

Arrowhead Alpine Ski Racing Fact Sheet Year 2009-2010

Teams – The Milwaukee Council permits up to five teams per school for Boys: Varsity, JV Red and JV Blue, Girls Varsity and JV with six skiers per team. In addition four Exhibition skiers can compete, for a total of 41 athletes. Alpine Ski Racing is a Club Sport, at Arrowhead and is operated under the auspices of the Arrowhead Activities Department. Varsity letters are awarded to athletes that compete on the Varsity team in at least two races.

Fees and Costs - The team fee will be approximately \$350 per athlete which includes lift tickets at six races, seven nights of training at Holy Hill Ski Club, coaching and use of team equipment. Varsity athletes also pay for travel and expenses at La Crosse if the team qualifies for the State Championship. **Deposit due at first meeting for \$ 150 per athlete on September 17, 2009. (Re-fundable till November 1, 2009)** Balance of fees must be received by November 3, 2009. Send to Jill Hilligoss 159 North Ave, Hartland, WI 53029 or drop off at the AHS Athletic department located at North Campus. Please pay by check paid to the order of "Arrowhead High School".

Equipment - Helmets are required for all on-snow training and competition. Each athlete is responsible for providing appropriate ski equipment and clothing. Arrowhead provides gates, drills, radios and other equipment needed for practices and races.

Coaching - Coaches are available during all on-snow training and competition. Our coaches, Will Nourse, Brian Jones and Kirsten Mallow are certified with many years of experience and are highly regarded in the Alpine racing community. Will is a PSIA Level III instructor and USSA Regionally Certified Program Leader. Brian is a PSIA Level III instructor. He will be entering his second season with AHS. Kirsten is a PSIA Level II (Rocky Mtn.), USSA 300 level coach, multiple JO coach, multiple HS state coach, AHS alumni, Multi State Champions.

Team Training - Mandatory Arrowhead team training is held at Holy Hill Ski Club on Monday nights for seven weeks starting January 4. Times are 5:30 to 8:00 pm with a half-hour setup and breakdown. Optional pre-season on-snow training will also be available In late November/ early December the Team will conduct a 2nd optional training camp in Michigan, costs to follow. * As an option, Sunday night training at Ausblick Ski Club may also be available at an additional cost of \$175 plus coaching fees. (It matters how many athletes participate for the total season)

Scrimmage – Will be in December and is MANDATORY. It will be two timed runs of Slalom and two Giant Slalom. This will provide the coaching staff with information to assist in "seeding" the teams. (Racers to purchase lift ticket)

Races - Race locations and dates have not yet been scheduled. Last year races were held at local ski areas including Alpine Valley and Sunburst. Races consist of two timed runs of either Slalom or Giant Slalom. Team scores are the total time of top 4 times for each run per 6 person team.

State Championship – Our Varsity teams usually qualify for the State Championship to be held at Mt. La Crosse on February 13-15, 2010. In 2009 both the men's and women's took 4th overall. In 2008 the men's team took 1st place and the women's team took 8th place.

Transportation - Athletes or their parents must provide transportation to and from training and races. No bus transportation is provided for races.

Bibs and Lift Tickets – A race bib will be assigned to each racer. These will be handed out at each race and RETURNED after the event. Lift tickets are purchased by the team, so it is very important for racers to be on time so we know exactly how many tickets to purchase. Racers who are late may have to buy their own ticket.

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Parent Volunteers - Races are run by parent volunteers, and Arrowhead manages at least one Milwaukee Council race. Arrowhead parents are expected to volunteer for gate keeping, timing, score keeping and other tasks. The Parent Board will coordinate and schedule these activities. We will have a calendar for the volunteers after the races are scheduled. If you can not make your scheduled volunteer date you must find someone. Please let me know so I know who we are looking for.

Team Apparel- Spirit wear this year, sweatshirts, sweat pants and long and short sleeve t-shirts and baseball hats.

Fundraisers- Piggly Wiggly, (Hartland & Oconomowoc locations) will give 1% back to the team if you turn in the receipt. Sentry will also give 1% but you must ask for the stamp "Funds for Friends" on the receipt. We have put 2 envelopes in the folder for you to collect the receipts, please give them to Jill Hilligoss.

Piggly Wiggly Brat Stand (Weather permitting Car Wash) 8:00 am till 2:00 Sunday October 4, 2009

We have the following local restaurants who will share part of the profits with the ski team on the following nights:

Sweet Dream Custard, Hartland September 25, 26, & 27th, 2009 Need Flyer to count for AHS Ski
Five Guys Delafield, October 22, 5-9 pm
Endter's Hartland, January

Board of Directors - Team activities and finances are managed by the AHS Ski Team Parent Board. For questions or if you are interested in becoming involved in the group please contact any of the following:

Jim and Jill Hilligoss	262-844-3475 Jill's Cell 262-844-3637 Jim's Cell	hilski@sbcglobal.com
Ron and Sandy Dries	262-691-0383	Ron.Dries@bruno.com sdries@wklh.com
Lisa Holt	262-538-4036	lholt@engineeredolutions.net
Mike & Connie Cummings	(262) 367-9222	ccummings@wi.rr.com .

Coaches:

Will Nourse	414-467-3089 Cell	grfskis@gmail.com
Kirsten Mallow		
Brian Jones		

Website – The team maintains a website at www.arrowheadschoools.org.