



2005
IPC Nordic Skiing
World Championships

Fort Kent, Maine U.S.A.

UIG Teacher's Guide

March 9-21, 2005



Biathlon Competitions
Saturday, March 12, 2005
Sunday, March 13, 2005

Cross-Country Competitions
Tuesday, March 15, 2005
Thursday, March 17, 2005
Saturday, March 19, 2005
Sunday, March 20, 2005

United Insurance Group

Thibodeau's Insurance Agency, Fort Kent
Hayden/Perry Insurance Agency, Presque Isle
Ezzy Insurance, Madawaska/Van Buren
H O Perry & Son Co, Fort Fairfield
Haines Insurance Agency, Limestone

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and School Program



2005 IPC Nordic Skiing World Championships Teacher's Ski Guide



The northern climate and the geography of northern Maine attracts more and more skiers from around the country and the world each year. Skiing is not something that is new to the area; there are deep Scandinavian and Acadian ski roots in the County. Events such as the 2004 Biathlon World Cup, enthusiasm for skiing and year round use of trails are a part of a current trend in outdoor recreation. The purpose of this guide is to educate one of the County's most valuable resources: its school children, about what is going on in the woods around them.

This guide seeks to assist you and your students with understanding the sport of skiing in the classroom by:

- Introducing and educating students about the **2005 IPC Nordic Skiing World Championships in Fort Kent** this March 9-21, its athletes, its events, and the world of adaptive skiing.
- Educating Aroostook County school children about the sport of skiing and promoting healthy lifestyle choices.
- Offering insight into the different disciplines of Nordic skiing present in the County. *Biathlon* and *Cross-Country skiing* are exciting and unique sports.
- Offering creative and fun ways to teach a multitude of subjects through skiing that are consistent with *State of Maine Learning Results*.

There is a lot more to skiing than meets the eye on a cold winter day. Skiing involves healthy bodies, certain equipment, a variety of skills, good snow conditions, a sense of adventure and enjoyment of the sport. It is a fun way to learn and a great way to enjoy the geography and climate of Aroostook County at any age or ability.

Throughout the fall and early winter Maine Winter Sports Center Continental Team athletes will help promote this guide book, up-coming winter events, and bring a face and story to skiing. Young MWSC athletes are positive role models. They bring healthy lifestyles and motivating personalities right into the classroom.

On page ii, this guide also enables teachers and schools to:

- Arrange a **Classroom Visit** with a MWSC athlete.
- Create and carryout a **Paralympic Athlete Fan Club**.
- Register for a **Class Field Trip** to the 2005 IPC Nordic Skiing World Championships in Fort Kent in March.

Please enjoy this opportunity to learn more about skiing and Aroostook County!





Teachers: Important Contact and Registration Information

Arranging A MWSC Athlete Classroom Visit

Visits begin in late September and are available throughout the winter except when MWSC athletes are away at competitions. If you do not have a specific date in mind, request a month or week for your classroom visit. Mrs. Bouchard will coordinate a date with you. We would like to accommodate all classes, so *please make your arrangements early*. E-mail or call Leola Bouchard to arrange your guest speakers:

Leola Bouchard, School Program Coordinator at leolab@mail.sjv.net or 207-834-5619 or
Dolores Dumont, Fan Club Coordinator, at iddumont@nci2.ent or 207-834-5383

Fan Club Program

To request a list of athletes participating in the Fan Club Program and to request an opportunity for your club to meet athletes, please email your name, school name, school address and phone number, number of students and your interest in meeting athletes at the races:

Dolores Dumont, Fan Club Coordinator, at iddumont@nci2.net or 207-834-5383 or
Leola Bouchard, School Program Coordinator at leolab@mail.sjv.net or 207-834-5619

Field Trip Registration

The Fort Kent IPC Nordic Skiing Championships Organizing Committee invites your class to take a Field Trip to the competitions. During the school week there are two days of racing:

- Tuesday, March 15th
- Thursday, March 17th

Part of the Spectator Services for school groups include a special welcome by a host/hostess on race day.

Please provide your name, school name, school address and telephone number, number of students, number of busses and day of your field trip to Dolores Dumont **as soon as possible or by February 4, 2005.**

Dolores Dumont, Field Trip Coordinator, iddumont@nci2.net or 207-834-5383 or
Leola Bouchard, School Program Coordinator at leolab@mail.sjv.net or 207-834-5619.





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- Photo Gallery
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 - Voyageur
 - Waska – Voyageur’s Friend



IPC Nordic Skiing World Championship Activity Index

ELEMENTARY GRADES Pre-K-2

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State of Maine Learning Results

Activity	Page(s)	Pre-K through 2	Internet Activity	Laptop Activity	Outdoor Activity	Career Preparation	English Language Arts	Health Education	Physical Education	Mathematics	Modern and Classical Languages	Science and Technology	Social Studies: Civics and Government	Social Studies: History	Social Studies: Geography	Social Studies: Economics	Visual and Performing Arts
Classroom Visits by Maine Winter Sports Center Athletes	7-8	*				A1 A2 A3 B1 B2	A7 E1 E2 E3 F2 H2 H3	A1 F2	A1 A2 A3 A4 A5 C1 C3 C4			I1 I2 J2 J4 M2					C3
Fan Club Activities	9-11																
A. Athlete Profiles	10	*	*	*			A1 A2 D1 E1 E3 F1 F2 G1 H1 H2 H3				A1 A2 A3 E1 E2 F1		D1	B2	A1 B1		A1 A2 A4 A14
B. Fan Club Mail	10	*	*	*			C1 E1 F1 F2										
C. Fan Club Props	11	*											D1	B2			A2 A3 A4 A6 A13 A14 A15
D. Meet A Paralympic Athlete	11	*			*		F2			A1 A2 A3 E1 E2			D1	B2			A2 A3 A4 A6 A13 A14 A15
Classroom Activities and Projects	12-16																
A. Disabled Skiing - Could you do it?	12	*			*			A4 B1 B5 B7	A2 A4 B1 B2 B5 B7 C2 C3 C4								
B. Where In The World Is Your Athlete?	12	*	*	*			H1 H2 H3				E1 E2 F1		D1	B2	A1 B1		
C. Follow the Athletes Around the World	13	*	*	*									D1	B2	A1		
D. Who's Winning?	13	*	*	*	*				A2 A4 B1 B2 B5 B7 C2 C3 C4								
E. How Long Is A Kilometer?	15	*			*				A2 A4 B1 B2 B5 B7 C2 C3 C4	F1 F3							
F. Counting and Counting Down	15	*							A1 A2 A3 A4								
G. Paralympic Movement	15																
H. A Change of View	15	*										M2					
J. Field Trip Follow-up	16	*		*													A2 A3 A4 A5 A6 A10 A13 A14 A15
Maine and Ski Curriculum Activities	20-34																
1. Maine Ecology Studies	20														B1		
A. Wildlife and the Seasons	20	*			*			A4 B1 B5 B7			B1 B3 D2						
B. Photo Opportunities	20	*		*	*			A4 B1 B5 B7			K3						
C. Moose – How Big Are They?	20	*	*	*	*				B1 C1 C2 B2 B3 F1 K1		K3 K6						
2. Maine Culture & History	21-23																
A. Skiing in Maine - past, present, future	21	*	*	*	*		D1			F1	J4		A1 B1 C1				



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ELEMENTARY GRADES Pre-K-2

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State of Maine Learning Results

Activity	Page(s)	Pe-K through 2	Internet Activity	Laptop Activity	Outdoor Activity	Career Preparation	English Language Arts	Health Education	Physical Education	Mathematics	Modern and Classical Languages	Science and Technology	Social Studies: Civics and Government	Social Studies: History	Social Studies: Geography	Social Studies: Economics	Visual and Performing Arts
B. The St. John Valley Voyager	22	*	*	*						E1 E2 F1			B1 C1				B1 B2 B3 B4 B5
C. Acadian Culture and Music	23	*	*	*						E1 E2 F1			B1 C1				B1 B2 B3 B4 B5
D. Scandinavian Nordic Culture	23	*	*	*						E1 E2 F1			B1 C1				B1 B2 B3 B4 B5
3. Maine Economics, Tourism and Recreation	24-25																
A. Profile Aroostook County	24		*	*													
B. Economic Impact Essays and Debate	25		*	*													
4. World History, Culture and Geography	25-27																
A. Sport and Politics	26		*	*													
B. Sport and WWII	26		*	*													
C. Sport and Culture	26	*	*	*						F1			B2				
C. Travel Log and Brochure	27																
5. Health and Physical Education	28-30																
A. Food and Nutrition	28	*	*				A1 A2 A3 C3										
B. Safety and Outdoor Winter Sport	29	*	*				C4										
6. Mathematics	30-31																
A. How Long is a Kilometer?	30	*			*		A2 A4 B1 B2 B5 B7 C2 C3 C4		F1 F3								
B. Nordic Sprint Course Design	30			*	*												
7. Science and Technology	31-34																
A. Ski Fast, Faster, Fastest – Indoor Option	31	*		*					C1 C2 F1		I1 I2 J1 K3 K5 K6 L2 L5 L6						
B. Ski Fast, Faster, Fastest – Outdoor Option	32	*		*	*		A2 A4 B1 B2 B5 B7 C2 C3 C4		C1 C2 F1		I1 I2 J1 K3 K5 K6 L2 L5 L6						
C. Snow and Friction	33	*	*	*					C1 C2 F1		F3 J1 J2 J3 K3 K5 K6 L2 L5 L6						
D. Slide and Glide	34	*	*	*					C1 C2 F1		I1 I2 J2 J3 J1 K3 K5 K6 L2 L5 L6						

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ELEMENTARY GRADES 3-4

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State of Maine Learning Results

Activity	Page(s)	Grades 3-4	Internet Activity	Laptop Activity	Outdoor Activity	Career Preparation	English Language Arts	Health Education	Physical Education	Mathematics	Modern and Classical Languages	Science and Technology	Social Studies: Civics and Government	Social Studies: History	Social Studies: Geography	Social Studies: Economics	Visual and Performing Arts
Classroom Visits by Maine Winter Sports Center Athletes	7-8	*				A1 A2 A5 B1 B2 C3 D2	B3 E6 G6 H1	A1 F2	A1 A2 A5 A6 C1								
Fan Club Activities	9-11																
A. Athlete Profiles	10	*	*	*			H1 H2 H3 H4 H5				A1 A2 A3 A4 A5 E1 E2 F1		D2		A1 B2 B3		
B. Fan Club Mail	10	*	*	*							C1 C2 C3						
C. Fan Club Props	11	*		*									D2				A1 A2 A3 A4 A8
D. Meet A Paralympic Athlete	11	*			*						A1 A2 A3 E2		D2				
Classroom Activities and Projects	12-16																
A. Disabled Skiing - Could you do it?	12	*			*		H1 H2 H3 H4 H5		A1 A3 A4 A5 A6 A7 A8 A9								
B. Where In The World Is Your Athlete?	12	*	*	*			H1 H2 H3 H4 H5				E1 E2 E3 F1 F2		D2		A1 B2 B3		
C. Follow the Athletes Around the World	13	*	*	*	*				A4 A7	F1 F2							
D. Who's Winning?	13	*	*	*			H1 H2 H3 H4 H5								A1 B2 B3		
E. How Long Is A Kilometer?	15	*							A1 A3 A4 A5 A6 A7 A8 A9	B1 B2 B2 B4							
F. Counting and Counting Down	15																
G. Paralympic Movement	15	*	*	*			H1 H2 H3 H4 H5		D4								
H. A Change of View	15	*	*	*					D4								
J. Field Trip Follow-up	16	*		*			H1 H2 H3 H4 H5										A1 A2 A3 A4 A8
Maine and Ski Curriculum Activities	20-34																
1. Maine Ecology Studies	20																
A. Wildlife and the Seasons	20	*	*	*	*				A4 A7		A3 A4						
B. Photo Opportunities	20	*		*	*				A4 A7		B1						
C. Moose - How Big Are They?	20	*	*	*	*					B1 B2 B3 B4 C1 C2 F1 F2	K3						
2. Maine Culture & History	21-23																
A. Skiing in Maine - past, present, future	21	*	*	*	*		H1 H2 H3 H4 H5		A4 A7		E1 E2 E3 F1 F2	J4 J5	A2 B2 C1				A1 A2 A3 A4 A8



United
Insurance
Group



United
Insurance
Group

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ELEMENTARY GRADES 3-4

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State of Maine Learning Results

Activity	Page(s)	Grades 3-4	Internet Activity	Laptop Activity	Outdoor Activity	Career Preparation	English Language Arts	Health Education	Physical Education	Mathematics	Modern and Classical Languages	Science and Technology	Social Studies: Civics and Government	Social Studies: History	Social Studies: Geography	Social Studies: Economics	Visual and Performing Arts
B. The St. John Valley Voyager	22	*	*	*			H1 H2 H3 H4 H5			E1 E2 E3 F1 F2			A2 B2 C1				A1 A2 A3 A4 A5 C1 C2 C3 C4
C. Acadian Culture and Music	23	*	*	*			H1 H2 H3 H4 H5			E1 E2 E3 F1 F2			A2 B2 C1				A1 A2 A3 A4 A5 C1 C2 C3 C4
D. Scandinavian Nordic Culture	23	*	*	*			H1 H2 H3 H4 H5			E1 E2 E3 F1 F2			A2 B2 C1				A1 A2 A3 A4 A5 C1 C2 C3 C4
3. Maine Economics, Tourism and Recreation	24-25																
A. Profile Aroostook County	24		*	*													
B. Economic Impact Essays and Debate	25		*	*													
4. World History, Culture and Geography	25-27																
A. Sport and Politics	26		*	*													
B. Sport and WWII	26		*	*													
C. Sport and Culture	26	*	*	*			H1 H2 H3 H4 H5			A1 A2 A3 A4 A5 C1 C2 C3 E1 E2 E3 F1 F2		D2		A1 B2 B3			
C. Travel Log and Brochure	27	*	*	*			H1 H2 H3 H4 H5			A1 A2 A3 A4 A5 C1 C2 C3 E1 E2 E3 F1 F2		D2		A1 B2 B3			
5. Health and Physical Education	28-30																
A. Food and Nutrition	28	*	*	*			A1 A2 A7 D1										
B. Safety and Outdoor Winter Sport	29	*	*	*			C1 C2	A6									
6. Mathematics	30-31																
A. How Long is a Kilometer?	30	*			*			A4 A7	F1 F2								
B. Nordic Sprint Course Design	30			*													
7. Science and Technology	31-34																
A. Ski Fast, Faster, Fastest – Indoor Option	31	*		*					C1 C2 C3 F1 F2 K1 J1		I1 I2 I3 J1 J2 J3 J6 K3 K4 K5 K6 L1L4 L5 L7						
B. Ski Fast, Faster, Fastest – Outdoor Option	32	*		*	*			A1 A3 A4 A5 A6 A7 A8 A9	C1 C2 C3 F1 F2 K1 J1		I1 I2 I3 J1 J2 J3 J6 K3 K4 K5 K6 L1L4 L5 L7						
C. Snow and Friction	33	*		*					C1 C2 C3 F1 F2 K1 J1		F4 I1 J1 J2 J3 J6 K3 K4 K5 K6 L1L4 L5 L7						
D. Slide and Glide	34	*		*					C1 C2 C3 F1 F2 K1 J1		I1 J1 J2 J3 J6 K3 K4 K5 K6 L1L4 L5 L7						



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MIDDLE GRADES 5-8

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State of Maine Learning Results

Activity	Page(s)	Grades 5-8	Internet Activity	Laptop Activity	Outdoor Activity	Career Preparation	English Language Arts	Health Education	Physical Education	Mathematics	Modern and Classical Languages	Science and Technology	Social Studies: Civics and Government	Social Studies: History	Social Studies: Geography	Social Studies: Economics	Visual and Performing Arts
Classroom Visits by Maine Winter Sports Center Athletes	7-8	*				A1 A4 B1 D1 D4	E3	A1 F2	A1 A2 A3 A5 C1			I3 M3					
Fan Club Activities	9-11																
A. Athlete Profiles	10	*	*	*			G6 G7 H1 through H10				A1 A2 A3 A4 A5 E1 E2 F1	L5			A1 A2		A4 A6
B. Fan Club Mail	10	*	*	*			C1 E1 F1 F2 G6 G7				C1 C2 C3 C4 C5	L5					
C. Fan Club Props	11	*		*													A4 A6 A8 A7 A9 B2 B5 B6
D. Meet A Paralympic Athlete	11	*			*		F2				A1 A2 A3 E2 C1 C2 C3 C4 C5						A4 A6 A8 A7 A9 B2 B5 B6
Classroom Activities and Projects	12-16																
A. Disabled Skiing - Could you do it?	12	*			*				A1 A2 C1								
B. Where In The World Is Your Athlete?	12	*	*	*			H1 through H10		A3 A4	E1 E2 E3 F2 F3 F4	L5			A1 A2			
C. Follow the Athletes Around the World	13	*	*	*						E1 E2 E3 F2 F3 F4	L5			A1 A2			
D. Who's Winning?	13	*	*	*					A3 A4 B1 B2 C1 C2 C3								
E. How Long Is A Kilometer?	15	*			*			A2	F1 F2 F3								
F. Counting and Counting Down	15																
G. Paralympic Movement	15	*	*	*			H1 through H10		C1			L5					
H. A Change of View	15	*	*	*					C1			L5 M1 M8					
J. Field Trip Follow-up	16	*		*			H1 through H10	A1									A4 A6 A8 A7 A9 B2 B5 B6
Maine and Ski Curriculum Activities	20-34																
I. Maine Ecology Studies	20																
A. Wildlife and the Seasons	20	*	*	*	*				A2			A3 B2 B3					
B. Photo Opportunities	20	*		*	*				A2			B5					
C. Moose - How Big Are They?	20	*	*	*	*				A3 A4 F1 F2 F3			L5					
2. Maine Culture & History	21-23																
A. Skiing in Maine - past, present, future	21	*	*	*	*		H1 through H10	A2		F2 F3 F4	J6 L5		A1 A2 B2 C5		D1		A4 A6 A8 A7 A9 B2 B5 B6



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MIDDLE GRADES 5-8

State of Maine Learning Results

Activity	Page(s)	Grades 5-8	Internet Activity	Laptop Activity	Outdoor Activity	Career Preparation	English Language Arts	Health Education	Physical Education	Mathematics	Modern and Classical Languages	Science and Technology	Social Studies: Civics and Government	Social Studies: History	Social Studies: Geography	Social Studies: Economics	Visual and Performing Arts
B. The St. John Valley Voyager	22	*	*	*			H1 through H10			B1 B3 B4 B7 B8 B9 E1 E2 E3 F2 F3 F4	L5		A1 A2 B2 C5				A4 A6 A7 A8 A9 B2 B5 B6
C. Acadian Culture and Music	23	*	*	*			H1 through H10			B1 B3 B4 B7 B8 B9 E1 E2 E3 F2 F3 F4	L5		A1 A2 B2 C5				A4 A6 A7 A8 A9 B2 B5 B6
D. Scandinavian Nordic Culture	23	*	*	*			H1 through H10			B1 B3 B4 B7 B8 B9 E1 E2 E3 F2 F3 F4	L5		A1 A2 B2 C5				A4 A6 A7 A8 A9 B2 B5 B6
3. Maine Economics, Tourism and Recreation	24-25																
A. Profile Aroostook County	24	*	*	*			H1 through H10				L5 M7			A1 A2 B1			
B. Economic Impact Essays and Debate	25	*	*	*			H1 through H10				L5 M7				A1 A2 A3 D4		
4. World History, Culture and Geography	25-27																
A. Sport and Politics	26	*	*	*			H1 through H10				L5	D2 D3 D4	A1 C5				
B. Sport and WWII	26	*	*	*			H1 through H10			E1 E2 E3 F2 F3 F4	L5	D2 D3 D4	A1 B4 C5				
C. Sport and Culture	26	*	*	*			H1 through H10			E1 E2 E3 F2 F3 F4	L5			B3			
C. Travel Log and Brochure	27	*	*	*			H1 through H10			E1 E2 E3 F2 F3 F4	L5			A1 A2 B1 B3			A4 A6 A7 A8 A9 B2 B5 B6
5. Health and Physical Education	28-30																
A. Food and Nutrition	28	*	*	*			A1 A2 A3 A8 D1 F5				L5						
B. Safety and Outdoor Winter Sport	29	*	*	*			A1 C1 C4	B9			L5						
6. Mathematics	30-31																
A. How Long is a Kilometer?	30	*			*			A2	F1 F2 F3								
B. Nordic Sprint Course Design	30	*	*	*	*			A2 B1 through B9 C4	A3 A4 B1 B2 E2 E3 E4 F1 J1 J2		L4						
7. Science and Technology	31-34																
A. Ski Fast, Faster, Fastest – Indoor Option	31	*		*					A4 C1 C2		H1 I2 J1 J2 J3 J4 J5 J6 K6 L6						
B. Ski Fast, Faster, Fastest – Outdoor Option	32	*		*	*			A2 B1 through B9 C4	A4 C1 C2		H1 I2 J1 J2 J3 J4 J5 J6 K6 L6						
C. Snow and Friction	33	*		*					A4 C1 C2		H1 I2 J1 J2 J3 J4 J5 J6 K6 L6						
D. Slide and Glide	34	*		*					A4 C1 C2		H1 I2 J1 J2 J3 J4 J5 J6 K6 L6						





I. 2005 IPC Nordic Skiing World Championships – Introduction

The world will grow a little smaller and dreams a little bigger with each passing day during the Championship events. The title “*Most Inspirational Event*” best illustrates the **International Paralympic Committee’s 2005 Nordic Skiing World Championships, March 9-21 in Fort Kent.**

“Building on past successes, we will move another step forward in arousing aspirations for the youth of northern Maine”. – IPC Event Director, Nancy Thibodeau.

Awareness about the ability of disabled athletes and the modifications made to sports that enable them to compete is limited. Cross-country skiing and biathlon have been uniquely adapted by way of equipment, course specifications, competitor categorization, scoring and shooting procedure to enable all disabled-bodied athletes to participate. In March 2005, we are invited to experience this truly inspiring dimension of sport!

Come experience this event. Watch the athletes. Marvel at their powerful bodies. Admire their strong will and perseverance. Feel the passion that drives them. Be impressed by their unbreakable spirits. Learn what is possible.

At the IPC Championships, athletes will compete in up to **6 events over 12 days**: *two biathlon races (short and long distance), three individual cross country races (short, middle and long distance) and a cross country relay.* The competitors will be divided into six categories, three each for men and women: sit-skiers, standing skiers and visually impaired skiers. Each category includes skiers from several classes that are defined by the type of disability. Applying an equalizing factor to the race results enables skiers of varying functional ability to compete in the same category.

The atmosphere at the IPC Championships will be one of friendly, yet serious, competition. The IPC Nordic Skiing community is amiable and congenial. Athletes and coaches support and cheer for each other. Race volunteers and spectators from past IPC events comment that athletes and coaches are friendly and approachable. To give these athletes our warm Aroostook welcome will be as uplifting and inspiring for them as it will be for us.

1. Classification of Disabled Nordic Skiers in Nordic Events

Each new ski event to come to Aroostook County brings with it a variety of terms and particular classifications and rules. Competitors are divided into **three main categories**: *sit-ski, standing, and visually impaired.* Each category is divided into individual classes that separate the competitors according to functional ability. Biathlon and long distance events are conducted with the three-category system. Short and middle distance events are conducted with the individual class system.





Classification Guidelines

- **Visually Impaired** Athletes compete in all Nordic Skiing events, accompanied by a guide. The guide skis next to and directs the competitor of all course alterations, including corners, inclines and declines, either vocally or by radio. This category features three individual classes: B1, B2, and B3. In all events, the guide is also awarded a medal.

B1: Athletes have no light perception in either eye up to light perception, and are unable to recognize the shape of a hand at any distance or in any direction. Must ski with a guide and wear black glasses.

B2: Athletes have the ability to recognize the shape of a hand up to visual acuity of 2/60 and/or visual field of less than 5 degrees. Must ski with a guide.

B3: Athletes have a visual acuity above 2/60 and up to a visual acuity of 6/60 and/or a visual field of more than 5 degrees and less than 20 degrees. May ski with a guide.

- **Standing Skiers:** Most competitors have a limb disability, such as an amputation below or above the knee, or below or above the elbow. This category features six individual classes: LW2, LW3, LW4, LW5/7, LW6/8 and LW9.

Lower limb disability:

- **LW2:** Athletes with severe disabilities in one lower limb, skiing with two skis and two poles.
- **LW3:** Athletes with disabilities in both lower limbs, skiing with two skis and two poles.
- **LW4:** Athletes with disabilities in one lower limb skiing with two skis and two poles.

Upper limb disability:

- **LW 5-7:** Athletes with disabilities in both upper limbs, skiing with two skis but *without* poles. The disability must be such that the use of poles is not possible.
 - **LW 6-8:** Athletes with disabilities in one upper limb, skiing with two skis and *one* pole. The disability must be such that the functional use of more than one pole is not possible.
 - **LW 9:** Athletes with a combination of disabilities in upper limbs and lower limbs, skiing with equipment of their choice.
- **Sit-skiers:** Competitors ski using a sled or sledge- a specially designed chair that is attached to a pair of skis. Competitors propel themselves forward with two poles. Athletes in this category have lower- extremity disabilities. Competitors are divided into three individual different classes: LW10, LW11 and LW12.
 - **LW 10:** Athletes with disabilities in the lower limbs, no functional sitting balance.
 - **LW 11:** Athletes with disabilities in the lower limbs and a fair sitting balance.
 - **LW 12:** Athletes with disabilities in the lower limbs and a good sitting balance.





*For Complete Classification refer to page 50 at the end of this guide. Do you know someone who is disabled? How would they be classified?

2. Method of Grouping Classes for Events – Who Competes with Whom?

- B1, B2, B3* Visually Impaired skiers and their guides.
- LW 2 - LW 9* Standing skiers who all use a combination of standard skis and poles.
- LW 10 - LW 12* Sit-ski skiers who utilize a specially designed sled and smaller ski poles.
(Skiers can use a sit-ski if the reason is medical and/or functional)

3. Cross-Country Races at the World Championships

• Individual Events

Standing Men (LW 2-9, B1-3)	5km, 10km and 20 km
Sit-Ski Men (LW 10-12)	5km, 10km and 15km

Standing Women (LW 2-9, B1-3)	5km, 10km and 15 km
Sit-Ski Women (LW 10-12)	2.5km, 5km and 10 km

• Relay Events

The Nordic Relay events are a mix of all the different classes as well as different techniques. This sounds confusing, but the simplicity of a relay event is that you always know who is winning!

Women's Relay

- 3 x 2.5 km
- Teams consist of 2 classic and 1 freestyle technique skier. At least one skier from each team must be from the B1 classification.

Men's Relay Distance and Team Composition

- 3.5km sitting – 5 km standing classic – 5 km standing freestyle
- The combination of team members varies and is divided into two group possibilities.

<i>Group I</i>	B 1	<i>Group II</i>	B 2
	LW 3		B 3
	LW 5-7		LW 2
	LW 10-12		LW 4
			LW 6-8
			LW 9





4. Biathlon Races at the World Championships

• *Women's Events*

Standing Women (LW 2-9)	12.5 km (4 shooting stages)
Standing Women (B 1-3)	12.5 km (4 shooting stages)
Sit-Ski Women (LW 10-12)	10 km (4 shooting stages)
Standing Women (LW 2-9)	7.5 km (2 shooting stages)
Standing Women (B 1-3)	7.5 km (2 shooting stages)
Sit-Ski Women (LW 10-12)	7.5 km (2 shooting stages)

• *Men's Events*

Standing Men (LW 2-9)	12.5 km (4 shooting stages)
Standing Men (B 1-3)	12.5 km (4 shooting stages)
Sit-Ski Men (LW 10-12)	12.5 km (4 shooting stages)
Standing Men (LW 2-9)	7.5 km (2 shooting stages)
Standing Men (B 1-3)	7.5 km (2 shooting stages)
Sit-Ski Men (LW 10-12)	7.5 km (2 shooting stages)

5. The Biathlon Shooting Range

The range for the Paralympic events will look strikingly different than last year's World Cup. The different set up of the range and targets accommodates disable-bodied athletes. Here are some of those variations:

Shooting Lanes

- The distance from the firing line (where all the mats line up) and the targets is 10 meters.

Targets and Shooting

- Targets: LW-Class competitors shoot prone (lying down) at targets 25 mm in diameter. B-Class competitors shoot prone (lying down) at targets 30 mm in diameter.
- Hits and misses are displayed on a set of lights for officials, guides, trainers and spectators.
- In the short distance races, athletes must ski a penalty loop for each missed target.
- In the long distance races there is no penalty loop for misses. Time penalties take the place of the penalty loop.
- For the blind skier, hits and misses register as a tone in the athlete's earphone.
- The guide may aid the blind skier by removing his/her poles.
- Special rifle racks are placed at each shooting lane for LW shooting.

Competitors

- Biathlon competitors do not ski with rifles.

The pictures provided in the photo gallery will help you and your students visualize and understand how these events work.





6. Percentages and Results

To rank skiers of different functional ability within the same category, the competitor's actual time on the race course is multiplied by a percentage. The adjusted times are then used to determine the results and award medals. Consider the following scenario:

I am a B3 skier. I finish the 20 km classic cross country race in 100 minutes. My percent adjustment is 100%. $100 \text{ minutes} \times 100\% = 100 \text{ minutes}$. My race time is 100 minutes. My opponent is a B1 skier. She also finished the race in 100 minutes. Her percent adjustment is 87%. $100 \text{ minutes} \times 87\% = 87 \text{ minutes}$. She beats me by 13 minutes. She wins the gold and I take home the silver.

This system is used for all races except the relay, where the more conventional "first one to cross the finish line wins" approach.

- Percentages from 2003-2004 season are shown below:

Standing Classes	Classic	Free technique
B1	87%	85%
B2	98%	98%
B3	100%	100%
LW 2	91%	86 – 91%**
LW 3	87%	80 – 91%**
LW 4	94 or 96%*	96%
LW 5-7	79%	87%
LW 6/8 <i>Injury above elbow</i>	91%	96%
<i>Injury below elbow</i>	92%	97%
LW 9	85 – 95%**	82 – 95%**

Sit-Ski Classes	
LW 10	85%
LW 11	93%
	100%

*94% those athletes who have problems in both legs
 *96% those athletes with amputation below knee or comparable disabilities
 ** percentages depend on functionality.

7. Psychology of World-Class Nordic Skiers

When introduced to new sports it is easy to focus on the physical techniques and abilities of athletes in that sport. Elite athletes exude grace and control, speed and power. In the presence of paralympic athletes we are reminded that the right attitude is necessary to reach one's potential. Having the "right stuff" to succeed applies to all people, at any age.

Watching athletes skate, glide, push and focus to achieve a peak performance is priceless. Disabled athletes are inspiring. Encourage your students to look for the moments where some of the following qualities shine:

Self-esteem

Psychological and Physical Ability Overcomes Adversity

Determination and Will

Perseverance

Focus and Concentration

Drive and Motivation





8. Where will the athletes compete before the World Championships?

U.S. Cross-Country Nationals

- **Solider Hollow, Utah** Here in the U.S. the Paralympic national team will compete alongside able-bodied competitors at the 2005 U.S. Nationals in Soldier Hollow, UT. The paralympic and able-bodied national championships are integrated in the same event in the U.S.

IPC World Cup Events

- **Torino, Italy**, the site of the 2006 Olympic Games and Paralympic Games, athletes compete from January 25-28.
- **Klosters, Switzerland** athletes compete from February 26 – March 3.

Check these websites for more information:

International Paralympic Committee

www.paralympic.org

2003 World Championships in Germany

www.ski-wm2003.de/en/home/

Disabled Athletes

www.dsusa.org/about.html

As witnessed by spectators, competitors, organizers and volunteers at the 2004 IBU Biathlon World Cup, these events are powerful experiences. This guide offers only a splice of the ski world. Take what you need, use it how you can and enjoy the races or even just a fun afternoon ski.





II. 2004-2005 Classroom Visits by MWSC Athletes

1. Classroom Visit

Maine Winter Sports Center Continental Team athletes can be invited to schools and classrooms as guest speakers to help preparations for winter skiing and field trips to the IPC World Championships. Athletes who have been named to the Maine Winter Sports Center Continental Team are among the best up-and-coming Biathletes and Cross-Country Skiers in North America. While most of the athletes are training to earn a spot on a National Team, many have international racing experience and some are US Junior National Champions.

The *athlete-guest visit* will comprise of:

- A. Video Presentation
- B. Discussion Session
- C. Classroom Activities

A. *Video Presentation*

Using video highlights from the paralympic competitions, the 2004 Biathlon World Cup in Fort Kent, and local events, the Maine Winter Sports Center athletes will help inform you and your students about the basics of the paralympic events, biathlon and cross-country skiing.

Participating in a nordic event, either as a competitor or a spectator is a special experience. Watching this video brings the dynamics of skiing and racing into the classroom.



B. *Discussion Session*

Following the presentation the Maine Winter Sports Center athletes will be available for a question and answer session. You may wish to prepare for a question & answer session by developing age-appropriate questions related to your curriculum. For example:

- What is it like to be an athlete? (Training, diet, home life, friends, school, competition, travel)
- Why did you decide to train full time?
- What do your parents/friends think about your decision to be an athlete?
- What does it take to compete on a national team, on a World Cup team, on an Olympic team? (Results, skills, aptitudes, visas/documents)
- What obstacles have you had to overcome? (Stress, finances, language)
- What were you doing at my age that helped you become an athlete?
- Do athletes ever cheat to win?
- What is your position regarding performance enhancing drugs and sport?
- What is it like to compete in another country?
- Are other athletes from other countries friendly?





- What is your position regarding sport and world peace?
- What other languages do you speak?

C. Classroom Activities

Depending upon time, space, and feasibility, activities demonstrating some aspects of skiing will be lead, enabling students to understand skiing on a physical level. For example: students may be paired as “guides” and “blind skiers” to negotiate a path from one end of the classroom to other end. This simulates what is going on between a blind skier and their guide. Now imagine doing that while racing on snow!

Please see the Fan Club Activities section for other classroom activity ideas pertaining to the IPC Championships.

2. Follow-up Activities and Assessment Strategies

Following the classroom visit, you may wish your students to undertake one of the following:

- *Journal Writing:* Have I got what it takes to be an athlete? How well am I able to balance responsibility in my life? Would I like to be an athlete?
- *Journal Writing:* If no one was looking, would I be tempted to take a short cut in a race? If I saw a classmate/friend taking performance enhancing drugs, what would I do? What kinds of cheating have I done in my life? Who, including myself, was affected by my cheating?
- Writing “*Thank You*” Letters to MWSC Continental Team athlete presenters. (formal, informal, word processed)
- Creating a web page about the athlete-guest visit for a class/school Web-site
- Discuss with the class if and why they would like to take a field trip to the Championship events this winter.
- Discuss and plan activities for your athlete **Fan Club**?
- Write Thank-you notes to the School Program Corporate Sponsor.





III. World Championship Athlete Fan Club Program

1. Why create an Athlete Fan Club?



A “fan club” is a great way to make the IPC Nordic World Championships relevant and meaningful to your students. Your students will be able to personalize the Championship experience by learning about an athlete, studying his/her culture and country of origin, communicating with him/her, following his/her progress on the 2004-05 competition circuit, cheering for him/her at the Fort Kent races, and then meeting him/her in person.

2. What is an Athlete Fan Club?

Rob Walsh, Athlete Representative and former Paralympic athlete, is working to make it possible for Aroostook County school groups to meet athletes either after the races for photo opportunities/autograph signing on a race day, at schools on a non-competition day or in the evening at a school hosted supper! He is a blind skier, and will bring a unique perspective to the connection of your class and athletes. Did you know that *Max Saenger*, Chief Operating Officer, of the Maine Winter Sports Center was Rob’s guide at three Paralympic Games and together they won numerous silver and bronze medals!!!? In January the list of athletes who are keen to participate in the Fan Club program will be available, your class will be able to select their athlete(s). **Dolores Dumont, Fan Club Coordinator**, will make this list available to you. Contact Dolores at iddumont@nci2.net or call 207-834-5383 and **Leola Bouchard** at leolab@sjv.net or call 207-834-5619. Refer to sections **VIII. Team USA** and **IX. 2005 Paralympic Nordic Athletes** for athlete lists and biographies.

**In case an athlete becomes injured or sick before the Fort Kent races, it would be wise to choose at least two athletes.*

Our American athletes are hoping for support from the “home” crowd. The US Biathlon Team at last year’s World Cup was so very proud of all of you! Your class may choose to become a fan club for “Team USA” rather than an individual athlete from another country. No matter which athlete your class chooses, it is important to cheer for all the countries and all the athletes as they compete!

Possible fan club arrangements:

- Your classroom chooses two athletes from two different nations
- Your classroom chooses one male and one female athlete from the same nation
- Your classroom chooses a nation’s team (e.g. Team USA or Team Germany)
- Each grade in your school chooses an athlete from a different nation





3. Fan Club Program

To request a list of athletes participating in the Fan Club Program and to request an opportunity for your club to meet athletes, please email your name, school name, school address and phone number, number of students and your interest in meeting athletes at the races, in your classroom or hosting an athlete supper to:

Dolores Dumont, Fan Club Coordinator, at iddumont@nci2.net or 207-834-5383 or
Leola Bouchard at leolab@sjv.net or 207-834-5619..

4. Fan Club Activities

There are lots of wonderful ways in which to create fan clubs in your school:

A. Athlete Profiles

- Learn about your athlete(s) by reading and discussing the athlete profiles provided (Section XIII, IX and X), and by finding photos and other interesting facts about your athlete on the web: www.paralympic.org
- Teach research skills by guiding your students to research your athlete's country; flag, customs, regional specialties, climate, geography, history and language (e.g. learn to say "hello", "good luck" and "Go! Go!" in their language).
- Create a large scale poster or bulletin board display for your classroom and bring to the competition!
- Teach your students about biographies. As a writing assignment as your students to create their own "athlete profiles" for sports they enjoy (real or imagined). Encourage use of digital photography and iphoto as a laptop activity if possible. Students may also draw a self-portrait to accompany their profile. Display student work.



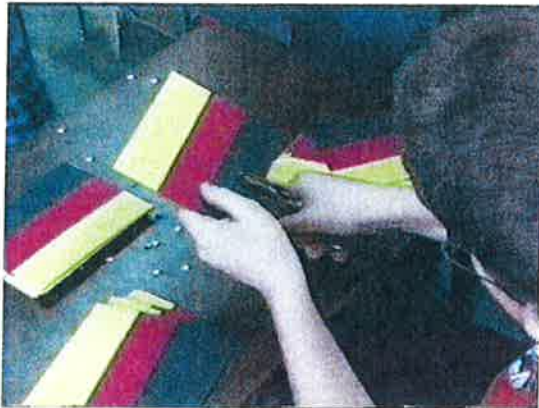
B. Fan Club Mail

- Students may be able to correspond with their athlete via email and send digital class photos to them. Your athlete may be able to send your class an autographed photo or postcard. Your athlete may even respond to email directly.





C. Fan Club Props



- Banners, noisemakers, costumes, flags, face painting are all possible props your class can make and bring with them to the races. If you know ahead of time what your class will be wearing or what color signs you'll be waving, you can email the athletes so they can be on the look out for you.

D. Meet An Athlete

- Three possibilities may exist for meeting paralympic athletes:
 1. Photo opportunities/autograph signing at the races on Tuesday, March 15th or Thursday, March 17th
 2. At your school on Monday, March 14th, Wednesday, March 16th or Friday, March 18th
 3. At an athlete supper organized by your class in their honor.To request any of these arrangements, it is necessary to contact Dolores Dumont.
- Plan how you are going to greet your athlete (give a cheer, say hello in his/her language, recite a poem, sing a song, shake hands, bake them cookies?).
- Be considerate regarding autographs (assess your group size).
- Rehearse your plans for photo taking.
- Brainstorm with your class about a souvenir you may wish to present to your athlete(s) when you meet him/her. Keep in mind the limitations of air travel if you elect to pursue this idea. You may have a school letter or lapel pin to present. A student-made item would also be appropriate.
- Brainstorm with your class any questions you may wish to ask. Offer to answer any questions your athlete may wish to ask your class.
- If applicable, make supper invitations, menus, seating plans, arrange entertainment and decorate the room with your banners and flags.





5. Classroom Projects and Activities:

A. Disabled skiing – Could you do it?

Paraplegic athlete

- Have students stand next to their desks. First stand only on the left leg, and then only on the right. Is one stronger or easier to balance on? Then try that again, but have them close their eyes. What happens? Have students try writing on the chalkboard blindfolded. Discuss what happens when one of your senses is taken away. What happens to the remainder of your senses, how are they affected?
- In PE class or recess, assess how a student can balance on one leg while doing a squat or hopping? This demonstrates the importance of balance and strength. Have them imagine how strong and stable a disabled alpine skier must be.

Visually Impaired Athlete

- Have the classroom split up into pairs. One student is a “guide” and the second student is a “blind skier.” Wearing a blindfold, the “blind skier” must cooperate with his/her guide as the guide leads them through the classroom’s arrangement of desks and chairs. Encourage students to work on clear communication through voicing directions and commands to ensure a successful trip through the classroom.
- How well can you see? Have a student wear a pair of safety glasses. Wipe on Vaseline layer by layer and have the student describes how little they can see or read. This simulates the classified levels of blindness.
- Have the class close their eyes. Ring a bell or make a noise in one corner of the room. Have the students point toward the noise and then open their eyes to see how well they did. This conveys the use of a different sense other than eyesight to locate something like the biathlon target.

Sit-skier

- PE class and a gym would offer the right time and space for students to get an idea for a “sit-ski.” If available, use a scooter or rolling apparatus and have students use only their arms to “paddle” themselves from one point to another. Do they have the strength and skill? Ask if they think they could maneuver themselves around school, at home up a hill?

B. *Where In The World is...? A World Geography Activity*

- Project a map of Europe and Scandinavia on a wall and trace the map onto poster paper.
- Make a similar map of the Eastern States. The IPC Nordic Race Schedule is provided in the Resources. Given your space decide how best to represent the Atlantic Ocean. There may be one map in your classroom, or one in the hallway for the entire school to use. You may also wish to give a map to each student if appropriate. Utilize Maine’s map company Delorme at www.delorme.com for information.





- Mark each ski area/city on the North American and European Map
- Add detail to the wall map as the 2004-05 season progresses such as: Countries, Capital Cities, rivers, mountain ranges, etc.
- To help convey the concept of maps and scale, you may wish to start with a map of your school and progressively show maps covering increasing area from: town/county/state/country/continent/world/globe.
- You may extend this activity by having students draw maps of their classroom, or school grounds to scale. Students could also learn about scale and ratio by measuring distances on real maps and converting to actual distances. Using your wall map and the IPC Nordic Race Schedule, students could calculate how many kilometers have the athletes traveled so far on the competition circuit?
- Other extensions include: teaching longitude and latitude by locating the site of the 2006 Winter Paralympic Games in Torino, Italy on maps, the wall map may also be used as an aid for teaching Time Zones (i.e. If your athlete is racing at 2:00pm in Torino, Italy, what time is it in Aroostook County?).

C. Follow the Athletes Across The World

- Research each new country that the Disabled Nordic athletes compete in (customs, politics, history). See the last section of Section I. for a list of where they compete this 2004/05 season.
- Make a postcard for each location using information gathered from the Web and other locations.
- Make a travel brochure for one of the competition sites (include: maps, pictures, sites to see, accommodations, how to get there, itinerary for a visit, costs). Use Appleworks to create a slide show on a laptop for one of the cities the athletes compete in.
- Divide your class into two "biathlon" teams. Have Team One write questions about Russia, Sweden, Austria, Germany, Switzerland, and the United States. Have Team Two write questions about Norway, France, Italy, Finland, Slovenia, and Canada. Questions should vary in range of difficulty. Team Two must correctly answer 5 of Team One's questions in each round and vice versa. Time each round and for each missed question assess a time penalty (like missing a biathlon target).

D. Who's Winning? - Math Activity

- To rank skiers of different functional ability within the same category, the competitor's actual time on the race course is multiplied by a percentage. The adjusted times are then used to determine the final results and to award medals. If a blind skier in the BI Class skis the 10 km Classic course in 28.03 minutes, multiply this time by the percentage (87%) to figure out that the skier's adjusted time is 24.39 minutes.
- Stage a race where students use different modes of transportation. Use the same percentages as the paralympics to figure out who wins. You can add another dimension to this activity to simulate a biathlon race. Incorporate a "shooting range" into your race by placing buckets and balls (or bean bags etc.) at one end of the gymnasium. Allow five shots per student. Then, add a time penalty (e.g. 10 sec/miss) for each ball that misses the target (as shown in the table below). Another approach would be to add "penalty





loop” in the form of an obstacle course for students to negotiate if they miss a shot, in which case the time penalty is eliminated. Adapt this table of results for your own class.

Our Biathlon Race Results

Student Name	Mode of Transportation	Paralympic Class	Actual Time	Percent	Adjusted Time	# of Missed Shots	Time added	Total Time	Place in Race
	Walking Backwards	B1		87%					
	Race walking	B2		98%					
	Running	B3		100%					
	Hopping 2 legs	LW 2		91%					
	Hopping 1 leg	LW 3		87%					
	Tumbling/Rolling	LW 4		94 %					
	Scooter boarding with arms only	LW 5-7		79%					

The ranking system offers excellent real-life examples for math class and can easily be simplified to work on whole number operations. Simply use time deductions, as shown below, instead of percentages. Results from all events will be available throughout the week and afterwards at www.paralympic.org

Our Biathlon Race Results

Student Name	Mode of Transportation	Paralympic Class	Actual Time	Time subtraction	Adjusted Time	# of Missed Shots	Time added	Total Time	Place in Race
	Walking Backwards	B1		30 sec					
	Race walking	B2		10 sec					
	Running	B3		0 sec					
	Hopping 2 legs	LW 2		20 sec					
	Hopping 1 leg	LW 3		30 sec					
	Tumbling/Rolling	LW 4		15 sec					
	Scooter boarding with arms only	LW 5-7		30 sec					

