

High School Ski and Snowboard Athlete Information Sheet

Area High Schools contract with Coulee Alpine Racing (CAR) to provide coaching for the Western Conference High School Ski and Snowboard teams. Currently, we have two teams that make up the Western Conference. Schools include: Central, Logan, Providence, Aquinas, Onalaska, West Salem, Luther and Tomah students. We also have a few independent racers who attend schools that choose not to participate in the co-op.

Do I need to know how to ski/snowboard: Yes, the High School Ski and Snowboard Program is a ski and snowboard racing program. You do NOT need to have race experience to join the team; however, you must be comfortable getting around Mt. La Crosse on your skis or snowboard.



Registration: **Prior to November 21st**, you need to register for the program with your respective school and complete your physicals. *(Independents do not need to do this).*

You will also register on-line with Coulee Alpine Racing and complete the necessary paperwork, waivers and pay the fees. Registration links are available on the front page of the website couleealpineracing.org or found by scanning the QR code here.

Conference Fees: The athletes each pay a \$110 fee used for team training space and conference dues to Coulee Alpine Racing. They must also put down a \$25 bib deposit fee that is refunded when they return their racing bibs. Independent racers must register separately with a cost of \$185 + \$25 bib deposit for the season, which includes the coaching fee.

Mt. La Crosse Season Pass: Athletes are responsible for purchasing a season pass from Mt. La Crosse.

Equipment: Athletes are responsible for purchasing their own equipment.

Transportation: Athletes must provide their own transportation to and from practice. On-snow training is held at Mt. La Crosse. Dryland training will be held at an outdoor location in La Crosse at a park or hiking trail.

Practice: The on-snow season consists of practices at Mt. La Crosse on Mondays and Tuesdays from 4:30-6:00. We begin in November with dry-land training and will get on snow as soon as possible; however, the last few years, this has not been until the first week in January. The season concludes in mid-February. Attendance at practice is mandatory, and racers must be on time. We also require the racers to spend one other day of the week free skiing at the hill.

Conference Races: We hold approximately five conference events (2-3 races each day) on Wednesdays at Mt. La Crosse. The races are between the two conference teams. However, individual times are also recorded and acknowledged at the end of the season. We rely heavily on parent volunteers to run the races each Wednesday.

Races begin at 4:30 pm, some schools allow for an early release from school so athletes can get to hill to warm up and inspect the race course at 4:00 PM. Attendance at Conference races is mandatory and racers must be on time. Racers are required to stay until the race is over to assist with course tear-down and attend the team meeting.

Additional Races: The State Meet will be held February 13-16, 2026 at Mt. La Crosse. The schools and/or booster clubs pay the State Meet entrance fees for qualifying athletes. Independent athletes are required to pay their own fees (\$110). Parent volunteers are essential to ensuring a successful State Meet. If we participate in additional races, the athletes are responsible for the race fees, bussing costs and lift tickets. In the past few years, racers have participated in one additional race at Mt. La Crosse.

Lettering and Awards: Schools award varsity letters for athletes that qualify and we hold an awards banquet at the end of the year to celebrate their accomplishments.

Please head to our website, couleealpineracing.org for additional information about our club. In addition, you will find contact information for our head coach, Nick Bennett, on our website.

Frequently asked questions?

Can a new high school join the co-op?

- Yes, we have the ability to add additional schools to the co-op if the other high schools in the co-op and Coulee Alpine Racing staff believe it is a good fit for the school to join
- When a school joins the High School Ski and Snowboard co-op it must be made available to all students in the high school. The school is responsible for getting the word out to the students.

What Team would our high school be placed?

- At this time, we are placing schools on the south side of La Crosse on the Central/Logan team. We are placing teams North of La Crosse on the AOWS team. Ultimately, we would consult with the others involved prior to making this decision.

What is the cost for a school to join the co-op?

- The amount each school pays is based on the number of students that choose to participate.
- The cost to the schools per racer in 2025/2026 is \$175 per racer. For athletes who qualify for the State Meet, it is an additional \$110 per racer.

Is there anything a school needs to sign to become part of the program?

- At the start of the season, the schools sign a Memorandum of Understanding (MOU). A copy of the 2025 MOU between the schools and our program is included. As you can see in the MOU students are required to register for skiing and snowboarding at their respective schools (complete the necessary paperwork and have a sports physical on file). They must also register with Coulee Alpine Racing, including filing out necessary paperwork, waivers and making payments.

What will be needed from a school before/during the season?

- Prior to the season we hold an informational meeting for families. This is a great place for families to learn more so it is important to spread the word to parents and students about the meeting.
- Communication with the team representative will be essential. We will do our best to make sure you are aware of what is happening with the team and you will be responsible for communicating any pertinent information.
- We may ask for a few additional things: For instance, Mt. La Crosse requested COI's for any school that had an athlete participate in the State Meet.