



**2025-2026
Western Wisconsin Alpine Racing
Conference**

FOR FURTHER DETAILS, VISIT:
www.couleealpineracing.org

Western Alpine Conference
SKI/SNOWBOARD TEAM MISSION STATEMENT

It is the philosophy of our racing program to provide an environment that fosters positive self-attributes, responsibility to the team, realistic expectations concerning winning, a positive relationship among parents, racers, and coaches, and a healthy attitude toward commitment and competition within the program.

In our program, we will not differentiate among freshmen, sophomores, juniors, and seniors. A racer's skill level, work ethic, and attitude will determine their seeding and placement on varsity or junior varsity levels. A racer being promoted must be mentally, emotionally, and physically ready for the challenge.

Furthermore, it is expected that each participant will follow team rules. If we cannot trust a young man or woman to follow rules, we probably cannot trust that person to give us his/her best effort in practice and race situations. As coaches, it is our responsibility to make each competitor the best racer and team member he/she can be. Likewise, every participant has the responsibility as a member of this team to do his/her best, do what is right, and not offer excuses. Breaking rules, skipping classes or practices is unacceptable. Teammates don't let teammates down.

We hope that racing for your school's ski & board team will be a positive learning experience for those who choose to get involved. We want to provide an environment that allows for the development of individual abilities that will enable the participant to make contributions to self and society.

Parents: we want your sons and daughters both to be successful and to enjoy themselves while participating on this team. Success means believing in work ethic, self-discipline, and the development of a positive self-concept. To do great things, you have to expect great things. We have great expectations for your child.

Team Philosophy—Intangibles

1. **Own Your Role**—Accept your position and fulfill it with pride, consistency, and accountability—every role matters to the team's success.
2. **Stay Humble**—Remember where you started and the people who helped get you there. Confidence without humility limits growth.
3. **Contribute Beyond Yourself**—Show up for your teammates. Your effort, attitude, and energy lift everyone around you.
4. **Be All-In**—Engage fully—every turn, every rep, every meeting. Passion and focus separate good athletes from great ones.
5. **Make Every Run Count**—Treat every practice like race day. Small habits built in training define performance when it matters most.

6. **Protect Our Unity**—We rise and fall together. Support your teammates, celebrate their wins, and never be the reason the team divides.
7. **Race with Integrity**—Give your absolute best in every event—compete with heart, respect, and pride in your preparation.
8. **Serve One Another**—True leaders make their teammates better. Encourage, teach, and lift others up on and off the ski hill.
9. **Refuse to Quit**—Perseverance defines champions. When conditions are tough, dig deeper—our grit is our edge.
10. **Be Thankful**—Every course, challenge, and setback teaches you something. Gratitude keeps your heart grounded and your spirit strong.

Team Rules

1. **Be on time.**
2. **Tell the truth.**
3. **Obey training rules.**
4. **Show respect.**
5. **Race day and road trip conduct: All racers are expected to act and appear in a fashion that reflects pride in themselves and their school.** Wherever we go, we represent our High Schools. That means that we practice good sportsmanship, courtesy, and civility toward other teams, their coaches and fans, race course officials, and any other members of the public that we encounter.

Ski/Snowboard Team Program Expectations 2025-2026

I. ATTENDANCE:

- **Skipping practice is unacceptable.** Appointments, job conflicts, homework, etc., are NOT acceptable excuses. No participant shall be allowed to miss a practice without the permission of the coach. The consequences of missing a practice without the permission of the coach shall be left to the discretion of the coach.
- **Missing race events is unacceptable.** No participant shall be allowed to miss a competition without the permission of the coach. If a participant misses an event without permission, he/she shall be suspended from participating in the next event as well. A second offense shall result in suspension from the program for the season.

**Weekly On-Snow Practice Monday-Tuesday - 4:30-6:00 p.m.
+ two additional “flex” hours, Thurs-Sun.**

***(On-snow season runs from January (once hill opens) to
mid-February***

Practice nights: You are expected to be checked in, on hill, assisting with course sets and hill prep no later than 4:20pm—no excuses!

Failing to be on the hill in time to assist with hill prep or returning to the chalet before practice ends will result in an unexcused absence. You are expected to remain at practice until the teardown of the courses and final meetings are complete.

***Some State qualifiers and volunteer workers will also miss another full day.*

We recommend that you spend some of your Thurs-Sunday “flex time” competing in Mt. La Crosse’s Sunday Slalom series or NASTAR. You may also count free skiing/riding

- **Race Nights**

Report to hill no later than 4:00 p.m. to warm-up/Inspect.

Inspection closes at 4:20 p.m.

Race Start: 4:30 p.m.

Race conclusion: 5:45-6:00 p.m.

Tear down & meeting at conclusion of race, prior to posting of results.

- **All-Day Races**

Plan on 1-2 full-day invites.

Our Mt. LaX Cup and one scrimmage day.

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II. Maximize your Opportunities:

- Generally, we have little gate training before January; however, we will free ski/ride as a team as soon as hill conditions permit.

- Those who wish to get in more gate training before the first race of the year are urged to attend one of the various Thanksgiving Camps available within a few hours of our area; they offer an affordable option to traveling out West (racers must make their own arrangements; ask your coaches for further info).

- Each racer is encouraged to participate in other opportunities to race throughout the season. Some of you may be traveling USSA, WIJARA or USASA racers; those who are not, should give serious consideration to Sunday Slaloms and NASTAR racing.

III. EXPENSES & FORMS: Our teams are largely responsible to fund equipment, supplies, assistant coaching expenses, operating expenses, etc., so fundraising is a key to our continued operations. We hold a fundraiser each season; our Spring Fling ski race (usually last weekend in February or first in March) and we ask ski racers to participate and parents to

volunteer. While snowboards are not able to race we ask that the families to volunteer at the race.

We also have a few other opportunities for fundraising with Kwik Trip Gift Cards and Pop Can collections that we will ask for your help with.

YOU MAY NOT PRACTICE UNTIL ALL FEES AND FORMS, including your school's required forms, ARE TURNED IN. Missed practices for missing paperwork & fees will be considered UNEXCUSED.

V. TEAM APPAREL & UNIFORMS

Unfortunately, our teams do not have financing for uniforms to distribute to members. In order to promote your team's identity, you will have the opportunity to order custom team apparel and uniforms, including "spirit" apparel for your family and fans. While not mandatory, this is a great way to show unity and team spirit.

Under a new directive issued by the Wisconsin Interscholastic Alpine Racing Association, all conferences throughout the State H.S. Racing Association are being asked to discourage their participants from wearing apparel identifying their allegiance to an outside or club program, rather than to their high school team, or apparel that reflects a private sponsor, during the course of high school competitions, including State. The purpose of this initiative is to promote respect for and the integrity of the high school racing program. The directive also BANS the wearing of outside apparel during podium appearances at the State Championship medals ceremonies.

Course Protocol and Equipment/Apparel Regulations

1. **Helmets:** racers and coaches, are required to wear helmets during practice and racing—no exception.
 - a. Skiers: No soft-shell helmets or helmet-attached face guards for skiers, **except in Slalom**. Hard shell speed helmets may be used in Slalom, with face guard attachment recommended.
 - b. Boarders: Snug-fitting soft-shell helmets acceptable.
2. **Banned attire for Boarders:** No speed suits or other skin-tight clothing or short-sleeved apparel allowed in boarding. Acceptable loose apparel includes soft-shell jackets and long-sleeved t-shirts.
3. No helmet cameras (or drones) allowed on course. Camera mounts are acceptable.

4. Mouth protection highly recommended for both skiers and boarders.
5. Knee braces and other similar aids must be covered or worn under clothing for safety purposes.
6. AT THE START: Each competitor must heed and acknowledge the instructions of the assistant starter. A racer not ready to start, with bib fully visible, when called by the starter shall be run at the end of the entire field. Racers who report to the start without a sanctioned race bib will **NOT BE PERMITTED** to start without one.
7. Any competitor is entitled to a **provisional** re-run in the event of course obstruction. However, in the case of obstruction, the racer must exit the course promptly and NOT cross the finish line. After exiting the course, the racer must report to the finish house area and await instructions from the race officials before returning to the top for the re-run. (If the racer had a prior "fault" on the course, observed by race officials, the re-run may not be granted. Any provisional run will be ruled upon at the end of the race.
8. Baskets are required on the racers' ski poles, also for safety.
9. Non-USS&S racers will NOT be held to USS&Ss specifications for competition equipment.
10. Legal passage of a gate. The following must pass on the legal side of the turning pole:
 - a. Skiing: tips of the skis to heels of the boots
 - b. Boarding: both feet fixed to both bindings must cross the gate line outside the turning (or stubbie) pole. Competitor may release one foot to hike to a missed gate, but both feet must be fixed/buckled into the bindings for acceptable gate passage after hiking.
11. Skiers: In **SLALOM**, and only in slalom, if a racer misses OR straddles a gate, the racer may stop and hike up to the missed gate. Racers must both hike and complete a full 360 around the gate. A racer who knowingly misses a gate, and does not hike to correct the error, should exit the course and NOT cross the finish.
12. Skiers: If a racer misses a gate in GS or Super G, or comes to a full stop in momentum, the racer may NOT hike because such a loss of forward momentum is not acceptable in speed events. If the racer goes off course after missing the gate, the racer should not re-enter the course nor cross the finish line.
13. Any ski or board racer hiking to a missed gate must make way for an overtaking competitor.

14. Lost ski or board: A racer who loses a ski or board while on course, is no longer eligible to complete the run and must exit the course as quickly as possible, with the following exception for skiers: If one ski is lost with no more than the last two gates in Slalom and GS, the racer may opt to continue to the finish on the remaining ski alone.
15. Re-runs, or provisional reruns, shall be authorized ONLY by officials, not bystanders.
16. Foul language, tantrums, or disrespect for race officials by a competitor are grounds for disqualification.
17. Course inspection, usually sideslipping, shall be conducted by the competitors in the manner prescribed by the Chief of Race. No “shadowing” or high-speed slipping of the course is allowed. Inspection violations will be grounds for disqualification. During slipping, racers should also assist course preparation by slipping wide to break down snow piles created during the slipping process.
18. Racers should be cautioned to take no assistance from bystanders while attempting to recover from a mishap and resume a run. Such assistance may result in a disqualification of the racer.
19. Racers should be cautioned to take instructions FROM COURSE OFFICIALS ONLY.

Lettering Policy Ski & Snowboard Team

- Any athlete who meets either or both of the following standards will earn a letter: •
- Competes as a member of the varsity team a majority of the regular season and completes the season on varsity.
 - Competes as a member of the varsity team at least once during the regular season and earns a berth on the State qualifying team.

Additional athletes who may earn a varsity letter include the following:

- A senior athlete who has demonstrated dedication and sportsmanship all four (4) years on any level of the team.
- A varsity athlete whose season is interrupted or prematurely ended by injury or illness.
- An upperclassman (junior or senior) who is named to the varsity reserve for more than half of the season and who, as determined by the coaching staff, has met and/or exceeded the standards of conduct set forth in the team’s mission statement, code of conduct, and statement of expectations.

Factors that WILL automatically disqualify an athlete who would otherwise earn a letter: • Unexcused absence from practice or competition.

- Failure to secure coach's pre-approval of absence from practice or competition (excluding illness that has been confirmed by school).
- Any code violation or other infraction of rules as set forth by school district's athletic/lettering policy.

Factors that MAY disqualify an athlete who would otherwise earn a letter:

- Absences that indicate lack of commitment to team, for example, absences for occasions such as medical appointments, trips, vacations, family emergencies, etc.
- Insubordination, or a failure to comply with instructions from a member of the coaching staff, hill officials, or other authorized officials.
- Unsportsmanlike conduct.
- Failure to meet and/or exceed the team's expectations, rules, and philosophy as set forth in the team handbook.

TEAM CAPTAIN: Job Description & Responsibilities

The role of the captain(s) is to help the program to reach its potential. The following criteria outline expectations a captain should be prepared to fulfill:

GENERATE TEAM SPIRIT

- Organize at least one social event outside of practice
- Lead the team cheers at meets
- Lead the effort to carry down clothing for racers and keep teammates warm at race start • Lead the effort to set-up and tear-down training and race courses
- Help provide end-of-the-year awards to teammates
- Other suggestions: prepare and distribute locker signs, conduct pep talks, organize fun runs or participation in recreational races like NASTAR, Sunday Slalom, plan State Meet team festivities, whatever you can think of to motivate the team.

LEAD WARM-UP & COOL-DOWN STRETCHES, RUNS, RITUALS

- Lead the team in daily stretching and warm-up runs, making sure the team does them effectively, efficiently, and together.
- Gather entire team at meets for warm-up and cool-down.
- Be a personal model for these activities

BE A ROLE MODEL FOR ALL TEAM MEMBERS

- Be on time every day with all necessary equipment
- Help coaches focus the team during team meetings
- Attend all team events

- Bring disciplined work habits to practice daily
- Be knowledgeable about the sport, training, and equipment

KNOW & SUPPORT YOUR TEAMMATES

- Know everyone's name before dry-land season ends
- Show interest in ALL team members' progress
- Be approachable
- Cheer on teammates during training and races, and encourage others to do so

BE A TEAM SPOKESPERSON

- Be a conduit between the coaches and team concerning team issues
- Help articulate team goals for the team

OTHER CONSIDERATIONS

- Organize summer activities—running, biking, etc.
- Pick a time and location
- Make sure at least one other team member is there for every run, bike ride, etc.
- Phone/text team members and encourage them to attend

FINAL CONSIDERATIONS...

The team will make nominations for the team captain positions, but the coaching staff will make the final selection in the case of close votes and will choose captains depending on the individual's and team's dynamics. If we choose captains for the coming season at the conclusion of the existing season, seniors will be allowed to vote as their maturity and perspective may give them a strong sense of judgment about who will be effective, and also this will allow them to extend their legacy to the program.

Athlete Responsibility

Athlete Code of Conduct

- ***Make a 100% commitment to your team and teammates.***
 - Be on time and ready to start training and racing at the posted times. 4-5:30p.m. "Training" means on the hill, practice ready, not inside the chalet!
 - Take no breaks during the hour and a half from 4-5:30 p.m. without pre-approval from your coach. • If you are also a full-time USS&S team member (Mt. LX full-time traveling team), remain with your high school team practice a minimum of 4 until 5 p.m. Since part of being a teammate means being part of set-up and tear-down, it behooves every member to do his/her part. If you are full-time USS&S and leave prior to our tear-down, please try to come back and join the team for that vital part of our nightly routine.
 - Make no derogatory comments, nor use foul language or physical violence toward coaches, other athletes or parents. Athletes will be warned once, and the second time

may be asked to leave the training or racing site. • When in public, conduct yourself as an ambassador of your Ski & Board Team and school.

- Keep all training, racing and lodging areas clean.
- Do not sit in the chalet, chat, shop, play video games, etc., during training or racing!
- Attend all applicable awards ceremonies.
- No participant shall be allowed to miss a practice or race without the permission of the coach. The consequences of missing a practice or race without the permission of the coach shall be left to the discretion of the coach. • No participant shall be allowed to miss an event without the permission of the coach. If a participant misses an event without permission, he/she shall be suspended from participating in the next event as well. A second offense shall result in suspension from the program.
- Report to coaches (nbennett@couleedalpinercing.org) any absence from practice that began during the school day. Your coach will then confirm the absence with your school administration. Do not otherwise assume you are excused from practice or racing.

Other Guidelines

- Take care of the Mt. La Crosse facilities by picking up trash and keeping bags/gear stowed in the designated area, not shoved under tables, etc.
- Ask before using team trailer equipment, put away anything that is taken out, and keep personal items together in one area.
- Maintain your ski equipment.
- Take care of all team equipment and treat it with the same care you would give your own.
- Notify a coach if you are first to see an accident or possible injury.
- Ask a question of your coaches when you don't understand something.

Training Day Protocol

- Come to practice on time and don't leave until courses have been torn down and equipment put away.
- Get permission before the start of practice if there is a serious need to come late or leave early.
- Attend team meetings at the start of practice to learn the plan for the day and to get announcements.
- Assist coaches in course set-up and tear-down. Always slip the ruts when training is over.
- Dress appropriately for training. Bring all training gear and GS suit.
- Be at the training start promptly at the start of practice with your gear on and warm-up runs already completed!

- Be courteous to workers and other members of the public using the hill.
- Leave skis, boards and poles outside in designated areas.
- Wait your turn in lift lines.

Race Day Protocol

- Arrive at the race site early to have proper time to prepare: 3:30 p.m. for conference race nights & 8 a.m. for our conference invitational.
- Have skis/boards tuned and ready to race.
- Warm-up appropriately for your event.
- Represent your Ski & Board Team in a positive way. Be courteous to all other parties at the race and ski area. • Inspect race courses with a coach.
- Offer help to teammates at the race. Carry clothes, cheer at the start or finish. This builds team spirit and makes ski racing more fun!

Parent Responsibility Guidelines

- Hold your racer(s) accountable to the highest level of expectations and commitment to their team.
- Role-model respect toward other parents, coaches, officials, and athletes.
- Make sure your racer(s) follow protocols set forth in the athlete code-of-conduct and program expectations regarding ANY and ALL absences.
- Address a concern with a coach as soon as a question or problem arises.
- Support your child in his/her interest to become a better ski racer.
- Provide safe and timely transportation to and from practices and races.
- Cover child with adequate health insurance.
- Provide for the possibility of immediate medical treatment at either a practice or race.
- Get involved as a conference volunteer. Check the conference website for information and job descriptions, and contact your school's parent rep to enlist.
- Race Day volunteering: If interested and able, sign up in advance or see the race office on race day. Race work can be fun and provides a great way to meet other parents and racers.

Observations and Tips

Help your athlete experience the positive benefits of ski racing - sportsmanship, teamwork, self-confidence, a strong work ethic, and solid skill development. As with all aspects of raising your child, there are no sure-fire formulas; however, the following tips will help you make your child's experience a positive and special one.

- Encourage positive sport experiences for your child.
- Remember that your encouragement is more motivating than your criticism.

- Provide good role modeling through your own participation and encouragement.
- Encourage your child to view adversity as a learning opportunity.
- Reinforce the positives; don't dwell on the negatives.
- Help your athlete learn to focus on his/her own progress, not on everybody else's.
- Help your athlete understand that winning isn't everything, and that losing is also a part of sports.
- Encourage your athlete to frame a version of success based upon *personal progress*, not upon comparisons to other athletes.

Race Day

- Transport your child to the race site in time for proper race preparation, including warm-up and course inspection. Athletes should arrive no later than 1½ hours prior to race start time.
- Get Involved! If interested in working, report to the race office. Volunteers are much needed and appreciated. • Check posted run orders to know when your athlete is racing.
- Support your children and let them do what they've been practicing and preparing for.
- Remember -- Cheering is always a good thing. The more fans, the better – spread the word!

WE NEED VOLUNTEER WORKERS. The conference cannot be sustained without the assistance of its parents!

Volunteer Race Workers Job Descriptions

RACE JURY: Comprised of the Technical Delegate, the Referee, and the Chief of Race. Their job is to resolve any problem that might occur with the race or a racer. The **TD** is the highest level of race official and is generally the chief decision maker during the race. The TD is responsible for the overall conduct of the race (in compliance with rules and maintenance of safety). The **Referee** reviews the course to make sure it is legal and safe. The Referee deals with defaults or DQs of racers, handles protests if they occur and files the report of the race along with the TD. The **Chief of Race** directs preparation for the race and supervises technical areas and will lead the coaches meeting where rules for the race will be discussed and decided.

OTHER KEY OFFICIALS: In addition to the TD, Referee, and Chief of Race, following are the other key officials. At the high school level, these individuals must be skilled in the job, but not necessarily USSA licensed, though they often are.

Chief of Timing and Calculation: Is responsible for the coordination of officials at the start and finish of the racecourse as well as activity in the timing shack. They make sure the timing equipment is reliable and accurate.

Start Referee (Starter): Is responsible to help set up the start, communicate with timing and race officials via headset and radio. Sends racers with the orders “Ready” and “Go.” Observes that racers have appropriate equipment, helmet, goggles, and bibs. Delays any non-compliant racers and alerts timing and race officials. Inserts delayed racers upon approval by race officials. Provides spare approved race bibs for any racer without their bib, and alerts timing to the temporary bib # being used. Ensures that start gate is working properly. AIDED by **Assistant Starter** in lining up racers and checking equipment, helmets, bibs.

Chief of Course: Is responsible for preparation and setting of the courses. Works in accordance to decisions of the Race Jury. Needs to know the terrain and conditions and rules associated with each type of racecourse.

Chief Gate Judge: Organizes and supervises the work of the Gate Judges. Designates which gates they will watch and places them in position. Collects gate cards on individual racers and delivers them to the referee.

Race Administrator/Secretary: Is responsible for the secretarial work prior to, during and after the race. This includes getting teams registered, collecting fees and organizing the race. Makes sure all forms are completed and filed.

See next page for job descriptions for course workers, gate judges, scoreboard scribes, announcers, race office workers, assistant starters.

ADDITIONAL OFFICIALS: It takes about 50 officials and workers to make a race happen.

Course Workers: Must be able to ski. They maintain the course for the racers by raking out ruts, resetting gates, slipping the course, etc. Depending on the day this can be a fun or grueling day. Generally need about a dozen.

Gate Judges: Generally don't need to be on skis but it can be easier to get to the upper parts of the course if the judge has skis. They watch each racer pass through the designated gates to make sure it was done in a legal fashion. Fill out a gate card for any racer that made a fault or did not finish. Can only record what is seen. Follows the 70% rule. Must have seen the actual bib number to fill out a card. Number of judges needed depends on the course and the weather. Generally need the most for slalom races. Ten per race is often needed.

Announcers: Part of time house crew. Announce names & bib #'s of racers on course, those on deck to race and finish times.

Race Office Workers: Help with overall coordination. Answer questions, keep a record of complimentary lift tickets and equipment checked out to race workers. Distribute lift tickets, meal tickets, run orders, etc.

Assistant Starters: A strong voice and ability to work in chaos are important. Line the racers up so they are ready to go when their number is called to prevent delay of the race. Check for equipment to be in compliance and that no helmet cameras are attached (the mount is okay).