



## Ford Sayre Junior Nordic Team - Winter Application

**DEADLINE: OCTOBER 15**

**Return to Hilary McNamee ([hilary@fordsayre.org](mailto:hilary@fordsayre.org))**

Name:

Grade:

School & Hometown:

Ski age (Example: "1st year U16"):

### General:

- Briefly, why do you want to be a part of the Ford Sayre Junior Nordic Team?
- Describe what strengths you bring to a team.
- Describe what you want/need from a coach.
- Describe what you want/need from a team.
- Describe one of your fondest skiing memories.

### Academics

- What are your favorite subjects in school?
- How do you plan to balance school and travel for skiing this season?
- Do you plan to attend college? If so, are you considering or planning to ski in college?
- List any additional extracurricular activities, employment, etc, that you will be involved in over the winter (Nov 15 -Mar 15).

### Training:

- What teams or coaches have you skied with in the past?
- Is skiing your primary sport focus? If not, what is?
- Do you keep any record of your training?
  - If so, please provide us with access (TrainingPeaks, GoogleDoc, or photo of written journal)

### Racing:

- How many seasons have you competed in Nordic ski racing?
- List results for 2-3 of your best races last season\*. Include the location, date, event distance, technique and overall or age-group results and a brief description of why you felt it was one of your best races.
- Please attach a list of your goals over the next 1-2 years in
  1. Skiing
  2. Competition (including non-skiing pursuits), and
  3. "Life"

Please include any additional information that you feel will help us assess you as a potential member of our team.