

Waukesha High Schools Alpine Downhill Racing Ski Race Team

2023 - 2024 Season

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Facebook Page - we need a page master; then come like us and add comments

How to Register

Needed before first practice:

- Register racer @ your High School Athletics website...example for West athletes they would go to www.westwolverines.com - and look for Register. North to North etc.
- \$100 "Ski Team Athlete" Fee - Check made out to Waukesha Alpine Ski Racing Team - put "Downhill Team" in memo line - turn in to Mrs. Kim Dutelle / in office
 - Team fee includes all "regular season" race entry fees and awards.
 - Lift tickets at races that are not at our "Home-Hill of Alpine" are not included...approx. \$50 per racer lift ticket fee at H.H., LittleSwiss, The Rock or Sunburst.
 - Travel to and from Practice is not included...this is on your own or carpool.
- Being a CO-OP, We do not have a typical sports team athletic fee of West, North or South, so if your athlete played in another sport say football or softball, the ski team fee still applies. Ski Team is a separate co-op high school sport and fee.
- Physical/Alternate Year form on file (once per year) - On web and/or turn into Your AD office Administration or Web registration process.
- Concussion Form, Spectator Form, Health Summary Form per sport also required.
- Blue Card to Coach before your first practice

Also need to Register with our Racing Council MHSSC (Midwest High School Ski Council) Racing: No fee, just need to register here.

- Register - <http://www.midwesthighschoolski.com>

Alpine Valley Season Passes:

Season passes for Alpine Valley are at an additional cost of approximately \$569 +/- "IF PURCHASED BY SEPTEMBER 30th, 2023". Recommend to purchase the regular skier pass. LINK: <https://reservations.alpinevalleyresort.com/buy/seasonpasses> Get the pass on your own.

Event Information:

The High School team will race in the Slalom and Giant Slalom races. Giant Slalom and Slalom are individual timed events with standings determined by the best 4 men's/women's times of 6 total max per each men's/women's team over a combined time of 2 runs.

Waukesha Racers are seeded based upon their past race performances, or their practice times and by their participation and commitment to the team. Individuals medal in 1st, 2nd, 3rd placements and Teams medal only in 1st place. Points are awarded teams by how they finish. 1st-12pts, 2nd-9pts, 3rd-7pts, 4th-5pts, 5th-3pts. At the end of the season, the top

12 Men's and top 12 Women's teams qualify for invite to WI. State Meet in Lacrosse, WI. Individuals qualify by points as well and generally a 1-3 place finish at any one race may qualify an individual racer for their invite to the state meet.

Equipment Requirements:

All Ski Racers, are required to wear an approved ski snow sports helmet at all times. Approved Ski Helmets must be of hard plastic covering the ears type. Soft vinyl around ears is not acceptable.

Most shape skis will be OK for racing, however it is highly recommended to rent or buy skis suitable for racing Slalom and Giant Slalom. Also, it is highly recommended that skiers either learn how to self-tune or have their skis regularly tuned at an area ski shop.... this to maintain a well-tuned edge which will be a significant advantage on the practice & race courses. Regular waxing and edge tuning of the skis is critical for success while racing and practicing. Skin-tight speed suits are not mandatory, but optional for skier athletes.

Pre-State LaCrosse Cup Event:

Two weeks prior to State there is sometimes a Lax Cup Race, held on Sun./Jan.28th & Mon./Jan. 29th. This event is intended to allow racers to practice and race on similar State Meet Ski Runs and Courses. We can decide if this event is of interest to any individual racers or the Team. Any costs associated with this event are additional.

State Meet Info:

Top 12 teams and/or individual medal qualifying individual skiers will be invited to compete at the Wisconsin High School Ski and Snowboard Championship at Mt. Lacrosse. There may be an additional charge per racer that will be determined based on costs and fundraising. Both team and individual qualifiers will be invited to compete based on event results. The team will consist of 6 to max 7 skiers. The team would stay at a hotel in the Onalaska area - more details to come as State gets closer. Families are responsible for athlete race entry fees, travel and transportation, and all expenses of hotel, and food costs. The possibility of group organized meals will be addressed if state qualifications occur and as state gets closer.

JV Conference:

Top JV qualifying teams compete at the season end JV Conference.

Travel Information:

The team does not have bus service for any of the practices or events. Parents are required to arrange for transportation to/from events and competitions. In past many parents and skiers worked out Carpool sharing of riding and driving.

Team Parent Requirements / Help-

Our team is a success with ALL Team Parents helping by volunteering in one or many team activities and responsibilities.

Race Nights - At each of our race night events, "each team is **required**" a **minimum number of Parents/Family Members to volunteer** and help in the running of the evening's races. With 6 races, this requires a minimum of 2-4 parent/family volunteers for each regular team race night. Also, when we are the Chief of Race or Assistant Chief of Race, we will require more parent volunteers, i.e., like 6-8 volunteering parents. Please, **WE NEED ALL ATHLETE FAMILIES TO HELP PARTICIPATE WITH RACE NIGHTS.**

Fundraising:

As a club team, we do all our own fundraising. We are members of the West, North & South Booster Clubs. A good fundraising goal is to raise enough funds as a team to cover training equipment and/or cover the cost of the state entrance fees for the kids and or team expenses. We will need everyone's help in getting this done! Upcoming fundraisers:

Booster Parent Help - Looking for a parent to help by being our Team Rep for Booster.

Booster Team Parent Help - This year we may submit a request for funding to Ski Team.

As such we would be required to run a concession at any one game. This would require 6-8+ parents & athletes to help.

Separate Team fundraising - We would be looking for a parent(s) to organize and run.

Spirit Wear - possible ski team spirit wear for sale on referenced web site. (need a parent to run or shadow)

2023-24 Ski Racing Practice/Race Schedule

Dryland Practice: and possible weight training

Thursday evenings 4 pm - 6:00 pm (light dependent) - Fox River Valley Park (east of Fox River subdivision). Practices will start October 5th. (Note: depending upon conflicts of our participants, we may hold on a Wed., Thurs. or Sunday);

Practice dates:

- Once Alpine Valley opens, practices will be on the hill with skis once they have snow.
- Sunday and Monday Night Team Practice @Alpine Valley 6:00 pm-8:30 pm

Special Event/Race Event Schedule

Location

Event

SEE DRAFT RACER SCHEDULE	SEE DRAFT RACER SCHEDULE	SEE DRAFT RACER SCHEDULE
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High School State Championships - Invite Only ** EXTRA FEES INVOLVED

Sunday, Feb 18 th , 2024*	Mt. LaCrosse, LaCrosse	Men & Women Races
Monday, Feb 19 th , 2024*	Mt. LaCrosse, LaCrosse	Men & Women Races