Procedures:
 - Layering of Clothing is Key (3 on top, 2 on bottom, wool socks, technical gloves and hat)
 - Team clothing order information is posted on website
 - Emergency Medical Information and Medical Kit are always at practice location
 - Coaching staff maintains a close working relationship with Athletic Trainer
- Team provides glide and kick wax for all skiers
- On Campus Nordic Trails – Continuing to expand! Our long term goal is to have a single lap 5KM course
- Grooming of Trails – By Dr. Baier and Coach Naimie with state-of-the-art machinery
- How can parents/guardians help?
 - Race Volunteers: We need a coordinator to fill the following positions on race days
 - Start/Finish Coordinators (clothing and start times)
 - Team Nutrition
 - Waxing Crew (only at classical races ... especially at States and MOC’s)
 - Volunteers at Bow “Home” Meets at Proctor Academy and at NHNCA Coaches Series Races
 - Continue supporting your student-athletes and maintain open lines of communication
 - Remind your student-athletes to eat and rest well

10. We look forward to providing targeted support for each of you as you pursue your goals for this season!



Coach Naimie & Coach Veilleux

