

First, our story. The Grant ski team was formed two years ago with just 4 racers, then last year, two Cleveland boys joined us, so technically we are two teams, but in the practical world we are one team where we do everything as a cohesive group: one coach, one bank account, one racing and training schedule, one big happy family.

This year, there are several Cleveland students joining our growing team - an even bigger, happy family of ski racers.

We don't have a website, yet, although it's on the drawing board. I'll send you a link as soon as it's up and running. We do have a website for our fund-raising ski and snowboard swap:

<http://grantskiteam.googlepages.com/home>

I've attached a couple of documents that further describe our team and high school racing in Oregon. Additionally, the organization under which we race is the OISRA - Oregon Interscholastic Ski Racing Association: <http://www.oisra.org>

At this website, you'll find a YouTube video regarding HS racing that is exciting:
<http://www.youtube.com/watch?v=ghku5hZyjLc>

Lastly, Mr. Shanahan has registration packets in his office that are full of information about the team, in case that is useful to you.

Here is the most basic information about our team:

Director and Coach: Randy L. Hewitt, DC

email: grantskiteam@yahoo.com

phone: (503)804-3838

Estimated membership for 07-08: about 11 Generals and 5 Warriors

Fund-raising: Grant Community Ski and Snowboard Swap on November 10-11, at the Budweiser building on NE 37th and Sandy

Season: Dry land begins November 6; On snow begins December 5 and goes every Wednesday after school until 10:30 pm; racing season is 7 consecutive Saturdays in January and February.

Organizational meeting: November 1, 7:30 pm Grant High, Room 135.

Cleveland Ski Racing Team

GENERAL INFORMATION

2007-2008

INTRODUCTION

Alpine skiing is fun. Competing in slalom and giant slalom ski races as a group of high school friends adds to the fun. This is the second year of Cleveland High's participation in the Oregon Interscholastic Ski Racing Association (OISRA). Cleveland is directed and coached in conjunction with the Grant High ski team creating a win-win situation of inter-scholastic cooperation.

FORMAT

The OISRA organizes slalom and giant slalom races on eight consecutive Saturdays in January and February. There are several leagues across the state, of which Cleveland will be part of the Mt. Hood league competing against high schools like Gresham, Barlow, and Sandy.

Varsity and junior varsity, boys and girls teams will compete in separate races at the ski areas on Mt. Hood. There are points/categories for individuals and teams that accrue over the season. Top scoring teams and individuals are invited to a State Championship race on the first weekend in March.

TRAINING

Dry-land training in November will be twice weekly and consist of games and drills that teach coordination and strength. As soon as the snow flies (December), we'll switch to on-hill training one weekday (after school) and one weekend day. Most dry-land training will occur at Grant High.

Ski training is fun. Naturally, we'll practice running slalom and giant slalom gates; but as part of the process we'll also learn many aspects of good skiing including balance, air, carving, and of course, speed.

COACHING

We'll have one coach and one assistant coach for every 10 racers. Our coaches will embody a well-rounded approach that emphasizes equal shares of hard work, horseplay, skill building, relationship development, teamwork, racing knowledge and the like.

RACING

Ski racing is a challenge. Standing in the starting gate and looking down at a twisting racecourse takes courage and confidence. On every run, the many obstacles of gates, snow conditions, and speed will test the skill and will of any racer at any level. Our goal as a high school racing team is to prepare our athletes to meet this challenge, and help them experience improvement as the season(s) progress.

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Slalom courses require tight, explosive turns where the gates are knocked out of the way by the racer. Giant slalom courses are longer and involve rounder, smoother turns and overall faster speeds. At the high school level, we don't participate in super G or downhill.

COSTS

Most skiers are aware that skiing is not cheap. Racing on the Grant team will incur several expenses that tend to add up and need to be carefully weighed in your decision to participate. At this time specific expenses are not known but they will be published as soon as we get a handle on them. In very general terms, expenses will include: transportation \$30/week, racing fees \$300/season, wax & files \$50/season, season pass \$300, coaching/team fees \$475. Other expenses will undoubtedly be added to this list.