



Enables athletes, coaches and officials to achieve excellence in cross country skiing through:  
Education, Cooperation, Communication, and Competition.

### **2009 Midwest Junior Olympic Coaching Application Due November 15, 2008**

The Midwest Junior Executive Committee members will review the applicants in November and notify selected coaches by December 1, 2008. There are five coaching positions available.

The head coach is selected each even-numbered year in April at the Junior Committee Meeting; the Trip Leader is selected each odd-numbered year at Junior Olympics.

The Head Coach in consultation with the Trip Leader selects the head wax coaches in May. See the Midwest Junior Committee By-laws for application process for these "Executive Committee" positions.

Please complete the application thoroughly, and use an additional sheet if necessary. This will help us make decisions as we have many qualified applicants and only a few positions.

The 2009 Junior Olympics will be held in Truckee, CA from March 9 – March 14.

If you are named you are expected to:

- Become a coaching member of the USSA coaching association, approx \$110 (required).
- Become a coaching member of CXC.
- Promote the JO program to athletes in your area.
- Attend at least two qualifiers with athletes from your team (you will not be required to work with Midwest kids in general at the qualifiers).
- Attend Junior Committee meeting at Season Opener JOQ.
- Attend the JO coaches meetings at the Midwest District Championships.
- Attend April Junior Committee meeting (following JO's).
- Travel with the Midwest team and do whatever is asked of you at Junior Olympics.

At Junior Olympics you can expect to have many different roles. Those will include but will not be limited to age group coach, van driver, wax applier, pep rally leader, amateur psychologist, etc.

This is not a vacation; it is a week of hard and exciting work, late nights and exceptional experience. It is incredible and rewarding to see athletes perform at their best while representing our states. It is vital that you can communicate well with your fellow coaches and athletes.

The Midwest JO Team will pay for your travel, room, board, and uniform jacket. Any personal expenses (phone calls, souvenirs, nights out) you will have to cover.

Please mail or e-mail your application by November 15, 2008 to Head Coach Yuriy Gusev at: [yuriy.gusev@cxcskiing.org](mailto:yuriy.gusev@cxcskiing.org)

or

Yuriy Gusev  
P.O.Box 903442  
Verona, WI 53593





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7. Please list coach's education clinic/seminars or camps you attended over the last three years?

8. Which of the following are you willing to volunteer for this coming year?

- Calculate the JOQ Ranking list and gather data from race organizers.
- Serve as a Parent Volunteer/Coach Liaison. Organize the parents who are interested in helping out at and attending the Solider Hallow J.O. trip.
- Compile the Midwest Junior Olympic Team Booklet for the 2008 team.
- Supervise handling, inventory, ordering, and assigning of JO uniforms.
- Supervise transportation to and from site via van shuttles at Junior Olympics.

9. In order to help us select a balanced coaching staff, please rate yourself in the following areas on a scale from 1-5: 1 = Not a strength 3 = Competent 5 = Extremely competent

- Race prepping skis (glide wax, base prep).
- Race application of kick wax/hard wax.
- Race application of klister.
- Testing of race ready kick wax.
- Testing of race ready glide wax.
- Giving splits to racers on the course.
- Organizing & assisting athletes at start/finish area.
- Communicating with other coaches in sometime stressful situations.
- Communicating with athletes.
- Being a self-motivated worker.

Other: Please list below any other areas in which you feel you may be beneficial to the Midwest coaching staff.

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