



Athlete Education, Collegiate Skiing & Career Information



Dear Parents and Student Athlete:

Welcome to Mission Ridge Ski Team! Being a student-athlete at MRST is a bit different than being an athlete in regular school sport programs. Not only are the responsibilities increased with respect to training and travel, but there are certain expectations required in the classroom as well. The MRST Athlete Education and Career Information book is a tool created to provide resources and help to parents and athletes navigating the education, financial challenges, and collegiate skiing decisions that occur with being a student-athlete. Please use this handbook and the knowledge of coaching staff to help you achieve your academic and athletic goals. If you have any questions regarding information in this handbook or other academic questions, please contact your student-athlete's head coach.

MISSION

"MRST equips athletes with skills to reach their full potential in competition and in life."

VISION

"MRST aspires to partner with athletes and parents creating a passion for skiing in a supportive environment that fosters character development and skiing skills to pursue each athlete's potential."

VALUES

"Cultivate sportsmanship and comradery through a culture of mutual respect, safety, fun and teamwork."

PHILOSOPHY & GOALS

Ski racing is all about having fun, learning new skills, and skiing fast. In skiing, like in any sport, to reach your potential takes dedication, a strong work ethic, parental support, team support, good equipment, and the desire to improve.

MRST is a program that provides all the coaching and technical support necessary allowing athletes to succeed and reach their potential. Our athletes learn invaluable life skills that carry through to adulthood.

Expectation of MRST Student-Athletes:

- Maintain a cumulative GPA of no less than 2.5
- No failing grades
- Maintain athletic eligibility according to your school of record

Communication with High School Counselors:

A working relationship with your school counselor is essential for success in ski racing and in school. Your counselor will work with you to create class schedules that work with your competition and training schedule. They can also assist you with selecting classes and schedules that ensure NCAA athletic eligibility requirements are met.

Communication with your teachers:

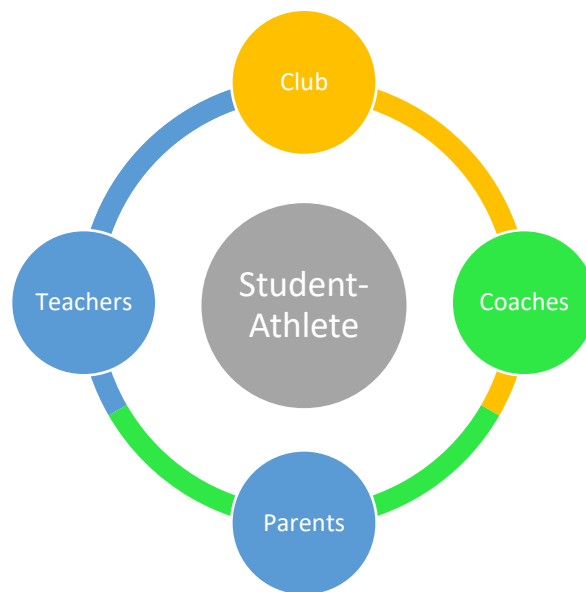
Just like your counselor, a working relationship and regular communication with your teachers is essential to success on and off the hill. Start a conversation with each of your teachers early in the school year and let them know about you being a student-athlete in club sport. Work with them and create a plan to manage:

- Travel schedules
- Assignment turn-in dates
- Submitting assignments while absent
- How to make up exams and quizzes during absences

How parents can help:

Parents of student-athletes in MRST can help by being engaged with their child's academic and athletic progress. This includes assisting with and jointly meeting with the school counselor and teachers during the school year. Parents should monitor the progress of their child closely throughout the school year with the goal of being proactive versus reactive to any academic issues that arise. Other ways to help are assisting your child with meetings and communication with counselors and teachers as needed and acting as a liaison between your student athlete and counselor and teachers as needed.

Success in skiing and school truly is a team effort. It requires that the student-athlete, parents, coaches, teachers, and Club all work together for that student-athlete's success!



College & University Resources

Deciding on a school to attend:

Deciding on what school or university to attend after high school can be a tough decision for many. Some factors to consider when researching schools are:

- What undergraduate majors are offered?
- What scholarships and grants does the school offer?
- Do you want to go to school out of state or in-state?
- Do you plan to attend graduate or professional school after?
- What is the culture/community of the school like?
- Do you want to ski race in college? (do they offer a race program?)

These are just a few questions to ask yourself when looking at different schools. As you narrow your focus to a few schools, talk with your school counselor about specific questions you have.

Racing in College: NCAA versus USCSA

Deciding to continue skiing competitively after high school is a big decision in and of itself. There are many options for alpine skiers to race collegiately across the United States.

NCAA: NCAA Division I skiing is FIS-sanctioned ski racing and is the most elite level of collegiate racing in the United States. Racers compete as individuals as usual, however are eventually scored for a team component in University Races and NCAA Regional and National Championships. Athletes must become NCAA eligible through a compliance process. Generally, athletes are recruited by each school for NCAA skiing, however admission to the school comes first. Most Division I and II schools also offer scholarship opportunities (grades still matter!).

USCSA: For an athlete who wants to compete in a less serious college ski racing realm than NCAA, United States Collegiate Skiing Association (USCSA) racing is their best option. Like NCAA Skiing, Division I, II or III schools can also have USCSA sanctioned racing. USCSA college races can be U.S. Ski & Snowboard races. It is uncommon for USCSA schools to offer athletic scholarships; however, their athletic budgets typically allow them to cover some cost.

NCAA and USCSA Alpine Programs in the West

University of Utah (Division I NCAA)	University of Alaska, Anchorage (D-II NCAA)	Sierra Nevada College (USCSA)
Gonzaga University (USCSA)	Westminster College (Division II NCAA)	Stanford (USCSA)
The College of Idaho (USCSA)	Colorado State University (USCSA)	University of Nevada (USCSA)
University of Colorado (Division I NCAA)	Western Colorado University (USCSA)	Whitman College (USCSA)
University of Denver (Division I NCAA)	University of Oregon (USCSA)	University of Washington (USCSA)
Montana State University (Division I NCAA)	University of Idaho (USCSA)	Washington State University (USCSA)

Whether you decide to ski USCSA or NCAA, doing research early and planning pays big down the road. Consider both admission requirements to the school and any additional athletic requirements that school may have. In addition to visiting each school’s website, here are a couple resources to help you:

- [Student-Athlete Eligibility | NCAA.org - The Official Site of the NCAA](#)
- [USCSA - United States Collegiate Ski and Snowboard Association - USCSA - Home](#)

Scholarship and Grant Opportunities:

It is no secret that college education and skiing is expensive. Fortunately, there are tons of scholarship and grant opportunities provided by local community funds, schools, PNSEF, and MRST! Here is a breakdown of scholarship and grants available within central Washington and the ski community. Check university financial aid websites for their specific scholarship opportunities.

Scholarship & Grant Opportunities for Skiing and College

Organization	Eligibility	Deadline	Other Info.
MRSEF Scholarship Fund	YSL and older athletes welcome to apply. May be used for Tuition, Camps, or race expenses.	See application for specific deadlines.	2023-2024 MRST Scholarship Application.pdf (sportngin.com)
PNSEF Jane Henry Scholarship Dean Palmer Scholarship	For college-bound PNSA athletes.	June 1 st	Scholarships — PNWSEF Site (squarespace.com)
PNSEF Grant Program	PNSA U19 athletes and older, and select U16s. For Regional, National and international competition and training opportunities.	June 1 st	Scholarships — PNWSEF Site (squarespace.com)
Community Foundation of North Central Washington	Over 100 scholarship opportunities for college-bound students.	Various deadlines	Scholarship Guide - Community Foundation of North Central Washington (cfncw.org)

Career Planning

When it comes to thinking about a career after college or university, your first thought might be, *“but I haven’t even finished high school yet!”* However, high school can be one of the best opportunities to think about your interests and take elective classes that are interesting to you. Often, taking elective classes in high school can help students easier decide on an undergraduate major to pursue which can also help guide students toward specific colleges and universities. Talk with your high school counselor and see what classes your school has to offer!

Local High School Counseling Office Information

Wenatchee High School	509-663-8117	Counseling Counseling (wenatcheeschools.org)
Eastmont High School	(509) 888-4754	Counseling/Registrar (Eastmont High School) Counseling/Registrar (eastmont206.org)
Cashmere High School	509-782-2001	School Counselor / Homepage (wednet.edu)
Chelan High School	509-888-6716	Chelan MS/HS Counseling Website (google.com)
Quincy High School	509-787-3501	Counseling Center - Quincy High School (wednet.edu)
Waterville High School	509-745-8584	POST HIGH SCHOOL watervillesd (watervilleschool.org)
Cascade High School	(509)548-5277	Counseling / Career Counseling (cascadesd.org)

Alumni & Careers

Almost all Mission Ridge Ski Team alumni have gone on to pursue some form of higher education. In the last decade, MRST has proudly seen alumni pursue careers in medicine, engineering, sport psychology, marketing, business administration, farm management, teaching, and coaching to name a few.

Below are quotes from several Mission Ridge Ski Team alumni on how being an athlete with MRST has impacted their life:

“Growing up I was fortunate enough to race for the Mission Ridge Ski Team. Ski racing taught me so many important life lessons and skills. It taught me how to be resilient, hardworking, and dedicated. These traits were not only engrained in me by competing in the challenging sport of ski racing, but also by the determination and dedication of the coaches, staff, parents, and teammates that supported me during my time racing for Mission Ridge. As much as ski racing is an individual sport, it also takes a large and caring community to make someone successful. This is something the Mission Ridge Ski Team has always been able to provide to its athletes. I owe much of who I am today to the Mission Ridge Ski Team and the ski racing community. The skills and values that I learned from ski racing have helped me succeed in school, my personal life, and in the workplace.” – Cai Yamamoto

“There are countless ways that ski racing prepared me for my career as a doctor. Spending hours at the gym getting ready for ski season gave me my work ethic to get through medical school. Traveling the world to different races and meeting new people along the way taught me compassion I use to relate to my patients. At every stage of my medical training, I have been able to find a connection to someone through ski racing. It truly is a community like no other. Skiing gave me the strength to pick myself up when I’m down and try again- a skill that is vital for thriving during residency training. Lastly, my time spent training, racing, and traveling with my teammates-who I now call lifelong friends- taught me to always make sure to have fun no matter where life takes me.” - Dr. Haley Hanseler-Dean

“Ski racing taught me that everything that is earned in life is created by the actions you choose to make. It instilled a work ethic and a will to keep pushing forward in not only my career but life in general. From finally understanding the effort ski racing required from you off the snow to create success on the snow, to the time management to make it all happen. This is only achieved through the actions and steps you as the individual take, and the time you dedicate to making it happen. In life, college, your career, your marriage, all these same attributes are needed. I can honestly say that if not for ski racing, I do not believe I would be in the same place in any one of those categories. Lastly, the friends and mentors you make ski racing are some that you will have for life.” – Austin Dean

