

2012

Wilson / Central Catholic High  
School Ski Team Handbook



1/1/2012

# Table of Contents

**Head Coach Letter.....2**  
**Ski Team Parent Representative Letter.....3**  
**Ski Team General Information.....4**  
**Team Fees / Refund Policy.....6**  
**2011/2012 Budget.....8**  
**Scoring, Seeding, Winning a Letter.....9**  
**Parent Responsibilities..... 10**  
**Suggested Equipment List and selection guide..... 11**  
**Three Rivers League Race Schedule ..... 13**

## Registration Forms / Checklist

---

*Racer Name (Include this sheet with registration materials)*

- Check** (Team Fee, Made Payable to Wilson Ski Team)
- Student Code of Conduct**
- Parent and Racer Information**
- Consent for Medical Treatment**
- Team Liability Release Waiver**
- OISRA Racer Form 'A1'** *(for athlete)*
- OISRA Volunteer Form 'V1'** *(for parents)*

### **Ski Area Release Forms** (One for each racer and parent volunteer):

- Ski Bowl** (1 page, available on team website)
- Timberline** (1 page, available on team website)
- Mt. Hood Meadows** (4 pages, available on team website)

## Letter from the Head Coach

Dear Racers, Parents and Supporters,

Welcome to the Wilson High school and Central Catholic High school ski teams. Last season was successful as we saw several racers place high in league competition and qualify for the OISRA state championships. With the talent returning to our team this season, we expect a great year with improvement by all, especially first time racers. We are also surrounded by a great returning *parent* group which has already done a significant amount of work to get the season off to a running start. Your coaching staff is eager to begin a new season and welcome all the new families and all the returning families.

Because of the nature of our sport and its lack of financial support, expectations are placed upon all our athletes, coaches and parents. My goal as your head coach is to respect those demands placed upon us but remain centered and true to our team and school philosophies.

One important goal this year is to nurture and develop a commitment to the “team.” We hope to build leadership, cooperation and respect which will in turn, lead to success on the hill. The focus on personal and team growth during our training season will be key to achieving our goals. Whatever energy and desire is put out from the racers will be matched by our coaching staff. Our approach towards competition is to prepare each individual with fitness, basic skiing principles, equipment knowledge, and racing tactics.

The Wilson/Central Catholic HS ski team is excited to welcome back Tony Frey and Melinda Borgens as our assistant coaches. Our coaches have many years experience with skiing and ski racing. They participate in continuing education clinics and basic first aid certification. As head coach, I look forward to interacting with the racers and our great coaching staff and expect this year to be another great one.

Your coaching staff is anxious to work with each and every athlete, meet the new parents and supporters and continue building relationships with existing parents. We are committed to you for the continued improvement and building of this great team.

Respectfully,

Jason Gillies,

WHHST Head Coach / CCHSST Head Coach

971-270-9510 (home)

[jgillies@oregonducks.org](mailto:jgillies@oregonducks.org) (Email)

## **Letter from the Parent Representative**

The Wilson/ Central Catholic Ski Team is truly fortunate to have some of the finest coaches on the mountain. Jason Gillies and Tony Frey have been involved in racing and coaching for many years. They bring a depth of experience that ensures our skiers will develop to their full potential. Jason and Tony bring a positive, fun and supportive attitude to training and racing. They work well with skiers of all levels.

Wilson and Central have trained together for many years, a collaboration which has benefited both teams. Following a successful season in the Three Rivers League (TRL), both Central and Wilson Ski Teams qualified several racers to compete in the OISRA State Championship Race in March, 2011. The State Championship will be at Mt. Hood in March of 2012, we expect to have several racers qualify.

This Ski Team Handbook contains information about dry-land training, Tuesday night on-hill training, winter ski camps, away trips, and races. I hope you enjoy your year with us. We have had a WONDERFUL experience skiing, training, and getting to know some great people. The Wilson/Central Ski Team provides an excellent opportunity for young adults to make friends (and fast turns). It doesn't matter what level skier you are, only that you have fun and do your best.

The Wilson/Central Ski Team has a website (link below) which contains information on races, training, volunteer opportunities, a season calendar, and more. The website also has forms from the governing body for our racing league, OISRA, helpful links and coach information. Please read through this packet carefully and let us know if you have any questions.

We will be training on Tuesday nights at Ski Bowl this year. We plan to have several early-season training, depending on conditions. All racers are encouraged to purchase a "Fusion Pass" which is good at both Ski Bowl and Timberline ski areas.

Michael / Carolyn Schiewe

Wilson/Central Ski Team Chair

[carolynandmichael@lycos.com](mailto:carolynandmichael@lycos.com) (Email)

[www.wilsonskiteam.org](http://www.wilsonskiteam.org) (Team Website)

## **General Information**

### **Insurance:**

We have decided as a team to not carry the Boy Scout (BSA) Venturer program insurance for the 2011-2012 season. All racers and parent volunteers are required to carry medical insurance. It is important that your medical coverage information is filled out completely on your medical consent card.

A portion of the state dues each racer pays to the OISRA goes to cover indemnity insurance for race workers, volunteers and coaches when assisting with sanctioned alpine events, both on snow and at dryland training.

### **Dry-Land Training:**

Dryland training will begin on November 1st and will be held from 3:30pm until 5:00pm. Practice is held Monday through Thursday until winter break and then on Thursdays in January. (If there is no school, there will be no practice). Athletes should be prepared each day for outdoor activities and meet in the school cafeteria. Attendance is required and will be recorded. Race order is often determined based on attendance. Please contact Coach Jason Gillies in advance if you plan to be absent. Refer to team calendar (online) for detailed training schedule.

### **Mountain Training:**

Mountain training is expected to begin in December depending on snow. One or more early-season training sessions may be held, likely at Timberline. Night training will be held at Mt. Hood Ski Bowl. We will carpool to all December training sessions. We are hoping to work out a bus sharing agreement with another HS team for training sessions held in January and February. The bus will arrive at Wilson High School at 3:15pm for loading and will depart promptly at 3:30pm. When carpooling, we will plan to meet on-hill at 5:00pm. The lodge at Ski Bowl will not be open for food purchases on the Tuesday evening training sessions. Athletes should pack food and drinks! Ski storage will be available at the high school beginning at 7:30am (location TBD). There are 8 night training sessions scheduled, refer to team calendar for schedule. Please contact Coach Jason Gillies in advance if you plan to be absent.

Do Not Forget: Ski Boots, Skis, Helmet, Poles, Goggles, Gloves, Water, Meal or Snack Food!
--

### **Equipment**

Skiers bring their equipment to school for storage on training days. A room assignment will be announced. Always bring extra gear and plan for rain.

### **Helmets**

Team members are required (by state rules) to wear helmets with hard covering over the ears at all times, no exceptions for race training and for all sanctioned high school races. Goggles while not mandatory are highly recommended for eye protection.

### **Race Days**

Races are scheduled on Saturdays at Ski Bowl and Mt. Hood Meadows. Typically, skiers must be on the mountain on race days by 8:00 a.m. More information will be provided on the team website prior to each event.

### **Ticket / Season Pass Info:**

It is strongly suggested that each athlete purchase a Fusion Pass. After adding up all training and race days, buying a season pass represents a savings over buying individual day passes. The parent chaperone for

training nights will be provided a ticket for night skiing. Parents are expected to check in periodically to assist coaching staff.

Fusion Pass (Timberline and Ski Bowl Season Pass) <http://mthoodfusionpass.com>

Passes must be purchased no later than November 6, 2011 to secure prices listed below:

Ages 7-14 or 65+	\$255.00
Ages 15-22	\$365.00
Ages 23-64	\$475.00

### **White Pass Away Weekend (Dec. 9-11) – TENTATIVE**

This is one of the greatest opportunities to improve skills and spend time with your team mates. White Pass is located about 3 hours to the North of Portland in the Washington cascades. There was a great turnout for this fun event last year. We are looking at the option of going to Mt. Bachelor. Regardless where we go, participant will meet at Wilson HS on Friday afternoon. We will return to the school on Sunday evening. The cost of this weekend will be approximately \$150.00 per racer, but that may change. More to come!

### **Lodges Overnight /Training Day (Friday Feb. 3) – TENTATIVE**

In years past, this special training session has given our racers additional time to fine tune skills so they can finish the season off strong. Assuming this can again be arranged, we will spend the night at the White Salmon Lodges where we will have pizza, and have a ski tuning clinic. The next morning we have a race at Mt. Hood Meadows which is only about 15 minutes away. The cost for this training day, lodging and food is about \$50 per racer.

### **Race Schedule**

The race schedule is available on the league website [www.ski3rivers.org](http://www.ski3rivers.org) and has been attached at the end of this packet. The season will start with the Cato Race on January 7<sup>th</sup>, 2012. We will have 3 league races at Mt. Hood Meadows and 3 races at Ski Bowl. Race formats will be split between Slalom and Giant Slalom. The final league race of the season is scheduled for Saturday February 18, 2011. There will be a league awards ceremony the week following the race. For qualifying varsity racers, the OISRA High School State Championships will be held on Mt. Hood from February 29 to March 2, 2012.

### **Driving**

RACERS ARE NOT PERMITTED (by league rules) TO DRIVE TO AND FROM RACES OR TRAINING. Parents are encouraged to arrange carpool transportation to and from the mountain on race days. If someone would be willing to organize carpools, that would be appreciated. The league mandated penalty for violation of the rule against racers driving to the mountain is individual disqualification for four consecutive races. The driving rule is extended to team training days and nights. A bus will be provided on all training nights in most cases.

### **Fundraising**

The team needs to fund raise to help meet our expenses and to keep the costs for our racers as low as possible. If you know of a good fundraiser, let us know.

### **Awards Banquet and Scholar Athletes**

An awards dinner is held for all team members and families at the end of the season. Wilson and Central Catholic High School letters and individual awards will be presented to the racers. Racers who have a current GPA of 3.75 or above as of the last grading period will receive a scholar athlete award. A racer will receive a letter if he or she has raced half of the varsity races during the season. A letter will be awarded to JV athletes who place in the top three at the end of the season.

## **Team fees and refund policy**

### **Ski Team Fees**

2012 Team Fee - \$580 (Central Catholic Racers - \$480 with no bus transportation)

Team fees cover the costs for coaching, bus transportation, race equipment, training tools, teaching aids and operational costs. All athletes must pay this fee before any participation with the team. All fees are deposited into the team's non-profit bank account. Please review the attached Team Budget.

### **Refunds**

Your decision to join the ski team directly affects the financial agreements the "Team" makes to its team members, team suppliers, and coaches. Your departure breaks that financial agreement and effects the cost other parents and athletes may have to pay in addition to the original team fee paid. Please consider it is not uncommon to have athletes paying their own way.

Our budget is based on your participation and fees paid. Due to that fact a refund is not possible without a valid and verifiable reason and may not be given under certain circumstances. If a refund is issued it will be prorated. The ski team uses categories to determine a refund and when the refund is issued. They are; ***In season refunds, No Refunds and General Refunds***. Depending upon the reason one will likely apply. The duration of the season is defined by the first week of November and runs to the end of the third week in February.

***In season refund*** - Below are valid reasons for a refund and if given will be prorated and based on team expenses and the number of team members.

- *Death or Moving out of town*. A prorated amount will apply.
- *Injury*- where the injury occurred while ski training or racing with the team. A prorated amount will apply.

***No refunds*** are given for the following reasons:

- *Injured outside of ski team*. Ex: hucking jumps or another sport injury.
- *Grades* – If you can't keep up your grades the loss of your fees and skiing is a natural consequence. Beside you may get your grades up and can again participate.
- *Friend quit so I quit* – giving a refund here is very unfair to other team members.
- *I didn't participate in all the training or race days* - You chose not to participate.
- *Suspensions or dismissal* - from the team for violation of the code of conduct signed by parents and athletes.

***General Refunds*** - Rarely does the team issue a general refund. The first choice is to use the remaining balance on the kids. If a refund is given it will be based on the ending season's total income, less savings, less actual costs. The balance amount if any may be refunded to the team members after consideration of the teams needs by the Parent group and approved by the Head Coach. No part of the fundraised money can be considered for a refund while the team is an entity. The saved portion of the money is used to help offset unforeseen costs and equipment improvements for the team or pay for special events for the athletes and coaches education. It is solely used for the good of the team and is to be spent on the team.

***All Team refunds must be approved by the Head Coach and Parent Representative.***

Wilson/Central High School Ski Team Proposed Budget 2011-2012	2010 / 2011	2010 / 2011	2011 / 2012
	Budget	Actual	Budget
Coaching	\$7,220.00	\$6,760.00	\$8,000.00
Bus Transportation	\$2,200.00	\$2,398.98	\$2,500.00
Three Rivers League/OISRA Dues	\$2,310.00	\$1,440.00	\$2,990.00
Insurance BSA	\$815.00	\$1,086.85	\$0.00
Coaches Passes	\$700.00	\$675.00	\$650.00
Parent Chaperone Tickets (2 per night training)	\$368.00	\$450.00	\$400.00
Team Awards / Banquet	\$250.00	\$236.95	\$300.00
Equipment	\$500.00	\$523.49	\$1,700.00
Printing & Supplies	\$50.00	\$215.00	\$50.00
Website	\$0.00	\$0.00	\$0.00
Team Away and Winter Camp Funds	\$0.00	\$0.00	\$800.00
State Race	\$800.00	\$1,053.00	\$800.00
Impact Testing / Mtn. Hill Fees	\$0.00	\$310.00	\$400.00
Misc.	\$200.00	\$208.75	\$100.00
<b>Total Expenses</b>	<b>\$15,413.00</b>	<b>\$15,358.02</b>	<b>\$18,690.00</b>
<b>Skier Fees without bus (\$480x8 skiers)</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$3,840.00</b>
<b>Skier Fees with bus (\$580x18 skiers)</b>	<b>\$13,200.00</b>	<b>\$13,870.00</b>	<b>\$10,440.00</b>
<b>Subtotal</b>	<b>-\$2,213.00</b>	<b>-\$1,488.02</b>	<b>-\$4,410.00</b>
<b>Beginning Cash Balance</b>	<b>\$6,080.73</b>	<b>\$6,323.26</b>	<b>\$8,035.24</b>
<b>Subtotal Cash On Hand</b>	<b>\$3,867.73</b>	<b>\$4,835.24</b>	<b>\$3,625.24</b>
<b>Fundraising or Donations</b>	<b>\$0.00</b>	<b>\$100.00</b>	<b>\$0.00</b>
<b>Auction Income</b>	<b>\$2,500.00</b>	<b>\$3,100.00</b>	<b>\$2,000.00</b>
<b>Cash on Hand (Carry Over)</b>	<b>\$6,367.73</b>	<b>\$8,035.24</b>	<b>\$5,625.24</b>

  

Detailed description of the pie chart: The pie chart illustrates the breakdown of the team's total expenses. The largest portion is Coaching at 43%, followed by Bus Transportation at 15% and League/OISRA Dues at 14%. Other significant categories include Equipment (9%), State Race (4%), and Coaches Passes (4%). Smaller categories include Parent Chaperone Tickets (3%), Team Awards / Banquet (2%), Team Away and Winter Camp Funds (2%), Impact Testing / Mtn. Hill Fees (2%), and Misc. (1%).

Other Expenses for Team Members:	Per Skier		
Mt. Hood Fusion Pass	\$339.00	\$339.00	\$365.00
Mt. Hood Meadow Racer Tickets (Approx)	\$135.00	\$135.00	\$150.00
December White Pass Training Trip	\$160.00	\$160.00	\$150.00
Mid-Season Get-Away Trip	\$50.00	\$0.00	\$50.00
State Race \$\$ Assessed Later	\$300.00	\$250.00	\$200.00
Team Award Dinner (approx cost per attendee)	\$15.00	\$16.00	\$16.00
			<b>\$931.00</b>

## **Scoring, Seeding and Winning a Letter**

Our team has been fortunate to have had many outstanding skiers and racers. Many team members have extensive skiing backgrounds and some have been involved in club racing for many years before high school. This has helped make ours a very competitive team in the TRL and makes for some tough, intra-team competition for varsity spots. But skiers of all skill levels can succeed and excel.

### **League Competition**

High school scoring is as follows: the top three varsity times for each run are added together and totaled. The lowest team time wins the race. Team points are assigned on the basis of the team's finish. Points are accumulated during the year for both slalom and giant slalom. A boys and girls team championship and an overall winner is awarded at the end of the season. Individual finishes are also awarded points each week and individual awards in each discipline and the overall are awarded at the end of the season. The top three times must come from the top six seeds for both boys and girls. These top six seeds represent the varsity teams for the week. Junior varsity times are kept and posted each week and the league publishes individual standings for JV at the end of the year.

Each week, the head coach will submit the week's seeding (start order) to the league office. Racers will be responsible for keeping a race bib through-out the season and bringing it to each race (fees are associated with lost bibs). The seeding ensures the best possible finish for the team each week. Seeding decisions are made on the basis of the coaches' judgment. The factors supporting this judgment include previous weeks' results, progress in skill development during practice, attendance and effort at practice. Seeding may change from week to week as the coaches' adjust to the competitive situation, improvements in individual results, and other factors.

### **State Competition**

In the Three Rivers League, the top four boys and four girls teams in league competition are selected for state championships. In addition, the top four individuals (subject to change) in each event whose teams are not selected for the state championships qualify for selection. When Central Catholic and Wilson qualify for the championships, the top five boys and five girls in slalom and giant slalom will be named to the team. In addition, one male and female alternate in each discipline will be named (may be the same athlete for both disciplines). It can be beneficial for the top J.V. racers to attend and support the State team at the State Race.

Selection for the team will be as objective as possible. In the case of a tie in results, the benefit will go to the more senior member of the team. At times, because of falls, excused absence, or other factors beyond the control of racer and coaches, subjective judgment may be required. This is the responsibility of the head coach.

Position within each seed at the state championships is determined on the basis of the team's league finish (the higher we finish in league, the better position within the seed each racer should have).

To qualify for State, racers must maintain a passing grade in all classes, behave in an appropriate and respectful manner to all competitors and race officials, and attend all training sessions. Failure to meet these expectations will result in reduced seeding for State and any other sanctions including dismissal from the State team, in the discretion of the Head Coach. Absences will only be considered "excused" if caused by injury or illness, family emergencies or academic responsibilities.

### **Winning a Letter**

Letters will be granted to individuals who start in at least half the varsity races or JV racers who finish in the top five in either discipline (SL or GS) at the end of the season. In specific situations the head coach may use discretion in awarding a letter.

# **Parent Responsibilities**

Parent volunteers are a critical (and required) component of the Wilson/Central Catholic HS Ski Team. Our league requires each team to take responsibility for hosting or assisting in putting on 2 of the 6 TRL races. But there are plenty of ways for parents to help that do not require any experience racing or officiating. To ensure that Ski Racers have a safe opportunity to enjoy their skiing experience, we as parents need to step up to help, whether as chaperones for training, coordinators for weekend trips or race volunteers. Although coaches are present during all or most of these activities, their job is just that-**coaching**. It's up to us to make sure that racers can train and compete in a safe, fun and supportive environment. We expect to have 20+ racers this year and will need roughly 60 parent volunteer positions/obligations to be filled during the year. This means we will need each family to volunteer for at least 3 races or in some supporting role. These positions are varied, and can to accommodate those who might be unable to volunteer on the hill. Volunteer positions range from videotaping and photography, setting up weekend trips, helping coordinate your fellow parents, being a gate keeper or hand timer at a race, to showing up for a weekend of skiing with your kid. So step up, grab a snowball, and join the fun!

## **Parent Volunteer Positions:**

### **1-CHAIR-ELECT**

Learns the ropes for next year. Also helps coordinate below duties while chair is away. As chair (next year) is in charge of early season team promotion, coordinating insurance, negotiating and finalizing coaching contracts. Also sets up and executes early season meetings, reserves the Lodges for on the hill training, coordinates with OSIRA including release packets and coordinates with Wilson including grade eligibility. This also includes all financial responsibilities including the budgets, collecting and recording funds, etc. (You may want to have a treasurer if you have no experience in bookkeeping.)

### **2-WEB -MASTER**

### **3-BUS CHAPERONE COORDINATOR**

Coordinate transportation with the bus company for training days (already set up but if any cancellations needed). Coordinates and maintains schedule of bus chaperones and reminders to ensure two parent volunteers for every day of on the hill ski training.

### **4-GATE KEEPING COORDINATOR**

Schedules gate keepers and reminds parent volunteers of the dates they are responsible for gate keeping.

### **5-DECEMBER "AWAY" TRAINING WEEKEND COORDINATOR**

Reserves lodging, coordinates chaperones and drivers, plans meals and collects racer's registration and money.

### **6-TEAM PHOTOGRAPHER/VIDEOTAPER**

Is responsible for team video camera and coordinates parent volunteers to video tape racers on training and race days. Preferably one or two parents primarily as learning to get good quality footage can take some time. Also coordinates how to transfer camera between parents. Volunteers for training days may also be a chaperone.

#### **7-EQUIPMENT ROOM COORDINATOR**

Opens and supervises the ski storage room on training days and coordinates covering parents for dates unable to cover. Includes opening and securing equipment room at or before 7 am each morning and again at 2:30 pm.

#### **8-STATE RACE COORDINATOR**

Reserves lodging, coordinates chaperones and drivers, plans meals and collects racer's registration and money.

#### **9-AWARDS BANQUET COORDINATOR**

Coordinates the end of season awards banquet for racers and parents. Reserves location, collects team RSVP's and collects money for Banquet. (Usually held at Spaghetti Factory)

#### **10-FUND RAISING COORDINATOR**

Works with team and parents to arrange and coordinate fund raising including Christmas Wreath Sale and Spring Sports Auction.

### **Additional Volunteers Required:**

#### **11-GATE KEEPING**

We will need gatekeepers for the year. Gate keeping involves the whole day of race day on the hill. Our team will be hosting or co-hosting two races during the season and we will need to provide about 6 gatekeepers per race.

#### **12-TUESDAY TRAINING NIGHT CHAPERONES**

With two parents each night, we need 20 bus chaperones for the year. Responsibilities include arriving at 3:15pm Wed, taking attendance, riding the bus and chaperoning racers both on the bus at the hill. Chaperones will be compensated with a free night skiing ticket but are expected to assist the coaching staff with gate training and or drills if needed.

#### **13-CHAPERONES FOR AWAY WEEKEND (TBD)**

Travel with the team and chaperone skiers both at the Lodges and on the hill. Four person minimum (we may need to add additional depending on the number of skiers). This includes driving skiers to the mountain. The Lodges is a bunk style lodge that provides dinner and breakfast the following morning before our scheduled race. It is located just out of Government Camp.

#### **14-CHAPERONE FOR WINTER CAMP AWAY TRIP-WHITE PASS, WA (2<sup>ND</sup> WEEKEND IN DECEMBER)**

Travel with the team and chaperone skiers for all weekend activities. Four person minimum.

#### **15-CHAPERONES FOR STATE SKI RACE - IN MARCH, 2011**

Travel with the team and chaperone skiers for all weekend activities. Three person minimum.

**NOTE: YOU MUST SIGN UP TO VOLUNTEER A MINIMUM OF 3 TIMES. SIGN UP SHEETS WILL BE AVAILABLE AT THE REGISTRATION NIGHT ON OCTOBER 25, 2011, AT 7:00 p.m. IN THE FACULTY LOUNGE AT WILSON HS.**

## Suggested Gear List

<p><b><u>Must Needs:</u></b></p> <p><b>Skiing Equipment:</b>          Helmet (required)          Ski Jacket and Pants (zip offs preferable)          Under layers (synthetic fabrics)          Pair of Skis          Poles          Boots          Goggles          Gloves          Food &amp; Water&lt;-ALWAYS</p> <p><b>Basic Tuning Kit:</b>          Iron          HydroCarbon Wax (warm temp)          Vises/Horses          Files          Side Bevel ( 1 or 3 degree)          Plastic Wax Scraper          Nylon Brush</p> <p><b>Suggested Options:</b>          Race Suit          Extra Pair or Two of Goggles          Extra Pair or Two of Gloves          Two Pairs of Skis- GS &amp; SL          Two Pairs of Poles- GS &amp; SL          SL Pole and Shin Guards          Under pads- Arm and/or Thigh          Race and Training Wax (warm temp 28-34)          Rubber Rain Gear          Waterproof Backpack          SKI STRAPS!!!</p>	<p><b><u>Extreme Wax Kit:</u></b>  <b>(For serious racers)</b></p> <p>Iron (Ski Wax Iron Preferable)          Vises/Horses          Graphite Under layer (Solid or Liquid)          Training Wax- HydroCarbon          *Race Wax- Hi FluoroCarbon (warm temp)          Pre-Race Fluoro Spray- Warm          Plastic Scraper          Metal Scraper          Brass Brush          Nylon Brush          Horse Hair Brush          Fiberlene Towels          Pocket Stone          Side Planer          Side Bevel- 1 or 3 degree          Base Bevel -.5 or 1 degree          Box of Files          Diamond Stone- Fine          Ceramic Stone          Gummy Stone          P-TEX          Zippo Lighter          Bristle Pad</p> <p><i>*For skiing on Mt. Hood stick with mostly warm temperature high humidity waxes. Consult coach or local ski shop with additional questions.</i></p>
--	---

## Tips in Equipment Selection

Many parents and students are probably going through the decision-making process on new equipment for the ski season. The following is meant to augment the information you may be receiving from sales people, advertisements, friends, and relatives. This is a subject on which there are many strong opinions. However, by selecting the right equipment for your body type, level of conditioning and skiing skill and experience, you can really shorten your learning curve and bring increased success on race day.

**The Race and All Mountain ski sizing reference point begins at the top of the head.** It's really important not to buy shaped skis that are too long. As great as these skis feel on groomed runs, they will be a handful if not correctly sized on race courses and all mtn conditions. All manufacturers now have a full range of sidecut skis aimed at various market segments. The correct purchase is a matter of matching skier, size, and personal preferences to the right brand and model. Nothing substitutes for demo-ing a few pairs of skis and boots on the mountain, prior to purchase.

**Ski sizing is as follows (from the top of their head)** Girls GS; Minus 5cm (2") to plus 8cm (3"). Girls SL; Minus 10cm (4") to Minus 20cm (8"). Boys GS; Minus 5cm (2") to plus 8cm (3") and Boys SL; minus 15cm (6) to minus 25cm (10"). Weight determines ski stiffness and lengths fall within the reference point range. Athletic ability affects ski stiffness and sidecuts. **If you are limited to a single pair of skis, you should buy All Mtn skis based on ability.** Unless you have WorldCup talent and strength avoid Worldcup Race Stock skis. Buy the next one down in the line. Male WC athletes typically are 6' plus and 220 + pounds. Female WC athletes are around 5'8" and 140 + pounds and are experts in all areas of skiing and ski racing.

**Boots.** Flex and fit. The boot purchase is by far the most important piece of equipment and is really a matter of matching your foot to a manufacturer's last (or boot shape). Two basic mistakes: buying boots that you can't flex and buying boots that are too big. **Flex / stiffness and fit are critical to making proper turns.** Avoid going with a high-end racing model designed for a stronger WorldCup athlete or, heavier person. If you can't substantially bend the boots while standing in the shop, don't buy them. Go down a model level or look for a manufacturer that offers more flexible boots. However, for bigger stronger athletes, it's important to avoid boots that are too soft.

**Fit in the shop is not fit on the hill.** If the boot feels comfortable walking around inside, it's probably too big. Have the boot salesperson take out the bladder and stick your stocking foot in the shell and push it all the way to the front. If you can get two or more fingers jammed in behind your foot, then the boots too big; if you can't get one finger in there, the boot's too small. When your foot is in the boot with liner, your toe should be touching the end but should not curl your toes! A custom footbed will improve your skiing and should be considered an investment in performance. Indeed, footbeds will connect your brain to the terrain.

**Helmets are required for all training and racing in Three Rivers League.** Make sure to get a helmet specifically manufactured and tested for skiing. Solid plastic coverings over the ears are required, no soft shell ear covers will be allowed. Helmets are also waterproof, an advantage in our climate. Goggles are very important and need to be used at all times. **Make sure the helmet and goggles are compatible. If they are not compatible fogging and frost bite on the forehead may occur.**

Outerwear and gloves should be durable and designed for warmth and performance. Waterproofing and breathability are also big issues in the Northwest. Skiing is an anaerobic sport. As an example; you may experience a quick and hard sweaty workout on the way down with a long stationary period in lift lines and lift on the way up. You really want to make sure your muscles don't get chilled. Go for the layered effect. Start with some sort of polypropylene inner layer (avoid cotton, it retains moisture). Add fleece, top it off with gore-tex or one of the many other breathable, and wind proof membrane fabrics. Water proof coating works but will not last.

**Remember it can rain.** It really pays to have something absolutely waterproof on race day. Forget about breathable fabrics (coated) in a hard rain. They may work at first, but eventually dirt in the pores or leaks in the seams will result in a soaked skier. Columbia makes rubber jackets and pants for around \$65; the lowest, best investment you will ever make in skiing comfort for race day. Waterproof solutions for heads (see Helmets) and hands are more challenging. Bring extra gloves and hats, for the second run.

**Lastly, avoid getting sold by a ski shop. Their job is to sell equipment especially used and last years models. You must understand the above specs. If the shop is out of stock on your correct size and the salesman tells you the ski length or boot stiffness they have is ok and it does not match the above, then you are being sold and should go somewhere else. No deal is worth the end results.**

## Race Schedule 2012

<b>Date</b>	<b>Three Rivers League</b>
Jan. 7, 2011	<b>Timberline - SL</b>
	<i>Cato Race</i>
Jan. 14, 2011	<b>Meadows - GS</b>
	<i>Middle Fork</i>
Jan. 21, 2011	<b>Ski Bowl - SL</b>
	<i>Cascade</i>
Jan. 28, 2011	<b>Ski Bowl - GS</b>
	<i>Reynolds / Dog-Leg</i>
Feb. 4, 2011	<b>Meadows - GS</b>
	<i>Middle Fork</i>
Feb. 11, 2011	<b>Ski Bowl - SL</b>
	<i>Mt. Hood Lane</i>
Feb. 18, 2011	<b>Meadows - SL</b>
	<i>Stadium</i>

# **Ski Team Forms**

# Student Code of Conduct and Participation Contract

In order to participate in the Wilson/Central Ski Team, the student and his/her parent's are advised of and agree to the following:

In the event a student member of the Wilson/Central Ski Team uses, sells, distributes or possesses alcoholic beverages, narcotics, tobacco or other illegal substances during the ski season (beginning with the first dry-land training to last team race), the student will be expelled from the team. This means at ANY time during the season, including time not officially with the team.

Suspension from the Team will result from disruptive behavior, rude behavior, abusive language and inappropriate behavior towards coaches, other team members, staff, parents and/or vandalism or fighting during any Team function. Expulsion will result from any repeat offense. Any student member expelled or suspended from the team will not be entitled to a refund of fees paid to the Team. Students are not to drive to or from races and on-hill training. This does not prohibit students who have a valid driver's license from driving to or participating in dry land training.

In order to be able to participate in any OISRA sanctioned events, the racer must meet all school and/or school district academic and athletic requirements as established in "Rule 8, Individual Eligibility," of the OSAA Rules and Regulations. In order to participate in Ski Team, an athlete must have a 2.0 GPA without any F's or a 2.5 GPA with one F to be eligible to participate in a High School athletic program such as Ski Team.

Failure to not participate in dry-land training or on the mountain training could result in not being seeded for league races. Exceptions will be made for those who have jobs or other reasons as approved by the coaches and/or parent committee.

We as parents, agree to provide Ski Racers a safe opportunity to enjoy skiing. In order to ensure this, we agree to volunteer for a minimum of 3 volunteer positions (may fluctuate based on number of participants). That may be as chaperones to the mountain or coordinators or race volunteers (please see attached parent responsibilities). These positions are varied to accommodate if you are unable to actually go to the hill with us. Although coaches are present during all or most of these activities, their job is just that-coaching. It's up to us to make sure all that's going on surrounding that is as safe (and as FUN) as possible.

I have read the above Code of Conduct and fully understand its implications and actions.

Student racer signature: \_\_\_\_\_ date \_\_\_\_\_

Print Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ date \_\_\_\_\_

Print Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ date \_\_\_\_\_

Print Name: \_\_\_\_\_

## **Racer and Parent Information**

Racer's Name \_\_\_\_\_

Racer's Email address \_\_\_\_\_

Racer's home phone \_\_\_\_\_ Racer's Cell \_\_\_\_\_

Racer's year in School \_\_\_\_\_ Sex\_ M F

Parent's Name \_\_\_\_\_

Parent's Email \_\_\_\_\_

Parent's home phone \_\_\_\_\_ Parent's Cell \_\_\_\_\_

Work Phone \_\_\_\_\_

Parent's Name \_\_\_\_\_

Parent's Email \_\_\_\_\_

Parent's home phone \_\_\_\_\_ Parent's Cell \_\_\_\_\_

Work Phone \_\_\_\_\_

Positions Parent Volunteering for and Dates \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **CONSENT FOR MEDICAL TREATMENT OF A MINOR**

Name of Minor: \_\_\_\_\_

As the parent or legal guardian of the above-named minor, I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb or well-being of my dependent.

X \_\_\_\_\_ Date \_\_\_\_\_  
*Signature of Parent or Guardian*

Health Insurance Provider \_\_\_\_\_

Group No. \_\_\_\_\_ ID No. \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

# **LIABILITY RELEASE and WAIVER OF ALL CLAIMS**

I acknowledge that skiing, racing, race training, conditioning, chairlifts, and the boarding and unloading process, sports event production, sports events, including training for such activities (collectively referred to as "Sports Activities") are HAZARDOUS activities and that I have made a voluntary choice to participate in such Sports Activities (or to allow my child to do so) despite the risks that they present. I ASSUME THE INHERENT RISKS OF THE SPORTS ACTIVITIES ON BEHALF OF MYSELF AND ANY CHILD ENTRUSTED TO MY CARE. I understand that no refunds of any fees will be given after the program, event, or session begins.

**IN CONSIDERATION OF MY OR MY CHILD'S PARTICIPATING IN SKIING, RACE TRAINING, EVENT PRODUCTION, RACING, SPORTS EVENTS, CHAIRLIFT USE (INCLUDING LOADING AND UNLOADING), I AGREE TO RELEASE FROM LIABILITY FOR MYSELF AND MY CHILD AND TO INDEMNIFY AND HOLD HARMLESS THE WILSON HS SKI TEAM AND/OR THE CENTRAL CATHOLIC HS SKI TEAM ORGANIZERS, COACHES, PARENT ASSISTANTS OR TEAM COORDINATORS AND SPONSORS OF THE SPORTS ACTIVITIES, AND ANY EMPLOYEES, VOLUNTEERS, AGENTS, AFFILIATED ORGANIZATIONS FROM ANY AND ALL CLAIMS AND LIABILITIES (INCLUDING COSTS AND ATTORNEY FEES), ARISING OUT OF OR IN ANY WAY CONNECTED WITH MY OR MY CHILD'S PREPARATION OR PRACTICE FOR, OR PARTICIPATION IN, SPORTS ACTIVITIES. THIS RELEASE AND WAIVER OF LIABILITY ALSO APPLIES TO ANY USE OF THE FACILITIES OR EQUIPMENT OF ANY SKI AREA WHERE TRAINING OR COMPETITION MAY TAKE PLACE, PLACES WHERE DRY LAND TRAINING MAY OCCUR, AND ANY OTHER LOCATION WHERE THE ACTIVITIES OF THE SKI TEAM MAY TAKE PLACE. THIS RELEASE AND INDEMNITY AGREEMENT IS INTENDED TO RELEASE CLAIMS AND LIABILITIES CAUSED BY THE NEGLIGENCE OF THE WILSON HS SKI TEAM AND/OR THE CENTRAL CATHOLIC HS SKI TEAM AND/OR THE ORGANIZERS, COACHES, VOLUNTEER AND SPONSORS OF ANY SPORTS ACTIVITIES OR EVENTS.**

I acknowledge, understand and agree that it is the responsibility of EVERY racer and his or her family to obtain and maintain health insurance coverage during the entire period of time during which I or my child is training or conditioning for skiing, volunteering for race or training activities, participating in races, and ALL other activities associated with the Ski Team including all Sports Activities. If any term is declared to be invalid hereunder, the remaining terms of this Agreement shall continue to be enforceable. This Agreement is governed by Oregon law.

I, the undersigned, have carefully read and understood this Agreement and all of its terms. I understand that this is a RELEASE OF LIABILITY AND WAIVER OF ALL CLAIMS which may prevent me or my estate from recovering damages in the event of injury or death. I, nevertheless, enter into this Agreement freely and voluntarily and agree that it will be binding upon me, my heirs, assigns, and my legal representatives.

PARTICIPANT'S SIGNATURE: \_\_\_\_\_

PARENT OR GUARDIAN OF PARTICIPANT (must be signed by parent or legal guardian if Participant is under eighteen (18) years of age). AS PARENT OR GUARDIAN OF THE NAMED PARTICIPANT, I HEREBY AGREE TO THE INDEMNITY PROVISIONS REFERRED TO ABOVE AND I WILL BE RESPONSIBLE FOR THE PAYMENT OF ANY MEDICAL EXPENSES INCURRED BY THIS MINOR.

PARENT OR GUARDIAN NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
(please print)

PARENT OR GUARDIAN SIGNATURE: \_\_\_\_\_



# OISRA SEASON 2011-12

# A 1

## OISRA STUDENT RACER MEMBERSHIP APPLICATION AND AGREEMENT OF RELEASE AND INDEMNITY, TO BE A MEMBER OF THE SKI TEAM REPRESENTING THE HIGH SCHOOL THAT THE STUDENT IS ENROLLED AT.

*This form is to be completed in INK and it is to be legible. Apart from signatures all information MUST BE PRINTED.*

RACERS NAME: (Print) \_\_\_\_\_ M / F Date of Birth / /

ENROLLED AT: \_\_\_\_\_ High School Grade

HOME ADDRESS : \_\_\_\_\_ City \_\_\_\_\_ State Zip

Family Phone: \_\_\_\_\_ Family email contact: \_\_\_\_\_

I know that ski racing is an action sport carrying a significant risk of serious personal injury, death, or property damage. I also know that there are natural and environmental conditions and risks which independently or in combination with my activities may cause property damage or severe or even fatal injuries to me or others. I agree that I alone am responsible for my safety while participating in competitive events and/or training for competitive events and specifically acknowledge that the following persons or entities including the Oregon Interscholastic Ski Racing Association (OISRA), the ski area, the sponsors, the organizers, the race officials and any agent representative, officer, director, employee, member of an affiliate of any person or entity named above are not responsible for my safety.

I SPECIFICALLY RELEASE, HOLD HARMLESS, AND INDEMNIFY THOSE PARTIES NAMED ABOVE FROM ANY AND ALL LIABILITY, WHETHER KNOWN OR UNKNOWN. EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF PERSONS OR ENTITIES MENTIONED ABOVE.

I accept that carrying primary accident/medical insurance is a requirement, and agree to do so.

Primary Accident/Medical Insurance Company Name \_\_\_\_\_

Policy # \_\_\_\_\_ Group # \_\_\_\_\_

Insert OISRA if you have no Primary Accident/Medical insurance cover, or cover provided by your school or other organization

I agree that I will accept and abide by the rules, regulations, and restrictions of the OISRA and any other rules, regulations, and restrictions imposed by the organizers of any particular competition.

I agree that if any part of this Agreement is deemed to be unenforceable, that the remaining terms and conditions shall be binding upon the parties. This **AGREEMENT OF RELEASE AND INDEMNITY** will be binding upon my heirs and assigns.

I further recognize that medical treatment on an emergency basis may be necessary at a time when I am not available to give my consent in advance of such emergency care, and hereby give permission to \_\_\_\_\_ or a team coach present to authorize such care as may be deemed necessary under existing circumstances.

Racers Signature \_\_\_\_\_ Date \_\_\_\_\_

**Parent of Record:** When the racer is under 18 years of age his/her nominated Parent/Guardian of record needs to complete and sign this section.

When the racer is over 18 years of age the name of his /her Parent/Guardian of record is necessary, but no signature is required.

**I (Print)** \_\_\_\_\_ **Relationship** \_\_\_\_\_ By signing this **AGREEMENT OF RELEASE AND INDEMNITY** as Parent /Guardian I am consenting to the above named Racer's participation in competitive skiing and training, I understand that any and all of the risks of skiing, whether known or unknown, are assumed by me and all claims, whether known or unknown, are waived in advance. I AGREE TO HOLD HARMLESS AND INDEMNIFY THE PARTIES NAMED ABOVE FROM ANY AND ALL CLAIMS AND DAMAGES, INCLUDING COSTS AND ATTORNEY'S FEES, ARISING OUT OF OR IN CONNECTION WITH MY CHILD'S PARTICIPATION IN ANY OISRA COMPETITIONS OR TRAINING. This indemnity includes claims based upon negligence.

Signed Parent/Guardian of Record. \_\_\_\_\_ Date \_\_\_\_\_

FOR PURPOSES OF COMMUNICATIONS ONLY, A RACERS NAME AND HOME ADDRESS MAY BE RELEASED TO ASSOCIATED ORGANIZATIONS BY THE OISRA EXECUTIVE. IF YOU DO NOT WANT YOUR NAME AND ADDRESS RELEASED PLEASE SIGN.

**I DO NOT want the OISRA to release my name and address. Signed:** \_\_\_\_\_



# OISRA SEASON 2011/12

## OISRA VOLUNTEER AGREEMENT.

***This form is to be held on file by the League. It is not to be sent to the OISRA unless requested for the verification of a volunteer should such a need arise.***

***It is to be legible and apart from signatures all information MUST BE PRINTED.***

**LEAGUE (Print)** \_\_\_\_\_ **TEAM NAME: (Print)** \_\_\_\_\_

**NAME (Print)** \_\_\_\_\_ **M / F** \_\_\_\_\_ **Date of Birth** / / \_\_\_\_\_

**ADDRESS (Print)** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **email contact(s)** \_\_\_\_\_

I know that high school snow sports are action sports carrying a significant risk of serious personal injury, death, or property damage. I also know that there are natural and environmental conditions and risks which independently or in combination with my activities may cause property damage or severe or even fatal injuries to me or others.

I agree that I alone am responsible for my safety while volunteering to assist with OISRA activities and specifically acknowledge that the following persons or entities including the OISRA, and ***affiliated leagues and schools***, ski areas, event organizers, race officials and any agent representative, officer, director, employee, member of an affiliate of any person or entity named above are not responsible for my safety.

I agree that I will accept and abide by the rules, regulations, and restrictions of OISRA and any other rules, regulations, and restrictions imposed by the organizers of any particular competition.

I agree that if any part of this Agreement is deemed to be unenforceable, that the remaining terms and conditions shall be binding upon the parties.

**Signature** \_\_\_\_\_ **Dated** \_\_\_\_\_