

Marist Ski Team athletes will combine with Churchill, South Eugene HS and other 4J Athletes. These Alpine Ski Teams are members of OSSA (Oregon School Ski Association). OSSA is a non-profit organization formed by volunteer coaches, parents and community members for the purpose of promoting education and instruction in the amateur sport of Alpine skiing and to foster a healthy respect for competition at the high school level.

The specific goals of OSSA include:

- *Creating a positive learning experience for skiers of all abilities. "Reach for your potential as skier, if not a great racer"*
- *Providing a fun, competitive environment where athletes form positive bonds through their shared experiences*
- *Delivering a quality ski racing structure focused on a positive experience for the athletes*
- *Building a community of support around the athletes through parents, volunteers, alumni and community members*
- *Maintaining the OSSA structure to be simple, transparent and athlete*

### **Eugene High School Alpine Ski Teams 2016-2017**

Welcome to the 2016-2017 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 and Races – See calendar at team website:**

<http://www.southski.org/>

- Dry-land training Tuesdays & Thursdays after school at Lifeforce Gym 4-5:30pm beginning on Nov. 15<sup>th</sup> 2016 and ending on February 28<sup>th</sup>, 2017. <http://www.projectlifeforce.coach/>
- On snow training begins Saturday December 3<sup>rd</sup> at 9:00am. We'll train at Willamette Pass if open. If not, we'll train at Mt. Bachelor. We start with fundamental drills and free-skiing then work our way into stubbies then tall gates. We'll have "Ski Camp" training during winter break on 12/27 & 28/16 at Willamette. Once races begin, on snow training will occur mostly on Sundays.
- Races are held Saturdays in January and February mostly at Mt. Bachelor with a February race at Willamette Pass. OSSA Finals, March 3 & 4, 2017 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. Berg's Bus may be another option to consider for Sunday training at WP.

### **Costs**

- Ski Team Fee: \$450.00 – Includes OSSA registration fee, dryland, Camp,

- Boy Scout Insurance, Sunday training, coaches' salaries & expenses, Hill fees, gates, nets, drills, timing equip., etc.
- Ski Pass: Willamette Pass 5-day mini pass for Ski Team Athletes \$150 (purchased through our club team). Mt. Bachelor Season Pass \$329 for HS racers.
  - Limited scholarships available to help with expenses.

**Additional Costs:** Possible lodging in Bend/Sunriver area. Team parents to coordinate and chaperone lodging for athletes.

### **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)

### **Forms/Payments Check list**

#### **FORMS/PAYMENTS DUE WEDNESDAY, NOVEMBER 15th, 2016**

Download & print forms from team website [southski.org](http://southski.org) - click on "Forms & Docs" or pick them up at the Informational Meeting or from the SEHS Finance Office, right next to Main Office, this includes:

- OSSA Athlete Application Form for athletes and coaches.
- OSSA Volunteer Waiver Form for parents.
- Boy Scout Insurance Form for first year ski team athletes and parent that will provide transportation. (Only form not available to download on team website. Will have at Info Meeting and Finance Office)
- 4J Staff & Volunteer Private Auto Insurance Information Form for parent drivers.
- Ski Club Participation and Release Form
- Willamette Pass Release- needed for all athletes and parent volunteers.
- MBSEF / Mt Bachelor Release- needed for all athletes and parent volunteers.
- Ski Team Fee: \$450.00 – Please make check payable to South Eugene Ski Team.
- Health Insurance and current physical within last two years required for all athletes.
- IMPACT Test – acknowledge that concussion test has been taken within last two years.