



Saline-Chelsea Co-operative Ski Team
November 9, 2021
2021-2022 Racer – Parent Season KickOff Meeting

CONTACT

Head Coach: Leo Lavigne, Cell: 231-429-7549, Email: lavigleo@umich.edu

General Info: Laura Dillmann, Cell: 734-635-4244, Email: laura.dillmann@comcast.net

COVID RULES

The team will be required to comply with COVID rules from the Saline and Chelsea school districts, MHSAA and Vail Resorts. We don't yet know what these rules are for the upcoming season, and they may change with time.

JOINING THE TEAM

Athletes must complete the ENTIRE online team registration process (www.salineski.org/registration) including payment AND submit their physical form to the athletic office prior to Nov 15. Absences from practice due to incomplete forms / payment are considered unexcused absences.

FEES

As a self-funded club sport, even if you pay-to-play for another sport, you will have to pay for skiing. The skiing fee is \$363. This fee does NOT cover transportation, lift pass, or equipment. Deadline is Nov 15.

TRANSPORTATION

Transportation to all practices and races is on your own! Carpooling is highly encouraged. There are lockers at Mt Brighton that become available in the late fall for a fee. These are great if you plan to carpool, as the equipment takes up a lot of space.

WEBSITE

Salineski.org

Website contains:

- Conditioning suggested drills
- Answers to frequently asked questions, including equipment requirements
- Registration Information
- Link to Mt Brighton

WHAT DO I NEED TO RACE?

Must Have

- Ski helmet with hard cover over ears & removable chin guard
- Skis, boots & poles
- Warm clothing – Ski racing entails a lot of waiting at the start shack. It is vital that you are dressed for the weather.
- Season ticket
- Transportation to and from the hill (Carpooling is key here!)

Recommended

- Light-lens goggles. We will mostly be practicing and racing at night. Good night-time goggles are important for safety.

Nice-to-Have

- Speedsuit
- Both slalom and GS race skis. If buying this year and only buying 1 pair, make it slalom.

PRACTICES

First practice is Mon Nov 22.

Dry-land training before Mt Brighton opens:

MF: 5PM-6:30PM Crabtree Field

Tue: 4PM-5PM Saline Weight Room (except NOT on Nov 23)

After Mt Brighton opens:

Pre-Jan: Training MW from 6-8PM

Jan: MW from 6-8PM (Races on Tue and Thu) See Race Schedule below.

Holidays: There are no practices on Nov 23-27 or Dec 17-Jan 1.

COMMUNICATIONS

We will set up group text messaging using GroupMe. It is important to get this app and be in this group. It is often a last-minute call as to whether or not Mt Brighton is open and therefore practice locations can change on the day of practice, and races can be canceled late in the day. This will be the primary means of communicating that information. You will be invited to join the Group via text message, once you have registered and provided all cell numbers.

RACE SCHEDULE – Tentative Schedule from MBHSSA

January Races start at 4:50PM. Arrive by 4:00PM. All racers MUST stay to the end of the race to help with course teardown in order to remain in good standing in the league.

Regular Season

- Slalom Races: Tuesdays from Jan 11 to Feb 1
- Giant Slalom Races: Thursdays from Jan 6 to Jan 27

End of Season Races

- Mt Brighton JV Championships – JV only: Friday Feb 4 – all day
- Mt Brighton Season Championship – Varsity only: Thu Feb 10 – all day
- Mt Brighton Regionals – Varsity only: Thu Feb 17 – all day
- SEMSL Championship at Pine Knob - Must qualify, based on MBHSSA Division Championship results: Tue Feb 2
- MHSAA State Finals at Boyne Mt - Must qualify based on Regional results: Mon Feb 28

VARSITY REQUIREMENTS

Earning a varsity letter is on a point-based system. Points can be accumulated across multiple years of participation. Points can be lost on coaches' discretion due to repeated abuse of respectful and positive team principle, other behavior issues and/or continued missed practices. A total of 35 points is required to earn a letter.

Points are earned as follows:

- Participation in Fundraiser: 5 pts
- Participation in Community Service Activity: 5 pts
- Attendance at all practices, unless excused absence: 5 pts
- Team Captain: 20 pts
- Race in the varsity lineup: 5 pts per race
- Qualify for States: 10 pts

LEAGUE RULES

- All racers are required to stay until the end of the race to help tear down and slip the courses at Mt Brighton.
- We are required to provide 1 parent gatekeeper per race, and have other parents help on a rotating schedule. Schedule will be posted soon and distributed by email.
- Mt. Brighton permits us to run races there, but they are NOT the race organizers. If anyone has any questions or concerns about a race, talk to the coach, not to Mt Brighton.
- Use of explicit language by any racer or team fan results in penalties to our team and disciplinary action. BE RESPECTFUL.
- All skiers must use caution, particularly around the base area where the hill gets very crowded. Reckless skiing will result in penalties to our team, disciplinary action and possible revoking of lift pass.
- Vehicles are not permitted by the race finish area at any time. Equipment, food, etc. must be brought in by foot or by sled.

ADDITIONAL NOTES

- All CUSSA racers MUST tell Laura. There are special rules and forms that apply or you will lose eligibility.
- Follow us on Twitter @SalineChelSki
- We need photographers! I like to submit a story about our races to both the Chelsea Update & the Saline Post. These stories are much better when we have photos of the event!