

## Eugene Area High School Alpine Ski Team 2017-2018

Welcome to the 2017-2018 Alpine Ski season! Eugene HS racing has an established long and excellent tradition of alpine ski teams (since early 1970's). Ski team is a fun way to learn this lifelong sport. Parents are needed to volunteer - without them the club cannot function.

### TRAINING & RACES – See calendar at team website [southski.org](http://southski.org)

- **DRYLAND TRAINING:**
  - November 7 and ending on March 2, 2018.
  - Tuesday & Thursdays after school
- **ON SNOW TRAINING:**
  - Begins Saturday December 2nd at 9:00am – MT. BACHELOR
  - We start on snow training with fundamental drills and free-skiing then work our way into stubbies & then tall gates. Once races begin, on snow training will occur mostly on Sundays at Willamette Pass.
- **SKI CAMP:**
  - We'll have "Ski Camp" training during winter break on 12/27 & 12/28 at Willamette Pass
  - This is a great overnight bonding trip for athletes with great on-mountain training
  - Parent volunteers are a MUST to make this successful
- **RACES:**
  - Will be held Saturdays in January and February mostly at Mt. Bachelor
  - OSSA Finals, March 2 & 3, 2018 at Mt. Bachelor. View complete draft schedule at team website: [southski.org](http://southski.org).

### TRANSPORTATION

- Parents organize and provide transportation to on snow training and races.
- All racers should give a minimum of \$5.00 per training day to the driver as this helps offset the cost of gas. Please remember to send this with your racer if riding with another parent.
- Berg's Bus may be another option to consider for Saturday training at Mt. Bachelor & Sunday training at Willamette Pass.

### FEES/COSTS

- **Ski Team Fee: \$450.00** – Includes OSSA registration fee, dryland, Winter Break Camp, Boy Scout Insurance, Sunday training, coaches' salaries & expenses Hill fees, gates, nets, drills, timing equip., etc.
- **Ski Passes:** Mt. Bachelor Season Pass **\$329** for HS racers. Willamette Pass 5-day mini pass for Ski Team Athletes \$150 – this is purchased through our club team
- **Additional Costs:** Optional Team Jackets. Possible lodging in Bend/Sunriver area. Team parents to coordinate and chaperone lodging for athletes.
- Limited scholarships available to help with expenses upon request.

### OSSA

Ski team is a club sport and part of the Oregon School Ski Association.

<https://sites.google.com/site/skiossa/>

Two types of races are run, slalom (SL) and giant slalom (GS). Helmets are required and must be worn at all times.

**Questions:** Coach- Jacques de Saint Phalle- 541-915-5855 or [jpdsp@msn.com](mailto:jpdsp@msn.com)

**Eugene Area High School Alpine Ski Team  
FORMS/PAYMENTS**

**DUE: FRIDAY, OCTOBER 27, 2017**

Download & print forms from the Marist Alpine Ski Team Webpage. Please fill out and turn in to the Marist Office Attention: Alpine Ski Team.

**FORMS**

1. **OSSA Athlete Application Form** for athletes and coaches
2. **OSSA Volunteer Waiver Form** for parents
3. **MBSEF / Mt Bachelor Release** needed for all athletes and parent volunteers
4. **Willamette Pass Release** needed for all athletes and parent volunteers.
5. **Boy Scout Insurance Form** for PARENTS that will provide transportation
6. **Boy Scout Insurance Form** for first year ski team athletes
7. **4J Staff & Volunteer Private Auto Insurance Information Form** for parent drivers.
8. **High School Ski Club Participation and Release Form**
9. **Health Insurance and current physical** within last two years required for all athletes.
10. **IMPACT Test** – acknowledge that concussion test has been taken within last two years.

**MARIST athletes please fill out and return all above forms and verify PHYSICAL & IMPACT testing to Marist front office by FRI 10/27/2017.**