

World Junior/U23 Review

2009



LOOKING AHEAD, RAISING THE BAR



TEAM - LOYALTY - INTEGRITY - RESPECT - ACCOUNTABILITY - PERSEVERANCE





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Staff in 2009



Karyn Ann Thull PT

Chris Mallory

Eileen Carey

Scott Johnston

John Callahan

Randy Gibbs

Matt Whitcomb

Pat Casey

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2009 Team Roster

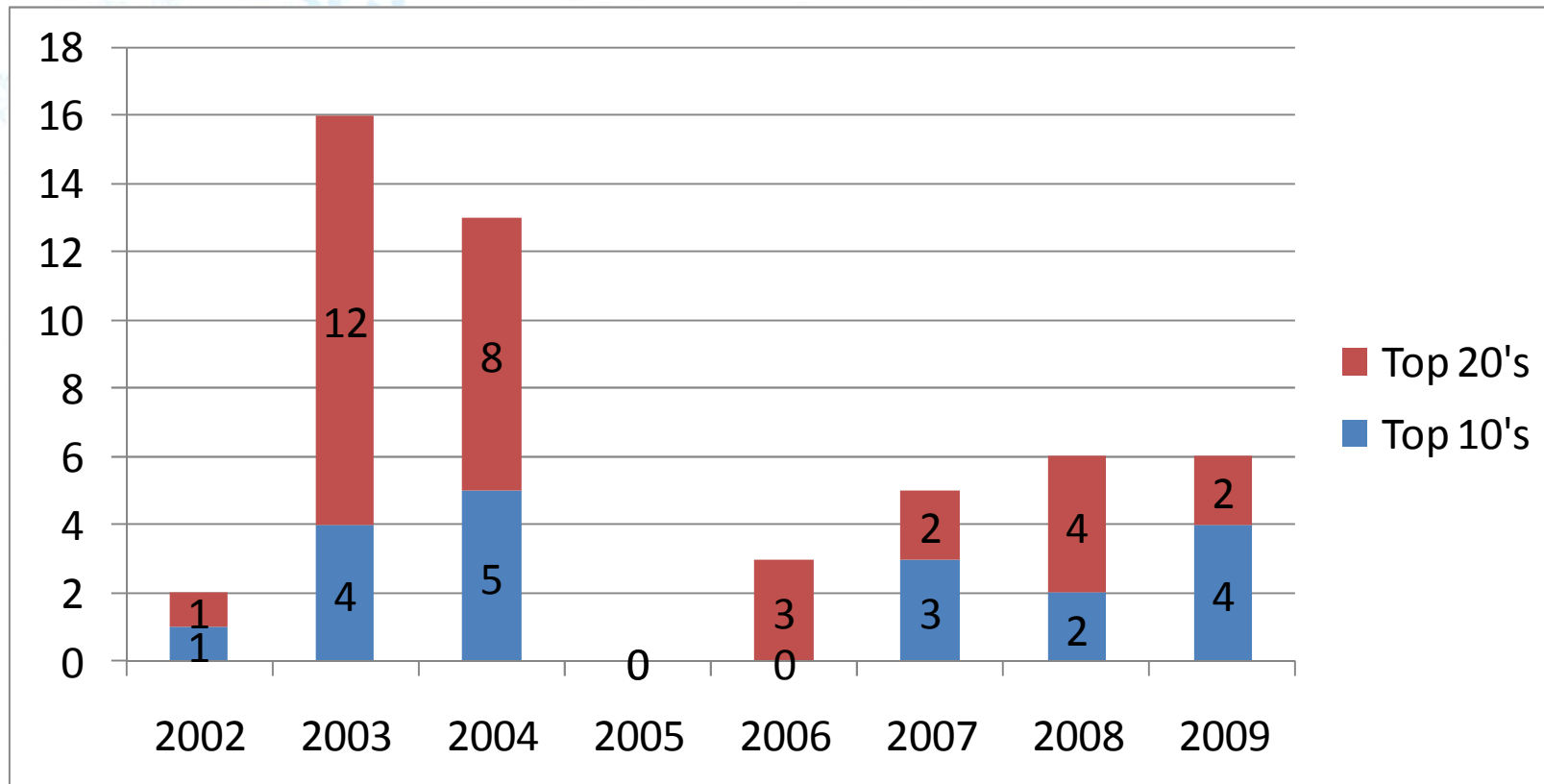
- WJC Team
 - Amy Glen, *Sadie Bjornsen, *Sophie Caldwell, Adele Espy, Becca Rorabaugh, Jessie Diggins
 - *Noah Hoffman, Lex Treinen, *Pat Johnson, Erik Bjornsen, George Cartwright
- U23's
 - *Liz Stephen, *Morgan Arritola, *Morgan Smyth, Jennie Bender, *Alexa Turzian
 - Karl Nygren, *Simi Hamilton, Mike Hinckley, Tad Elliott, *Matt Gelso
- * Denotes Top 20 Result





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U23 Results Over Time



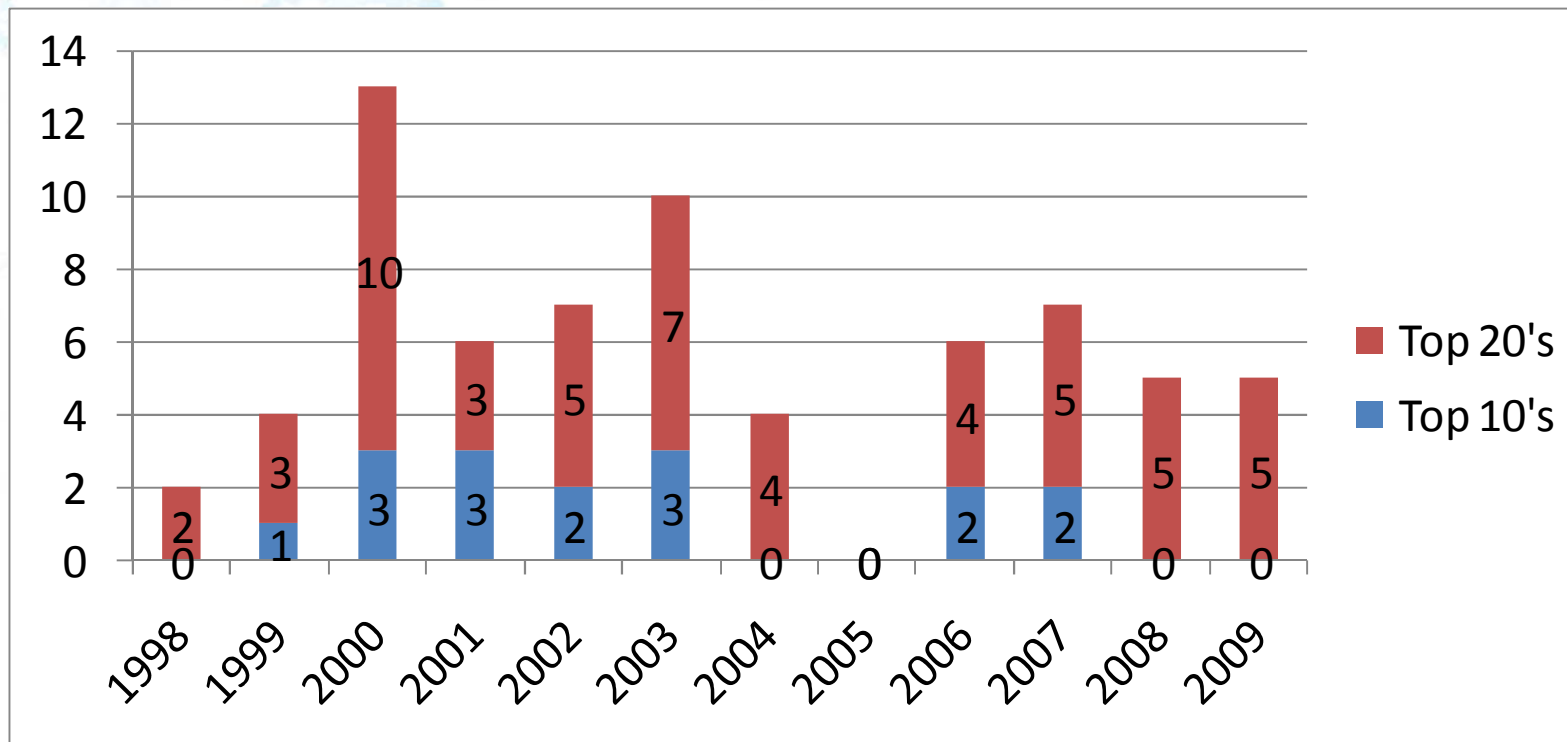
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WJC Results Over Time



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2010 Hinterzarten, GER

- Zurich Airport 1.75 hr.
- Dates Jan 17th-31st
- F Sprint Jan 25-26th
- 5/10/15K Classic
- 10/15/20/30K Pursuit
- 4x3.3/5K Relay
- **Precamp Options**
- Oberstdorf, Ger.
- Obertilliach, Aus.
- Reit im Winkl, Ger.
- Le Praz de Lys, Fra.



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Health and success factors

Health of all athletes is an issue with this group setting. Open communication is paramount

Skis- Grinds and testing procedures are getting better, but need improvement.

Training Planning needs improvement.





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Critical Success Factors Cont.

FIS License: Get one and start your FIS profile ASAP

Waxing Classic Skis for Mass Starts and Sprints:

Sprints: Wax on the slick and fast side.

Mass Start Distance: wax on the grippy side of things

Goal Setting: Set goals for racing at WJC or U23's rather than just qualifying for the races.

Sprint Day Logistics: Sprinters are 1st. Be prepared to knock heads right away.

Communication: Open communication is the key to success.

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High Hemoglobin

2 athletes tested high for hemoglobin this year.

- This results in a 5 day ban from racing due to health risk.
- Better education about hemoglobin, hydration, exercise and the relationship between those three things will happen from now on.



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Pre-Qualifiers U23's

- Men need sub 55; Women sub 75, (Super Tour between Jan 9th 2009 and Dec 21st 2009, or WJC/U23 race in 2009)
- *Preliminary Qualifiers- Pat Johnson, Noah Hoffman, Liz Stephen



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Pre-Qualifiers WJC

- Men need under 80 dist., Women under 90
- David Norris, and Scott Patterson.



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Qualifying Criteria Changes

Redistributed points for Pre-qualifiers

Jan 2nd: Skate Sprint

Jan 4th 10/15K F

Jan 6th 20/30K C (JR 5/10K C)***



CONGRATULATIONS!

You just beat two trees!

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