



## Ford Sayre Junior Nordic Team - Winter Application (Full time)

DEADLINE: OCTOBER 15

Return to Hilary McNamee ([hilary@fordsayre.org](mailto:hilary@fordsayre.org)) and Izzy Seay  
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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.
- First Year JNTers: Describe one of your fondest skiing memories.
- Returning JNTers: How have you grown over the past year? (Mentally, emotionally, technically etc.)

### Academics

- What are your favorite subjects in school?
- How do you plan to balance school and travel for skiing this season? Along those lines, tell us about your academic load for this fall & winter and whether you have concerns about balancing workload with training.
- Do you plan to attend college? If so, are you considering or planning to ski in college? (Juniors & Seniors interested in skiing in college: Are you considering a gap year?)
- List any additional extracurricular activities, employment, commitments etc, that you will be involved in over the winter (Nov 1 -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 and briefly note what made them the "best". 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.
- Will you also be racing with a high school team this season?
- 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.