



Coulee Alpine Racing Inc. (CAR)

2020-2021 Season

Program Descriptions

Mission Statement

Coulee Alpine Racing is committed to providing opportunities for young athletes to develop their abilities and instill a lifelong love of skiing and snowboarding in a fun, educational, and supportive team environment.

“D”evelopment Ski Program_____ \$390

Our “D” Team Program introduces kids (ages 6 to 12) and their families to ski racing and teaches the fundamentals for successful life-long alpine skiing. A combination of drills and race courses help young skiers refine their skills and discover the joy of skiing and ski racing. As these younger athletes grow in their skiing ability they can aspire to join our more advanced programs and go on to race for their high school team. The D Team meets on Tuesday and Thursday from 4:30-6pm.

- Instruction typically begins the first week in January and goes through the first week in March, (if conditions allow). We may add some bonus days in December if conditions are favorable.

“D”evelopment Snowboard Program-New!_____ \$390

Our “D” Team Program introduces kids (ages 9+) and their families to snowboard racing and teaches the fundamentals for successful life-long alpine boarding. A combination of drills and race courses help young boarders refine their skills and discover the joy of snowboarding and snowboard racing. As these younger athletes grow in their abilities they can aspire to join more advanced programs and go on to race for their high school team. The D Team meets on Thursday from 4:30-6:30pm and Sunday 3-5pm

- Instruction typically begins the first week in January and goes through the first week in March, (if conditions allow). We may add some bonus days in December if conditions are favorable.

Training Program_____ \$540

Our Training Program is open to experienced skiers interested in developing their ski racing skills. Training focuses on ski racing fundamentals with an emphasis on slalom (SL) and giant slalom (GS) disciplines. The Training Program includes instruction Monday, Wednesday & Thursday from 5:30-7:30pm and Tuesday from 5-7pm. Instruction will run mid-December through the first week in March (if conditions allow). The Training Program does not include coaching at any races.

Training Lite Program _____ **\$425**

The Training Lite is the same as our Training Program, but offers the option for instruction on only 2 nights each week. Instruction is on Tuesdays from 5-7pm and Thursdays from 5:30-7:30pm.

Training Lite Program Special _____ **\$300**

The Training Lite is the same as our Training Program but offers the option for instruction on only 2 nights each week. Instruction is on Tuesdays from 5-7pm and Thursdays from 5:30-7:30pm.

**For this reduced pricing, a current, valid high school ID must be provided.*

High School Bonus Training Program _____ **\$300 / \$150**

The High School Bonus Training is open to any high school racer who would like to gain additional training throughout the season. There are two options offered:

- Training with MLST on Monday & Wednesday from 6:30-7:30pm, Tuesday from 6:30-7pm and Thursday from 5:30-7:30pm - **\$300**
- Training with MLST on Thursdays only 5:30 -7:30pm - **\$150**

Traveling Program _____ **\$1,350**

Our Traveling Program is open to experienced racers interested in ski racing competitively at US Ski and Snowboard (USS&S) sanctioned events. The Traveling Program includes instruction Monday, Wednesday & Thursday from 5:30-7:30pm and Tuesday from 5-7pm. Instruction will run mid-December through the first week in March (if conditions allow). Coaching for the following USS&S sanctioned ski races listed below is included - *PLUS* racers will automatically be entered into The Pinski/Benjamin Cup which includes coaching fees for Spring Fling, Brule and more (a \$150 value).

-see race & camps schedule for details

Hybrid Traveling Program _____ **\$990**

Our Hybrid Traveling Program is an option for experienced skiers who are interested in ski racing at some of the regions USS&S sanctioned events. Athletes and their families choose *three* races from our Traveling Program schedule they wish to attend. Coaching for the three USS&S races is included - *PLUS* racers will automatically be entered into The Pinski/Benjamin Cup which includes coaching fees for Spring Fling, Brule and more (a \$150 value). If an athlete chooses to participate in additional USS&S races a \$100 coaching fee per weekend of racing will apply.

- Weekly instruction is the same as our Traveling and Training Programs.
- Coaches will be happy to answer questions about the different race venues before you choose.
- Please Note: A current USS&S license is required to participate. Parents are responsible for registering and paying additional race & camp entrance fees.

All Coulee Alpine Racing fees are due on Monday, November 23th

Registration completed online via Sports Engine. For current members a \$100 late fee will be added to payments received after Monday, Nov 23th



Additional Ski Racing Opportunities



Athletes on the Coulee Alpine Racing Team are encouraged to put their skills to the test by competing in these exciting events (note: our fees cover coaching support on race days):

The Pinski/Benjamin Cup **\$150**

This is a traditional annual tournament providing racers of all levels (U14 or under) a super fun competition that goes throughout the season. At seasons end, we get together for a potluck celebration with medals awarded to the top 3 racers in each *age* and *gender* category and the Pinski Cup Trophy awarded to the very top racer, which is then passed on year after year. Racers participate in a compilation of races throughout the season – coaching support is provided:

- Two NASTAR races, Mt. La Crosse: Dates TBD
- Two Sunday Slaloms, Mt La Crosse: Dates TBD
- Two Timed Runs during practice, Mt. La Crosse: Dates TBD
- Mt. La Crosse Championship, Mt. La Crosse: Date TBD
- Spring Fling, Mt. La Crosse: February 27th & 28th
- Brule Central Finale, Brule, MI: March 6th & 7th

-Separate Race entry fees apply – Mt. La Crosse will offer a combo race pass for Nastar, Sunday Slalom, and Mt. La Crosse Championship - a great value!

-Dates will be available closer to the start of our season

-Athletes are NOT required to participate in all races to compete in The Pinski/Benjamin Cup.

-A USS&S license is NOT required to participate.

The Spring Fling **\$50**

Held at Mt. La Crosse, this is a family-oriented event and an encouraging race for *all* athletes. It also serves as an important fundraiser for our Coulee Alpine Racing team. It is typically held over the last weekend in February or first weekend in March. (4 races over two days)

The Brule Central Finale _____ **\$50**

This is another fun event held at Ski Brule, MI that provides a great opportunity for teammates and their families to get together and celebrate our accomplishments at seasons end. It is typically held over a weekend in mid-March. (5 races over two days)

Note: This race is only open to racers U14 and under.



Coulee Alpine Racing Inc. 2020-2021 Season Important Information & Deadlines

November 1st

USS&S License and Central Region 1/2 Registration Fees Due
((\$25 late fee will apply, for renewing members)

Thursday, October 29th

Equipment Night at Mt. La Crosse Ski Shop, 4-7pm
With ProShop Manager Rafe, and coach Steve Mikkelson
Come check out new gear, and get your questions answered before purchasing

November 23th

Coulee Alpine Racing Inc. (CAR) Program Fees Due
((\$100 late fee will apply, for renewing members)

US Ski and Snowboard License:

A current US Ski and Snowboard license and Central Region 1 or 2 registration is required to participate in any USS&S event. To obtain a license and register visit: <http://my.ussa.org>

Note: Register under the name of: Coulee Alpine Racing

Questions or additional race opportunity inquiries:

Contact:

Head Coach Steve Mikkelson

Phone: (608) 792-4729

email: steve.mikkelson08@gmail.com