



SKI RACING 101



The Waukesha Alpine Ski Team is a co-op team made up of students from Waukesha North, Waukesha South, Waukesha West, Pewaukee, and Heritage Christian Schools. Depending on the number of students, the team includes varsity and junior varsity teams for both high school boys and girls.

Our skiers are of all different ability levels. Most of our racers haven't raced before high school. If you can ski, then you can race. You will become a racer and a better overall skier. Plus, you'll have fun as part of a team made of boys and girls from different grades and schools.

SEASON

- Practices start in late November or early December, depending when Alpine Valley opens.
- Races run January through mid February.

PRACTICES

- There are 2 practices/week – Sunday and Monday evenings from 6:00PM - 8:30PM.
- The team practices at Alpine Valley.

RACES

- There are 6 races during the season – 3 slalom and 3 giant slalom (GS).
- On race nights, each racer skis 2 races.
- Each team consists of up to 6 racers.
- The 4 fastest times of the 6 contribute to the total team time.
- The total team time after both runs determines the team score.
- The 3 fastest overall individuals at each level receive medals.
- Each team receives points at every race – the higher the team finishes, the more points they receive. These points determine team rankings.
- 3-5 teams compete at each race.
- Races are held at the various local ski hills.

POST-SEASON

- At the end of the season, the top ranked teams in the conferences qualify for State.
- Any individual medalists also go to State.

Middle school students are also encouraged to practice with the team during the season.

EQUIPMENT

- Certain equipment is required. Other equipment is optional based on skill level.
- Though new equipment is great, seasonal rental equipment, used gear, and hand-me-down items are good options too.

• Required

- » Skis
- » Poles
- » Hard-ear helmet
- » Goggles
- » Winter coat, gloves/mittens, snow pants»

Season pass for Alpine Valley
(buy early to save money)

- » Lift tickets at away races

• Optional

- » Racing skis (slalom and/or GS)
- » Racing poles (slalom and/or GS)
- » Racing suit
- » Chin bar (for slalom races)
- » Boot bag
- » Tuning equipment

FUNDRAISING

- We occasionally run fundraisers to help defray costs of equipment, passes, and lift tickets.
- We also have generous support from our schools' booster clubs each season.
- If you want to race, we will do everything we can to help make it happen!

WE WOULD LOVE TO HAVE YOU RACE WITH US!

Please don't hesitate to reach out with any thoughts or questions.

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