



2017-2018 BOW NORDIC SKI TEAM

Bow High School

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

Coaching Staff: Chris Naimie, Kathy Veilleux, TBD

Bow Nordic Website: www.bownordic.org

NH Div III Champions

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

Agenda for Meet the Coaches Night:

- Introduction
- Coaching Philosophy :
 - Team Goals - Posted on website
 - 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
- Team Rules:
 - Alternate Workout => on [Training Contract](#) or with prior notification, must not violate [Article II, Sect 7 of NHIAA Handbook](#)
 - Unexcused Absence/Tardy/Behavior => may not compete in the next race
 - Miss Three Races => 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
- Training and Racing:
 - Training and Practice
 - Strength, Endurance, Balance, Agility and Technique are all emphasized
 - Practice will begin and end promptly at announced times (usually 3:15PM-5:15PM)
 - Schoolwork always takes precedence over skiing.
 - Team is organized into [squads](#), with experienced skiers leading each squad. Squad leaders are responsible for making sure squad members have properly waxed skis.
 - Roller-skiing up until there is sufficient local snow for skiing(helmets required)
 - Racing
 - [Racing Schedule](#) is posted on the website (I will email details prior to each meet):
 - Everyone usually races together, except at NHNCA Series Races
 - We have two sets of 32 uniforms, so all team members will be issued uniforms
- Cold Weather, Emergency, and Medical Procedures:
 - [Layering of Clothing is Key](#) (3 on top, 2 on bottom, wool socks, technical gloves and hat)
 - Emergency Medical Forms and Kit always at practice location
 - Close working relationship with Athletic Trainer (Cliff Chulada)
- [Team Clothing](#) - Available through Mt. Borah Website (password: BOWHS), everything is optional!
- Team Discounts at S&W Sports – 20% on skis, poles, boots; 10% on wax and soft-goods
- Team wax expenses vary from year to year - \$1500 per year is typical (covered by annual poinsettia sale)
- 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 (funded by donations & annual poinsettia sale)
- Annual Trip – Two day trip during Christmas vacation/8+ hours of skiing possible/details on website
- How can you help?
 - Race Volunteers: We need a coordinator to fill the following positions on race days
 - Start/Finish Coordinators (clothing and start times)
 - Team Refreshments
 - Waxing Crew (only at classical races ... especially at States and MOC's)
 - Volunteers at Bow Home Meet and at [NHNCA](#) Coaches Series Races
 - Continue supporting your athletes and maintain open lines of communication
 - Remind your athletes to eat and rest well
 - Take the lead on a fund-raising activity – Poinsettia sale raised approximately \$2500 this year!
 - Assist with maintaining trails on school grounds

Year	Event	Location	Results	Notes
2007	State Meet	Concord	1st	1st
2008	State Meet	Concord	2nd	2nd
2009	State Meet	Concord	3rd	3rd
2010	State Meet	Concord	4th	4th
2011	State Meet	Concord	5th	5th
2012	State Meet	Concord	6th	6th
2013	State Meet	Concord	7th	7th
2014	State Meet	Concord	8th	8th

Group	Focus	Goal
FALCON GROUP	skiing - represent Bow at State Meet and beyond	strength/endurance - push the envelope
BLUE GROUP	skiing - see improvements in technique and times	strength/endurance - invest in possibilities
GOLD GROUP	skiing - learn to ski and enjoy competing	strength/endurance - explore possibilities



Thank you for everything you do to support your kids as they pursue their goals!

Christopher Naimie