



[www.cooperspurraceteam.org](http://www.cooperspurraceteam.org)    [csrt@gorge.net](mailto:csrt@gorge.net)

## **COOPER SPUR RACE TEAM PROGRAM HANDBOOK 2014-2015**

### **WELCOME!**

Cooper Spur Race Team (CSRT) would like to take this opportunity to welcome you to our “family”... CSRT is a community of young ski racers looking forward to another fun and successful ski racing season.

This handbook provides basic information and outlines what each participant needs to know in order to get the most out of the sport of ski racing.

Since 1978, Cooper Spur Race Team has provided the community with programs dedicated to the development of youth ski racing and love of sport. CSRT is a non-profit 501(c) 3 volunteer organization funded by program fees, fundraising events, donations and business sponsorships. CSRT could not pursue its goals without the support of volunteers and the local community.

Ski racing *is* fun and CSRT programs are designed so that everybody who participates has an enjoyable experience in a safe setting and learns basic to advanced skiing & racing fundamentals. All Cooper Spur Race Team programs are designed with safety, fun, and appropriate skill development for every skier.

### **PROGRAM GOALS**

Our programs are designed to provide training and competition opportunities for young skiers and racers. CSRT strives to provide a fun learning environment where each child has the opportunity to discover and reach his or her potential in the challenging, lifelong sport of skiing. CSRT succeeds in producing top athletes in the sport of ski racing, but that is only part of our program, our goal is to have everyone finish the season with an increase in self-confidence and an understanding of the sport of skiing. We hope each racer makes new friends in the process and takes with them a season’s worth of great memories. Ski racing requires a unique blend of physical, emotional and mental skills which, when mastered, provide a solid foundation for success later in life. We believe each athlete should be treated as an individual, and we understand and respect each athlete’s own personal goals. The basis for our quality organization is solid ski fundamentals in both free-skiing and race technique, small groups, and maximum ski time. Real learning is based on repetition, but fun is what provides the motivation. Once the basic skiing skills are mastered, the emphasis shifts to refinement of technique and developing the physical, mental, and emotional skills to be a competitive athlete. The skiers are constantly challenged and learn much more than just ski racing.

## **CSRT PROGRAMS**

CSRT offers various programs for youth between the ages of 5 and 15 yrs old, with each program providing different levels of commitment based on the athlete's goals and age. CSRT programs are divided into age groups based on USSA age classification; U16, U14, U12, U10, & U8. The U16 age category is for 14-15 yrs, U14 category is made up of skiers 12-13 yrs of age, the U12 category is for ages 11-10, the U10 age class consists of skiers 9-8 yrs old, and the U8 class is for skiers 7 and younger.

### **COOPER CAMP: INTRODUCTION TO SKI RACING - AGES 5-12 yrs**

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All CSRT skiers are eligible to participate in Cooper Camp during the Christmas holiday ski week. Cooper Camp will integrate basic skiing and racing fundamentals through fun drills and appropriate gate training for optimal skill acquisition. Children that meet our basic requirements are eligible for this 4-day program. You can decide to continue afterwards, by upgrading to one of our Junior Development Teams.

*Program dates:* December 27-30.

*Program Fees:* **\$380**

*Fees include:* Supervised fundamental skill development training and free-skiing, to be completed with our annual Cooper Cup Giant Slalom Ski Race on the last day.

*Requirements:* Ski gear, helmet, lift tickets to Cooper Spur. Skier must be able to ride chair lift and make turns on easy terrain (green runs) Skiers age 5 and under at coach's discretion only- please inquire.

*Location:* Cooper Spur, conditions permitting. Mt. Hood Meadows is our alternate site.

### **JUNIOR DEVELOPMENT TEAMS**

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Our Junior Development teams are designed for children 6-14 yrs of age and offer three program options based on age, ability, and time commitment. Skier's younger than 6 yrs may join the program with the approval of the coaching staff. Ages referenced are determined by racer's age on Dec. 31, 2012. All training is dependent on snow and lift-operating conditions.

#### **DEVELOPMENT TEAM – AGES 6-13yrs (U8-U14)**

Our 'Devo Team' program is our entry level program for ages 6-13 (U8-U14) which starts with the Cooper Camp and skis every Saturday January through March. This program is designed for the child who has already learned to ski, but needs further instruction on the basic skills and techniques that will enable them to go anywhere on the mountain. Skier's will build a base of solid skiing skills and basic fundamentals through directed free skiing, gate training, and friendly competition. The program emphasizes improving free-skiing, basic race fundamentals, skiing etiquette/safety and fun! The Devo Team will participate in local Mt. Hood races if desired. We also offer the Development Team program without Cooper Camp for a reduced rate. The program starts the first weekend of January.

Program dates: December 27th (Cooper Camp) and every Saturday through March 18th.  
Program fees: \$795 with Cooper Camp, or \$650 without Cooper Camp

Fees include: Cooper Camp plus skiing each Saturday at Cooper Spur from 9am – 3pm, coaching & entries to Mt. Hood Mighty Mite Council races, and team hoodie.

Requirements: Ski gear, race helmet, lift tickets or season pass to Cooper Spur and/or Meadows.

### **TRAINING TEAM – AGES 8-13 (U10-U14)**

Our Training Team requires more commitment and is designed for the U8-U14 athletes (8-13yrs). The training team skis on both Saturdays and Sundays, starting in early December. Training Team athletes will emphasize the development of basic skiing fundamentals through focused free skiing and gate training, with an introduction to race tactics in GS & SL. The Training team will be able to race in all the local Mt. Hood races including the 'Mt. Hood Mitey Mite Series Races' as well as the 4-Way Championship Race, Meadows Challenge Race, and Mt. Bachelor May Day Race.

Program dates: December 1st through March 31st

Training days: Weekends: Saturdays at Cooper Spur & Sundays at Meadows 9-3pm

Program fees: \$1150

Fees include: Cooper Camp plus weekend training at Cooper Spur & Meadows, dryland training, XC Clinic, coaching & entries for all Mt. Hood Council Races, and team hoodie. Additional race entry fees for non Mt. Hood Council races are required.

Requirements: Ski gear, race helmet, season pass to Cooper Spur & Mt. Hood Meadows, USSA Youth Competitor License for first year U14s is required and USSA Competitors License is required for 2<sup>nd</sup> year U14s, register online at [www.ussa.org](http://www.ussa.org).

### **JUNIOR COMPETITION TEAM – AGES 9-13 (U10-U14)**

The Junior Competition Team is our highest level team in the Jr. Development program and is offered to skier's age 9-13yrs (U10s - U14s). The Competition Team focuses on improving all mountain skiing, race technique, race tactics and establishing strong ski fundamentals in and out of the gates. The Competition team trains on Saturday, Sunday, plus an additional evening training session during the mid-week. This program is for the motivated athlete and skier who wishes to prepare for a more competitive environment.

Program dates: December 1st through March 31st

Training days: Weekends, Saturday and Sunday 9am-3pm, plus one training night midweek, Wednesday 4:30pm-7:30pm at Mt. Hood Meadows, some Thursday or Friday nights will also be available depending on training and race schedule. Night training will start in December through mid March.

Program fees: \$1525

Fees include: Dryland training starting in mid-October, Cooper Camp, weekend & night training at Cooper Spur & Meadows, XC Clinic, coaching & entry fees for all Mt. Hood Mitey Mite Council races and team hoodie. Additional coaching and race entry fees for non Mt. Hood Council races (4-Way, Meadows Challenge, Buddy Werner Finals, May Day and USSA races) required.

Requirements: Ski gear, race helmet, U14-U12 athletes: SL protective gear and back protectors for

speed events (U-14s only), and season passes for Cooper Spur and Mt. Hood Meadows. USSA Youth Competitor License for first year U14s is required and USSA Competitors License is required for 2<sup>nd</sup> year U14s, register online at [www.ussa.org](http://www.ussa.org).

### **U16/U14 USSA COMPETITION TEAM**

The U16/U14 Competition (COMP) Team is for the very motivated 13-16 year old athlete who wish to train 4 days a week or more. Besides racing, these athletes will focus on all-mountain free-skiing, technical drills, gate training (including speed elements of super-G & downhill), goal setting, mental visualization, teamwork, leadership and most importantly having fun! The COMP team will attend select USSA scored NWC and Evergreen Cups on and off Mt.Hood as a team. U16 racers will have the option of competing in the U16 JO Qualifier races at Mt Spokane, Skibowl, and Mt.Bachelor, U16 Finals, and U16 Junior Olympics if qualified. Second year U14 Team racers will have the option to compete in limited and select USSA races. All U16/14 COMP Team member will have the opportunity to participate in Cooper Spur home races 'Cooper Cup GS' & forerunning the Cooper Dual SL. Athletes will also have the option to race in the two spring races: May Day Super G's at Mt. Bachelor and/or the Golden Rose at Timberline.

Program dates: November 15th through April 7th

Training days: Weekends plus mid-week training options: Training includes Wednesdays and Thursday nights at Meadows 5-8pm, Hood River Schools Non School Professional Education Mondays 9am-3pm , Saturdays at Cooper Spur in January and February, Sundays at Mt. Hood Meadows.

Program fees: \$2140

U16/U14 COMP Team fees include: Dryland training: June – mid March. Ski training: November through early April.

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### **INTENT TO COMPETE & RACE ENTRIES: IMPORTANT PROCESS**

If your child will participate in a race, any youth race, **you** will be required to place them on CSRT's "Intent to Compete" Google Doc Spreadsheet. The Intent to Compete is not "registering" your athlete for the race but allows CSRT's coaching staff to know who will be at the race and how many coaches will be needed. In addition to adding your athlete's name on to the "Intent to Compete" you will also need to register them for the race. The majority of races have online registration.

The Head Coach will send out an email outlining the deadline for placing your child's name on the spreadsheet usually 7-10 days prior the race, and the deadline for registering your child for the race. The email will have a link to the spreadsheet for that specific race and a link to the registration site. It is then your responsibility to register your child and place your on the Intent to Compete Google Doc prior to the deadline. The Head Coach **will not be** accepting email, phone, or verbal notifications. You must have a Gmail email account to add information to a Google Doc. Gmail accounts are free and very easy to establish on line. At the parent meeting in November, the Head Coach will go over the entry process.

## **YOUTH SKI RACES: U8-U14 RACES**

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Race days are very busy. Please plan to have your racer *on the hill* no later than 8:00 am so there is sufficient time for the coach to lead the skiers on course inspection and warm-up. As a general rule, the Mt Hood Council has asked that no parents enter the start area or race arena. Please see Race Day Etiquette information. Races are over by early afternoon, but most skiers stay and free-ski until the awards. CSRT usually has plenty to cheer about! The awards ceremony typically concludes by 4:00 p.m.

## **MITEY MITE COUNCIL AND OPTIONAL YOUTH RACES: U10-U14 Athletes**

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There are two types of youth ski races on Mt.Hood, Mitey Mite Council (MMC) and non Mitey Mite Council races. Entry fees for the (3) Mt Hood Mitey Mite Council races are included in your program fees; Kandahar GS, Cooper Duel, and Kandy Cup SG. U8 to U14 aged athletes can participate in these races. As a team we encourage all CSRT members to participate in these races. Non-Mitey Mite Council races, 4-Way, Meadows Challenge, U12 Finals, BWC, and May Day require an entry fee and are for ages U10 and older. CSRT provides coaching at these races, dependent on how many participate.

The last optional race is the **May Day Race**, typically held at the end of April, at Mt. Bachelor. This event has 2 Super-G's and GS race (for U10 and younger) super G is for U12 and older only (no exceptions). There is also a ski jumping contest, and XC skate race. Racers can participate in each discipline. This is a perfect finish to the end of the year for those racers who want to attend. There are additional costs including entry fees for all of these races, plus lodging for the travel races.

To register for Non MMC races, you will be required to register and pay online through a portal provided by the organization putting on the race. Race Announcements for all races should be available on the CSRT website 2 weeks prior to the event as well as email reminders sent out 10 -15 days prior to race with a link to the CSRT entry spreadsheet and the races's entry portal . It is important to place your child on the CSRT Google Doc Entry Spreadsheet so CSRT knows who is competing and how many coaches to have at the race. Race announcements will be posted on the website with the race day schedule and any other important reminders that will help race day go as smoothly as possible for you and your athlete

## **U16/U14 COMPETITION TEAM RACES**

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U16/U14 Competition Team athletes have separate but overlapping race schedules. U16 races are comprised of local Mt Hood Races, PNSA Divisional Junior Olympic Qualifiers, Evergreen Cups and North West Cups (NWC). The U16 Junior Olympic Qualifiers are for U16's only (14-15 years old) and are USSA scored races. U14 Competition Team will race in USSA scored races, Russ Reid, Alpental SL, U16 Finals and Golden Rose but will also have the option of racing at the U14 Buddy Werner Finals and a limited amount of Mitey Mite races.

The race season is extensive with racing available from December to May. U16/U14 members are not required to race in every race; they may pick which races they would like to attend based on their desire to compete. Coaching staff will work with individual U14 athletes to identify the appropriate scored USSA races for their goals and ability level.

There are three (2) **U-16 JO Qualifier**: one in mid January over Martin Luther King Jr holiday, another 3 day race qualifier in mid-February over Presidents weekend. The U-16 JO Qualifier races are comprised of 2 SL races, 2 GS races, and 2 Super G races which are used to make the selection for the PNSA U-16 Team to go to the Western Region U-16 Olympics. For more information on U-16

Qualifier races and selection procedure for the U-16 JR Olympics please visit the PNSA website ([www.pnsa.org](http://www.pnsa.org)). There is also NWC Finals championship race at Mission Ridge WA in late early April that is open to all U-16 racers. For additional race information for U16/U14 athletes please download the 2014-2015 U16 Race schedule from our website.

## **DRYLAND TRAINING**

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Dryland program begins in September for U16/U14 Competition Team athletes and mid-October for the Competition and Training Teams. The Competition/Training Team have dryland Sundays from 9AM-11AMp. Sunday's dryland location is at the Hood River High School and mid week training varies; check training calendar on CSRT website for location. The U16/U14 Competition Team dryland location various but occurs on Friday from 4PM-5PM. In November when weather gets wet and cold dryland training will be offered indoors on those days. Led by our coaching staff, it involves warm-up and agility training to help prepare the racer for a challenging season of skiing. Dryland is a great time for all involved and is highly encouraged. Check the website calendar for dryland schedule and place.

## **BUDDY WERNER FINALS & SELECTION PROCEDURE**

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The Buddy Werner Finals (BWF) is a U14 Championship race the PNSA division holds in Mid March. The purpose of the Buddy Werner Championships ski race is to provide a divisional team championship event as well as an individual championship event for U14s. The races consist of a SL race, GS race, SG race and Skills Quest Evaluation. This year's BW Race will be at Mt.Spokane WA.

The BWF is open to all U14 racers but start seeding is dependent on finish results in. Coaches discretion will be the main criteria when seeding for U14's racing USSA scored races instead of Mitey Mite Council.

The U12 Finals is open to all U12 racers and second year U10's. Start seeding is dependent on finish results Cooper Duel, 4-Way, Kandahar and coaches discretion

Only two run races will be used as qualifying races. Each run of a two run race will be scored as a separate race start for point calculations. In the event different race start elevations are used for, only results from the higher race start elevation start will be used. At a minimum, four race starts will be used to determine Buddy Werner and U-12 Final start seeding. If one run of a two run race, or any entire race, is cancelled the race will be excluded from point calculations for seeding at the Buddy Werner or U-12 Finals.

The CSRT seeding process will be done primarily on a point system along with coach's assessment and parent/athlete discretion. CSRT racer's times for each race start are used to make a comparison of who is fastest on the team by gender. The best finishes from seventy-five percent (75%) of race starts shall be used (i.e., if there are 9 qualifying race starts that season, that racer's best 75% or 7 (6.75) race starts are used). The racers are then scored using the 'Old' World Cup Point system as follows:

<b>Place Points</b>		<b>Place Points</b>		<b>Place Points</b>	
1 <sup>st</sup>	25	6 <sup>th</sup>	10	11 <sup>th</sup>	5
2 <sup>nd</sup>	20	7 <sup>th</sup>	9	12 <sup>th</sup>	4
3 <sup>rd</sup>	15	8 <sup>th</sup>	8	13 <sup>th</sup>	3
4 <sup>th</sup>	12	9 <sup>th</sup>	7	14 <sup>th</sup>	2
5 <sup>th</sup>	11	10 <sup>th</sup>	6	15 <sup>th</sup>	1

The Program Director and Head Coach will meet to compile and confirm results. Once seeded by points, all racers are subject to review and final approval by the Program Director and Head Coach.

## **SPRING/SUMMER SKI CAMPS**

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CSRT offers spring and summer ski and Mt.Bike camps during the off-season. These camps will be available to all CSRT programs and are highly recommended for all our U12, U14, & U16 athletes. Spring Camps include May Day Race Speed Prep Camp. Summer Camps will be available in late June (GS) and July (SL) for U10-U16 athletes. A fall training camp in Sun Valley will be available the week prior to Thanksgiving. Exact camp dates will be available on the website training calendar. If you need information on what would be best for you, contact your Head Coach or the Program Director.

## **EQUIPMENT INFORMATION**

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### **SKIS:**

All Ski companies make good products and the coaches will be able to advise parents on which would be suitable for their athlete. Shaped or side cut skis are when the tip and the tail are wider to help the athletes to carve by creating an arc in the snow.

Slalom skis tend to have more side cut than do giant slalom skis (short, quick turns vs. longer turns). It is beneficial to go shorter rather than longer when choosing length for children. A shorter ski will facilitate turning, allowing quicker progression of basic skills and increase your child's enjoyment of skiing. Their skis should be between the chin and the top of the forehead with slalom skis more at chin level and GS skis at forehead level. Check with your coaches before you purchase your child's equipment.

### **BOOTS:**

A softer flexing boot will be more effective than a stiffer boot due to strength limitations and skill level. To determine if a boot is soft enough for your child you should be able to see the forward boot flexion happening in the upper cuff simultaneously with the lower leg. If the upper boot cuff does not move or moves very little the boot is too stiff and will hinder your child in their skill progression.

Boots should fit properly, tight but not uncomfortable. Remember the boots might feel too tight at first but will break in within a couple of ski days. Buying boots oversized is counter productive for both performance and fit.

Buy boots that fit properly and check with your coaches if you have any questions about your child's equipment. Bindings, good fitting boots and appropriate clothing are the most important pieces of equipment. Bindings must be currently approved, and DIN rated for your racer's ability. At the start of each season, always have boots and binding's release tested at your local ski shop. Boots need to allow enough room in the toes for warmth, but still need to be a tight fit. ALL racers should be able to "flex" their boots.

### **NIGHT TRAINING Equipment:**

It is very important if you are training at night that you wear goggles with a clear lens. Dark lenses or goggles meant for daytime skiing are not effective at night and can not only hinder your child's training but can even make it dangerous when skiing gates if they cannot see properly.

### **OTHER:**

Clothing should include water resistant gloves or mittens (an extra pair is nice for those wet days), race helmet and goggles. A good water repellent ski jacket is necessary in this climate (consider a CSRT "Team" jacket) having rain gear on hand at training can also come in handy- as well as zip off pants- as children wearing race suits will need zip-off clothing. We train in all weather conditions, so dress appropriately.

## **USSA approved Ski Helmets are mandatory for all training and racing.**

It is required that racers wear their helmets at all training and races. No exceptions. Back protectors are required for all speed training and speed races for U14 and older athletes.

### **Where to Buy:**

Each Fall CSRT has an equipment day at Mt Hood Alpine Racing Center (where the national & regional ski company representatives will have the new race skis & boots available for purchase at the “racer” price). The High School ski swap is a good place find used race gear as well at CSRT’s intra-team gear list. Contact the program director for the link.

**Please contact any of the coaches for equipment advice.**

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## **STAFF**

CSRT coaching staff is dedicated to helping skiers at all levels achieve their ski racing goals. However, excellence in skiing and competition is only part of our mission. Our programs help youth develop important life skills and values such as cooperation, teamwork, positive attitude, honesty, and sport dedication.

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## **SKI PASSES**

Athletes enrolling in Cooper Camp or the Devo Team will need to have passes at Mt Hood Meadows and in the situation that Cooper Spur is open they will be able to buy Cooper Spur tickets for \$10 or \$6 if 7 or younger. If it is a great snow year and the team spends the majority of Saturdays at Cooper Spur then buying a Cooper Spur Pass may be a better option than tickets. There is a family add on option to join the Mt Hood Meadows and Cooper Spur passes together. Please go to [www.skihood.com](http://www.skihood.com) for more information on Mt Hood Meadows season passes and early season pass discounts before November 1<sup>st</sup>, 2015.

Athletes enrolling in the U16/U14 USSA Competition Team will need passes to the following: Mt Hood Meadows, Skibowl/Timberline Fusion Pass. U16/14 Athletes who have qualified for the PNSA elite season pass will need to have their elite pass each day to receive daily lift passes at each ski area.

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## **INSURANCE & USSA MEMBERSHIP**

All CSRT members must carry their own medical insurance. This insurance information is required on the CSRT application that must be completed and signed by each team member.

Skiers are also responsible for their own USSA memberships. USSA Membership licenses are required for U/16 & U/14 athletes. Please make sure this is taken care of well before the season starts, late fees apply after October 15<sup>th</sup>. Applications are available on our website, at the annual sign up day, and through the USSA web site [www.usa.org](http://www.usa.org).

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## **REFUNDS & FEES**

Please refer to the refund policy in the CSRT Registration Packet. All program fees are due before the first day of training. If participating in dryland training the fees are due before Oct. 1st. If starting on snow in December the fees are due December 1<sup>st</sup>. **No racer can be allowed to participate until fees are paid in full. CSRT offers a \$100 sibling discount.** Sign one child in your family up for a CSRT program (excluding Cooper Camp) and receive a \$100 discount on additional siblings.

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## **PARENT VOLUNTEER REQUIREMENTS**

Parents will have many opportunities to assist with various team functions, both on and off the race hill. There are jobs for both skiers and non-skier parents. In addition, the organization has several fundraising commitments. Without your help, the cost of administering CSRT programs would be *considerably* higher. Volunteerism is the cornerstone of our club. Like most youth athletic organizations, there are several ways you can help.

Participation in “events” such as helping in the races we host, fundraisers, and committees. Each family will need to volunteer an adult in at least 3 “events” per season to satisfy your requirement. At the time of registration, a deposit in the form of a cc number will be required in the amount of \$300 per family. If each family’s volunteer requirement is met by the end of the year your credit card will not be charged. We assure you that you will have many opportunities to satisfy your requirements. CSRT hosts the Cooper Duel race each winter, and our success in organizing these events **depends on EVERY family helping**. There are jobs requiring skiing and timing expertise, as well as non-technical jobs such as handing out bibs and registering racers. If you are unsure about where to help for these races you may contact the CSRT Volunteer Coordinator for job signup. Please mark your calendars when the dates are set, because we need your help.

When volunteers are needed for fundraisers or races the Volunteer Coordinator will send out an email describing the event along with a link to a Google doc that will allow you to sign up for various volunteer jobs. After accessing the Google Doc place your name alongside the volunteer position you are committing to. The Volunteer Coordinator **will not be** accepting email, phone, or verbal notifications, it is your responsibility to place your name on the Google Doc Volunteer Sign Up Sheet. Please understand that with over 70 families this reduces confusion and makes the Volunteer process much easier to manage.

## **FUNDRAISING**

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Fundraising is an increasingly vital part of our program. We have both annual and on going team and individual events. While participation in team fundraising is not required, we strongly encourage participation in the various methods we present for the individual or family to raise money in order to directly reduce program fees. Each year we have our annual Hoe Down and Silent Auction Fundraiser event, the annual Holiday Wreath fundraiser in November and our Ski-a-Thon Fundraiser in March. For your records, our tax identification number is 93-0965136.

## **SCHOLARSHIPS**

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The Dave Howe Memorial scholarship application is available for those who qualify. Scholarship criteria is outlined on the website. The scholarship, a waiver of program fees, is based on financial need and motivation. To receive an application, please write to CSRT/PO Box 1246/Hood River, OR 97031.

## **COMMUNICATION**

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CSRT correspondence is done primarily by e-mail, and we ask you to provide us with at least one frequently checked e-mail address. Keeping you well informed is a CSRT priority and we use email to be frugal with time, paper, and postage. E-mails are used to inform CSRT athletes and parents of training times, locations, race announcements, events, general communications, and any schedule changes or conflicts.

**Each family is required to have a Gmail account so they can sign up athletes for races and/or sign up for volunteer positions using using the Google Docs process outlined in the volunteer and race entry section.**

## **Cooper Spur Race Team Contact Information:**

### **E-mail:**

General Info: [csrt@gorge.net](mailto:csrt@gorge.net)

Program Director: [shanasweitzer@gmail.com](mailto:shanasweitzer@gmail.com)

Head Coach: [chelaswell@yahoo.com](mailto:chelaswell@yahoo.com)

Volunteer Coordinator: [hubler@gorge.net](mailto:hubler@gorge.net)

### **Phone:**

(541) 490-7575

(435) 901-0012

(509) 493-3049

**WEBSITE:** [www.cooperspurraceteam.org](http://www.cooperspurraceteam.org)

### **MAILING ADDRESS:**

P.O. Box 1246

Hood River OR, 97301

~If you have questions about your racer's training or coaching, a problem or issue of concern, question regarding the coaching staff or racing issues contact Shana Sweitzer, Program Director, 541-490-7575 or [shanasweitzer@gmail.com](mailto:shanasweitzer@gmail.com)

~If you have general concerns about the Team, ideas on how we might improve our program, or would like to be included at one of the Executive Board Meetings contact Alexandra Sosnkowski Board President.

### **HELPFUL WEBSITES:**

CSRT: [www.cooperspurraceteam.org](http://www.cooperspurraceteam.org)

PNSA: [www.pnsa.org](http://www.pnsa.org)

USSA: [www.ussa.org](http://www.ussa.org)

Cooper Spur Ski Area: [www.cooperspur.com](http://www.cooperspur.com)

Mt Hood Meadows: [www.skihood.com](http://www.skihood.com)

Ski Bowl: [www.skibowl.com](http://www.skibowl.com)

US SKI TEAM: [www.uskiteam.org](http://www.uskiteam.org)

### **CSRT EXECUTIVE BOARD**

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#### **President:**

[Alexandra Sosnkowski](#)

#### **Vice President:**

[Lisa Stevenson](#)

#### **Treasurer:**

[Scotia Bauer](#)

**Secretary:**  
Marti Lefevre

**Team Sponsorships:**  
Vacant

**Member Education and Outreach:**  
Kristen A. Campbell

**Volunteer Coordinator:**  
Victoria Hubler

All members are invited to attend executive board meetings, contact Alexandra Sosnkowski for date, time and place.