



*Interview with*  
**Silas D'Atre**

**Age 17**

**Years on PVNT: 10**

# What draws you to cross-country skiing?

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*So much. I love the community, the lessons XC skiing teaches you, the fun of being on skis and skiing all over the country, and the process of developing and following a training plan from the end of spring through winter. I've grown up XC skiing and have watched it grow in plain, I love how it can bring so many people together and be serious but also fun for everyone.*

*Silas D'Atre*

# What are your goals for JNs?

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*Put to work everything I've been practicing all season long. Technical changes, tactics, plans. In all I want to use all of my experience to ski my best and enjoy the fun week.*

*Silas D'Atre*

# How do you plan to deliver on these goals?

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*Keep following my routines that work and stay mindful. Being intentional and present will be super helpful in performing my best. But don't get too overwhelmed and serious.*

*Silas D'Atre*

# How might that serve you in the future?

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*Every race adds to my experience and will help me get better. JNs also opens up future opportunities. Doing well gets your name on the radar of sponsors as well as gives you the opportunity to go so summer camps. JNs is also such a great experience with the team, and is a great reminder of why this sport is so special.*

*Silas D'Atre*



# What advice would you give to younger PVNT skiers?

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*Enjoy this amazing opportunity, have fun with your friends, and if this is something you want to continue to do in the future don't lose sight of what made it fun in the beginning and the friends you made. It's not a solo sport, your teammates are so much.*

*Silas D'Atre*



*Interview with*  
**Avery Houghton**

**Age 16**

**Years on PVNT: 3**

What draws you to  
cross-country skiing?

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*I love skiing and being  
outdoors.*

*Avery Houghton*



What are your goals for  
JNs?

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*Race and gain experience.*

*Avery Houghton*

How do you plan to  
deliver on these goals?

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*Focus on my race plan,  
and give it my all.*

*Avery Houghton*

How might that serve  
you in the future?

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*I will learn hard work and  
determination.*

*Avery Houghton*

What advice would you  
give to younger PVNT  
skiers?

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*Never give up on goals and  
always push yourself.*

*Avery Houghton*



*Interview with*  
**Quinten Koch**

**Age 17**

**Years on PVNT: 4**



What draws you to  
cross-country skiing?

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*Going fast and seeing cool  
places.*

*Quinten Koch*

What are your goals for  
JNs?

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*I plan to have fun and be  
competitive against my  
fellow teammates and  
friends.*

*Quinten Koch*

How do you plan to  
deliver on these goals?

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*I plan to make sure I get  
enough race prep and race  
my heart out.*

*Quinten Koch*

# How might that serve you in the future?

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*The habit of working hard is  
always something that will serve  
me for the future. I think it's about  
putting effort that's valuable that  
makes the difference.*

*Quinten Koch*

What advice would you  
give to younger PVNT  
skiers?

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*Just enjoy skiing. Go adventure  
ski with your friends and hit  
jumps. You have plenty of time.*

*Quinten Koch*





*Interview with*  
**Addie Loewen**

**Age 17**

**Years on PVNT: 5**

# What draws you to cross-country skiing?

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I love the culture of skiing and the community it creates. It also is a great way to push yourself physically and mentally. Most importantly, skiing is an opportunity to be outside and enjoy the mountains while doing something I love.

*Addie Loewen*

What are your goals for  
JNs?

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Going to JNs I hope to have  
some results that I am proud of,  
but mainly I want to perform to  
the best of my ability.

*Addie Loewen*

# How do you plan to deliver on these goals?

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I plan to achieve my goal by knowing I have practice in race prep and race execution which will help me give my everything in each moment. There is also an amazing team of athletes and coaches who will all support each other every step of the way.

*Addie Loewen*

How might that serve  
you in the future?

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*Having this experience will  
serve me in the future by  
helping me gain experience in  
performing in high pressure  
environments.*

*Addie Loewen*



What advice would you give to younger PVNT skiers?

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*Some advice I have for younger PVNT skiers is to keep it fun! It's just skiing, make sure to enjoy what you do and don't put too much pressure on yourself.*

*Addie Loewen*



*Interview with*  
**Caroline Menna**

**Age 17**

**Years on PVNT: 5**



What draws you to  
cross-country skiing?

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*I love the combination of  
physical challenge, the thrill of  
competition, and the connection  
with the mountain environment.*

*Caroline Menna*

# What are your goals for JNs?

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*My goals for JNs are both individual and team oriented. I hope to be an All-American in all four events by placing in the top ten of each individual start and in the top five for the relay. The first team U18 relay could be comprised of an all PVNT members and has a solid chance of being on the podium and an outside chance of taking the top step. In addition, at the last three JNs, I have made friends from all over the country and plan to continue that this year in Utah.*

*Caroline Menna*

# How do you plan to deliver on these goals?

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*At this point, most of the work is already done. That said, I will be following Henry's training plan, including the beginning of a taper on the PVST trails during the last two weeks prior. Of course, I will also prioritize sleep and nutrition during the same period.*

*Caroline Menna*



# How might that serve you in the future?

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*I think all disciplined work serves us in the future no matter what it is. So, I surmise that the three weeks of training prior to JNs will help with reinforce that and help me to be a competitive skier in college at Dartmouth.*

*Caroline Menna*

# What advice would you give to younger PVNT skiers?

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*Having experienced the highs and lows of the sport, my main piece of advice would be to enjoy the ride. Both the highs and lows pass and, fundamentally, skiing - of any sort - should be fun. More specifically, two things I would recommend for those who would like to race for a long time: (i) focus on fundamentals and nail down the basics - good technique is the foundation for everything else; (ii) be patient: ski racing has a long learning process. Don't get discouraged if you're not improving as fast as you'd like. Consistency and persistence are the keys. I sure know that I still have a lot of work to do!*

*Caroline Menna*





*Interview with*  
**Peter Norby**

**Age 18**

**Years on PVNT: 10**

# What draws you to cross-country skiing?

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*Of all the sports I've done Nordic Skiing is by far my favorite. I especially love the range of technique involved and getting better at something with such a high skill cap.*

*Peter Norby*



# What are your goals for JNs?

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*My racing prep has felt really good this winter and I plan on continuing that in SOHO. I will also be gunning for a top twenty finish as that's been my outcome goal all year.*

*Peter Norby*

# How do you plan to deliver on these goals?

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*Starting a couple weeks out I am calibrating myself to what my schedule will be. On race days I'll be using the warmups that have worked best for me throughout this winter racing. I'll also be eating oatmeal those mornings if at all possible.*

*Peter Norby*



# How might that serve you in the future?

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*Figuring out how to best manage stress and difficult tasks is a skill I've applied many times outside of Skiing. Being even remotely competitive at such a high level in anything takes a lot of sacrifice, but I wouldn't have it any other way, if it was easy then anyone could do it.*

*Peter Norby*

# What advice would you give to younger PVNT skiers?

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*If it works for you that doesn't mean it'll work for others, and vice versa. Only you can figure out what works best for you, you're probably not going to find it the first time, but if you keep trying you will find it eventually.*

*Peter Norby*



*Interview with*  
**Annika Peterson**

**Age 15**

**Years on PVNT: 2**

# What draws you to cross-country skiing?

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*I love the skiing environment and the outdoors, and when the sun is shining it makes skiing the best thing ever! I love the social part as well, going to races and making new friends, as well as hanging out with old friends.*

*Annika Peterson*

# What are your goals for JNs?

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*I want to have a ton of fun with all of the other amazing U16 girls, and have good results. I think that it will be great to have a super fun and exciting environment to compete in, and we'll make a ton of fun memories.*

*Annika Peterson*



# How do you plan to deliver on these goals?

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*I will continue to work hard at practice and make sure that I always put my best effort in. We have put a ton of work in throughout the season, and I'm really excited to see that work and all of my goals pay off.*

*Annika Peterson*



# How might that serve you in the future?

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*Practicing and racing will payoff to be a super great learning experience, to learn how to push myself and learn to enjoy those hard moments, especially in races, when you want to stop but keep going anyway.*

*Annika Peterson*

# What advice would you give to younger PVNT skiers?

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- 1. Have a TON of fun, make sure you always show up with a smile, and be kind to everyone.*
- 2. Look ahead at your goals: make sure you know why you're doing what you're doing.*
- 3. Glitter makes you 100x faster*

*Annika Peterson*



*Interview with*  
**Olaf Saugen**

**Age 16**

**Years on PVNT: 8**

What draws you to  
cross-country skiing?

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*The people and the  
snow.*

*Olaf Saugen*

What are your goals for  
JNs?

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*I plan on creating a plan for  
each race day and working  
to complete it while racing  
as hard as I can.*

*Olaf Saugen*

How do you plan to  
deliver on these goals?

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*By prepping and doing  
everything I can to make  
sure I'm ready.*

*Olaf Saugen*



How might that serve  
you in the future?

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*It will help how I perform at  
work or in my personal life.*

*Olaf Saugen*

What advice would you  
give to younger PVNT  
skiers?

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*Find the fun whenever you  
can and make friends with  
as many people as you can.*

*Olaf Saugen*



*Interview with*  
**Jedidiah Stay**

**Age 14**

**Years on PVNT: 9**

What draws you to  
cross-country skiing?

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*The fun of going fast and  
teammates.*

*Jedidiah Stay*

What are your goals for  
JNs?

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*A top ten finish and to  
perform my best.*

*Jedidiah Stay*

How do you plan to  
deliver on these goals?

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*Being well rested and  
training.*

*Jedidiah Stay*



How might that serve  
you in the future?

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*Drive for the sport and  
confidence for next  
season.*

*Jedidiah Stay*

What advice would you  
give to younger PVNT  
skiers?

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*Work hard and it will  
pay off.*

*Jedidiah Stay*



*Interview with*  
**Micah Wilder**

**Age 16**

**Years on PVNT: 9**

What draws you to  
cross-country skiing?

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*The team aspect, a good  
hard achievable goal, and  
a killer physique lol*

*Micah Wilder*

# What are your goals for JNs?

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*To do the best I can, come prepared to everything I go to, stay organized, be a good fun supportive teammate, and to feel personally accomplished even if my placements doesn't show it.*

*Micah Wilder*



How do you plan to  
deliver on these goals?

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*I will write out a plan for each race day, including times and the other days without times but still a base agenda. then I will follow through with everything I write down.*

*Micah Wilder*

# How might that serve you in the future?

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*It will help me stay more organized  
and will help me get into the habit  
of writing, journaling, and creating  
a calendar.*

*Micah Wilder*

What advice would you  
give to younger PVNT  
skiers?

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*Have fun, train hard it will pay off  
in the future, and make sure to  
make good friends along the way,  
even though its an individual race  
it's still a team sport!*

*Micah Wilder*