

Eugene High School Alpine Ski Teams 2018-19

Welcome to the 2018-19 Alpine Ski season! Eugene HS racing has an established long and excellent tradition of alpine ski teams (since early 1960's). Ski team is a fun way to learn this lifelong sport. Parents are needed and highly encouraged to volunteer – without them the club cannot function.

PRE- SEASON INFOMATIONAL MEETING:

- Hot Mama's Kitchen + Bar (Mezzanine upstairs) on Tuesday, October 23 | Reserved for us from 6-9 pm | Meeting begins at 7-8:30pm.
- Fill out forms (listed at bottom), ask questions, talk about dryland, on snow training, race schedule and Camp.
- 15% of restaurant proceeds that evening go to our Eugene HS Ski Team Club | Come eat and mingle before or after our meeting

TRAINING & RACES

DRYLAND TRAINING

- November 12 and ending on February 28
- Tuesdays & Thursdays after school | 4-5:30pm at Marist

ON SNOW TRAINING

- Begins Saturday, **December 1, 2018 at 9:00am** – MT. BACHELOR.
- We start 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 Sunday mornings.

SKI CAMP

- We'll have "Ski Camp" training during winter break on 12/27, 28 & 29/18
- This is a great bonding trip for athletes with great on-mountain training
- Parent volunteers are a **MUST** to make this a successful and memorable event

RACES

- Will be held Saturdays in January and February mostly at Mt. Bachelor
- OSSA Finals, March 1 & 2, 2019 at Mt. Bachelor.
- View complete draft schedule at Team Eugene website: <http://www.southski.org/home> or our Marist Ski Team web page

TRANSPORTATION / LODGING

- Parents organize and provide transportation to on snow training and races.
- Team parents to coordinate and chaperone lodging for athletes.
- 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 &/or Sunday training at Willamette Pass.

FEES/COSTS

- **SKI TEAM FEE:** \$550.00 – Includes OSSA registration fee, dryland, Winter Break Camp, Boy Scout Insurance, Sunday training, on mountain coaching costs, MBSEF hill fees, gates, nets, drills, timing equip., video, etc.
- **SKI PASSES:**
 - Mt. Bachelor Season Pass \$329 for HS racers (additional MBSEF hill fee of \$35 added into ski team fee above).
 - Willamette Pass \$300 for Ski Team Athletes. (includes hill fee)
- **OTHER:** Team SWAG. Possible lodging in Bend/Sunriver area.
- Fundraising is in the works to help offset ski pass costs.
- Limited scholarships available to help with expenses.

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: Carlos Larson - Head Coach Marist (541) 359-7191 / Makai Bradley - Head Coach 4J and Oak Hill (541) 609-8594;

FORMS / PAYMENTS CHECKLIST

Please bring completed forms to the meeting on October 23, 2018.
Download & print forms from team website and fill them out prior to the meeting.

FORMS TO COMPLETE AND BRING TO MEETING:

- **FORM.1.**2018-19 Athlete Participation & Release
- **FORM.2.**2018 OSSA Athlete Application
- **FORM.3.**2018 OSSA Coach and Volunteer Wavier
- **FORM.4.**BoyScoutsAmerica ATHLETE – **NEW First Year Athletes ONLY**
- **FORM.5.**BoyScoutAmerica ADULT – **NEW First Year Parents ONLY**
- **FORM.6.**4J_HR_RM_Prvt_Auto_Insurance_0 – ALL Drivers must fill out
- **FORM.7.**2018 MBSEF / Mt. Bachelor Release – fill out for ATHELTES & PARENTS
- **FORM.8.**Willamete_Pass_Indemnity_Release– fill out for ATHELTES & PARENTS
- **SKI TEAM FEE:** \$550.00. Marist Athletes make checks payable to Marist. All other athletes make your checks to Eugene

CONFIRM YOUR ATHLETE HAS THE FOLLOWING COMPLETED:

- **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.