

Nordic Skiing Pathways after High School

Type of Competition:	 Post-Graduate/ National Teams www.usskiandsnowboard.org	 NCAA www.ncaa.org	 USCSA (www.uscsa.org) Varsity and Club teams both compete in the same series	
			USCSA Varsity	USCSA Club
Scope	Highest level of competition: FIS elite, NorAm, Europa Cup, World Cup, Olympics	FIS racing at elite level against NCAA ski teams (Div I, II, III all compete in the same race series; 3 regions: East, Central, and West). Schedule includes regular season races, regionals and Nationals.	FIS, U.S. Ski and Snowboard (USSS) and non-USSS racing during the regular season against college Varsity and Club teams. Schedule includes regular season races, citizen races (in some areas), regionals and Nationals.	USSS and non-USSS racing during the regular season against college Varsity and Club teams. Schedule includes regular season races, citizen races (in some areas), regionals and Nationals.
Expectation	Highest competitive level. Must qualify to meet team criteria and must produce to stay on team or be selected for key competitions (i.e. Europa Cup, World Juniors, US Nationals).	Highly competitive level; many team members are former US or foreign national team racers; recruit 1-2 new racers per gender per year with varsity rosters of about 8 athletes per gender.	Competitive but inclusive; varsity rosters average about 7 athletes per gender; JV may also compete throughout the competition season. 2-5 teams from each region and 1 outstanding individual per gender qualify for Nationals.	Competitive but inclusive; team size varies by school and club budget. All athletes are eligible to compete throughout the competition season. 2-5 teams from each region and 1 outstanding individual per gender qualify for Nationals.
Typical FIS/USSA (Nordic) Points	Generally 20 or below FIS points in multiple events but eligibility is based on USST criteria involving rankings, performance at National races.	Div I: 25-100 FIS points; Div II/III: 75-150 FIS points	100-250 points. Check team rosters and results as the competitive level varies from school to school and from year to year.	Rosters may vary to include athletes from elite to entry level experience. Check team rosters and results as the competitive level varies from school to school and from year to year.
Cost/Fees/Aid	Varies based on A, B, C or Development team from fully funded to varying levels of athlete support.	School funded, some athletic scholarships available (for DI, DII non-Ivy schools)	School funded w/ possible outside sponsors. Equipment usually paid by athlete. Some athletic scholarships and academic scholarships available.	Club dues and some race fee support depending on the school's arrangement w/ team. Possible outside sponsors/endowments. Equipment paid by athlete, possible equipment sponsorships. Some academic scholarships available.
Training/Racing	Most of year	Fall dryland, race season; optional summer training	Fall dryland, race season; optional summer training	Fall dryland, race season; optional summer training
Race Season	Most of year	Late Nov. – April	Late Nov. – April	Late Nov. – April
Race Venues	Europe, North & South America, Australia/NZ	U.S.	U.S.	U.S.
Disciplines	XC: Classic, Freestyle	XC: Classic, Freestyle	XC: Classic, Freestyle	XC: Classic, Freestyle
Championships	World Cup, NorAm, US Nationals, Olympics	NCAA Nationals NORAM finals US National Champs.	USCSA Nationals US National Champs.	USCSA Nationals US National Champs.
Average Athlete	15 yrs. to 30+ years old	18-25 year old athletes; May PG 0-5 yrs. before college	Mostly 18+	Mostly 18+
# Competitors-Seas on (Indiv/Teams)	Varies based on criteria; usually 1-8 athletes per team (A,B,C and Development)	3 Regions: 13 schools: East 6 schools: Central 6 schools: West	Over 175 schools compete in USCSA; 11 conferences, 6 regions.	Over 175 schools compete in USCSA; 11 conferences, 6 regions.
# Competitors-Championships (Indiv/Teams)	Varies based on meeting qualifications or national rankings	40 m, 40 w (max of 3 athletes per gender per team who qualify)	Over 100+ Nordic athletes compete at Nationals (top 3 results scored for team)	Over 100+ Nordic athletes compete at Nationals (top 3 results scored for team)
Coaching	Paid coaching staff	Paid coaching staff. Student leadership opportunities may also be available.	Paid coaching staff. Student leadership opportunities may also be available.	Varies club by club: Volunteer or paid coach, student coach(s) or self-coached. Many student leadership opportunities.
Website for more info:	http://www.usskiteam.com/	http://www.ncaa.com/sports/skiing/D1	www.uscsa.org	www.uscsa.org
When/How to contact:	Review U.S Ski and Snowboard guidelines for USST eligibility and contact regional U.S. Ski and Snowboard representatives for more information. Attend elite races and national and regional development system programs.	Email or call a coach to arrange a visit or learn more about the team. Follow NCAA guidelines for eligibility, etc. on NCAA Clearing House. http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html	Email or call a coach to arrange a visit or learn more about the team; adhere to NCAA Clearing House Guidelines if D-I school. http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html Attend a Fall USCSA College Fair if nearby. USCSA email: help@uscsa.org	Email or call the coach or student president of the ski club or "club sports" office at college/university for more information. Attend a Fall USCSA College Fair if nearby. USCSA email: help@uscsa.org