

XC

What to Expect Race Day

We're excited you're interested in racing! It's a great experience traveling across the province and spending time on snow with friends. You'll have coach and wax support, plus groups to warm up with. Here's the link for race accommodations, food, and travel plans , including hotel booking codes if available.

Sovereign Team Culture

Be courteous to all and remember you are representing the Sovereign Club. Show up on time.

Away Races

For away races, we depart Thursday and return Sunday. Friday is official training, with races on Saturday and Sunday. Below is a coach communication template that will be sent out one week prior to the race.

1. **Departure:** When we will be leaving and from what location. For away races we depart Thursday and attend the official training on Friday.
2. **Vehicles:** What vehicles are being used and who is driving
3. **Accommodation:** Room assignments and location
4. **Skis:** Ski preparation and maximum gear that can be brought. Wax plan for the weekend
5. **Food:** Plan for meals, group cooking vs. individual. We all attend the banquet for Saturday night dinner if one is hosted.
6. **Passes:** How trail passes for the weekend are accessed.
7. **Race invite / Additional race info:** Will be attached to email.
8. **WhatsApp Group chat:** Link for WhatsApp group chat for race communication.

Pre-Race Preparation:

- Athletes need to have separate skis for warm-up so your race skis can be waxed. If you don't have skate warm-up skis, use your classic skis until your race skis are ready.
- Print or have electronic access to the race invite.
- Label your skis, poles, and rifle with your name (painter's tape and sharpie work well).
- Understand race details: number of loops, shooting times, and penalties (found in the race invite).
- Have a waterproof bag for your dry clothes venues typically do not have a covered or inside storage area for your gear.
- Change of clothes for after the race - you want to get out of your sweaty clothes
- Extra gloves, hats and jackets - you want to stay warm pre and post race.

Friday afternoon Training Session (1.5 hours)::

- **Race prep intensity.**
- **Race Tactics:** Ski the course with your coach/team to review strategy.
- **Ski Testing:** if you have more than one pair of skis
- **Ski Prep:** Before leaving the venue hand in your race skis for waxing, ensuring they are clean and prepared as per coaches instructions.

Friday Night:

- Review your race plan. (Template will be sent out to athletes)
- Attend a team meeting to confirm logistics, race details, and timing.
- Know your start time.

Race Days:

Ensure you thank AT LEAST 5 volunteers at the race venue.

Always show up with your best version of yourself. Represent SOVEREIGN well.
Wear team clothing with pride.

Pre-Race

- Individual activation session before breakfast.
- Keep warm and have layers that you can take on and off with ease. A puffy vest is good to have as you can still have your arm band.
- Collect your bib from the coach at the range.
- Warm-up and collect your race chip minimum 5 min before start time (unless directed otherwise).
- Stay warm in the start pen.

Post Race

- Post-race cooldown ski.
- Eat recovery food, hydrate, and change out of sweaty race gear.
- Check in with coaches after the race.
- Double-check that you've collected all your belongings.
- Deliver skis for waxing if needed for the next day's race.
- Cheer on your team mates

What can parents do?

- Allow athletes the space they feel that they need on a race day, but be there to help.
- Arrive on time
- Help your child with their gear
- Collect jackets and warm up clothes in the start pen

