

2024/2025 Galena High School Ski Team

Parent / Student Guide

GALENA HIGH SCHOOL



SKI TEAM

21 November, 2024

Agenda

- 1.) Welcome
- 2.) Team Structure
- 3.) Coaches
- 4.) Team selection rubric
- 5.) Logistics / transportation
- 6.) Fees / passes
- 7.) Equipment
- 8.) Athlete requirements
- 9.) Schedules
- 10.) Volunteers/Fundraising

Welcome to the 2024/2025 Galena ski team! We are excited for the upcoming season and continuing our long tradition of building championship teams as well as bringing in new disciplines and developmental programs that will enrich your student-athlete's lives. Skiing is truly a lifelong sport as evidenced by the several local skiers in their 80s and even 90s that still hurl themselves down a racecourse every winter!

New for this season will be a Race Developmental Team along with our Varsity competition team for Alpine racing. Additionally, we are adding a Nordic team that will also have the opportunity to participate in sanctioned competition. This represents a significant increase in opportunities for your student and we hope that our families will actively participate. There is no other competitive high school sport where parents have such access to the 'field of play' as you might have with skiing and we always need volunteers on the snow!

Alpine team requirements

High school Alpine ski racing is a wonderfully inclusive sport and does not require previous race experience; however, in order for a student-athlete to safely and successfully learn the art of alpine racing, they *must be a competent all-mountain skier*. This means that your student-athlete should be able to *comfortably* ski any black diamond terrain at your home resort. **The Galena Alpine race team IS NOT a 'learn to ski' program, it is a competition race and learn to race program.**

Nordic team requirements

The Nordic (cross-country and skate skiing) team is a new addition to the Galena Ski Team this year. Though it is a club sport (not officially sanctioned by WCSD), your student-athlete will have the opportunity not only to learn Nordic ski disciplines, but to participate in high school competitions sanctioned by the California-Nevada Interscholastic Ski and Snowboard Federation (CNISSF). There is no requirement for your student-athlete to have previous Nordic skiing experience, merely a desire to learn. However, there will be a qualification rubric for student-athletes that wish to compete for a Varsity letter.

All-Mountain Team requirements

The All-Mountain Team is another new offering and will function under club status this year. Any student interested in learning all-mountain skiing is encouraged to participate; however, the student-athlete should be able to competently negotiate all blue and most black diamond terrain safely.

Team Structure



SKI TEAM

Head Coach – Chris Parkhurst

Asst Coach – Kris Buttenberg

Asst Coach – Dustin Cordoza

Asst Coach – Niki Cutler



Technical Coach – Chris Parkhurst

Technical Coach – Kris Buttenberg

NORDIC



SKI TEAM

Technical Coach – Kris Buttenberg

Technical Coach – Niki Cutler

ALL MOUNTAIN



SKI TEAM

Technical Coach – Dustin Cordoza

Team Selection Rubrics

Alpine Race Team

The 24/25 Alpine race team will consist of a maximum of 12 boys and 12 girls for their respective Varsity teams. For each competition, only 8 racers will be selected for race day out of the 12 that make the varsity team. Student-athletes that do not qualify for the Varsity team will automatically be placed on the development team for the season where they will have the opportunity to improve their skiing ability and learn the specific skills necessary in Alpine racing. The following rubric will guide the selection process for the Alpine Race Team, ensuring fairness and transparency. Each athlete will be assessed across key performance areas. The team will be selected based on skill, commitment, and potential.

Criteria for Evaluation

Each category is scored on a scale of **1 (Needs Improvement)** to **5 (Excellent)**, with a total maximum score of 100 points. Scores will be based on observations, performance during tryouts, and additional considerations outlined below.

1. Skiing Ability (30 Points)

- **Balance and Control:** Maintains proper form on varying terrain.
- **Edge Work and Technique:** Efficient carving and smooth transitions.
- **Adaptability:** Demonstrates ability to ski confidently in diverse snow conditions.
- **Score:** ___ / 30

2. Course Management (25 Points)

- **Line Selection:** Chooses optimal paths through gates.
- **Consistency:** Maintains control and speed throughout the course.
- **Problem-Solving:** Quickly recovers from mistakes or unexpected challenges.
- **Score:** ___ / 25

3. Participation and Commitment (20 Points)

- **Practice Attendance:** Regular attendance at training sessions.
- **Work Ethic:** Demonstrates a strong desire to improve and contribute to the team.
- **Team Spirit:** Supports and collaborates with teammates.
- **Score:** ___ / 20

4. Time Trials (20 Points)

- **Performance:** Achieves competitive times in slalom and giant slalom.
- **Improvement:** Shows progression throughout the trials.
- **Score:** ___ / 20

5. International and National Points Standings (Bonus, up to 5 Points)

- Athletes with significant experience in regional, national, or international competitions may receive additional consideration to reflect their standing and achievements.
- **Score:** ___ / 5

Scoring and Selection

- **Total Score:** ___ / 100
- **Minimum Qualification:** Athletes must achieve a total score of at least 70 points to be eligible for selection.
- **Final Decision:** The coaching staff may use discretion in borderline cases to ensure the overall balance and success of the team.

Nordic Team Varsity Qualification and Lettering Rubric

The Nordic Team encourages participation at all levels, providing opportunities for novice skiers to compete and develop skills in an inclusive environment. However, students aspiring to compete as Varsity athletes and earn a Varsity letter must meet specific performance benchmarks as outlined below.

Rubric for Varsity Qualification

1. Participation in Open Class Races

- All athletes, regardless of experience, may compete in the Open class.

2. Criteria for Varsity Qualification

- **Option 1:** Finish in the **top 10% of the Open class** in at least two races.
- **Option 2:** Record a race time in the Open class that would place in the **90th percentile of a Varsity race**.
- **Verification:** Varsity-level race times will be evaluated by comparing Open race times to Varsity results from similar courses and conditions.

Rubric for Earning a Varsity Letter

To earn a Varsity letter, athletes must meet **one of the following criteria** during the season:

1. Minimum Varsity Race Completions

- Complete at least **three Varsity races** OR
- Complete **50% of the Varsity races run** in the season, whichever is less.

2. Demonstration of Sportsmanship and Commitment

- Consistently demonstrate a positive attitude, respect for teammates, coaches, and competitors, and a strong commitment to training and team events.

Additional Notes

- The **Varsity designation** allows athletes to compete in Varsity-level races and is a recognition of their demonstrated performance and competitiveness.
- Earning a **Varsity letter** signifies sustained excellence, dedication, and participation in Varsity races over the season.

This system is designed to reward effort, skill, and commitment while fostering a welcoming environment for all skiers to improve and enjoy competitive Nordic skiing.

All-Mountain Team

For the 2024/2025 season the All-Mountain team will act as a non-competitive club only*. However, all participants must be competent skiers, able to negotiate off-piste and mogul terrain, safely.

Transportation and Logistics

For practice sessions and competitions, student-athletes may drive, carpool or be driven to the practice venue by a parent. GHS Ski Team is not funded for WCSD transportation.

Medical

- Allergies/EPIPEN use: Please notify the coaching staff via email if your student-athlete has severe allergies or carries an EPIPEN. All WCSD coaches are trained to administered EPIPEN injections in an emergency.
- Concussion protocol: If any coach witnesses or receives a report of a possible head injury while training or competing on the mountain, the student-athlete will be taken to ski patrol for triage initially. A follow-up report will be made to the GHS Athletic trainer who will then follow NIAA and WCSD protocols.

- The athletic trainer is available to student-athletes for treatment from 3-4:30pm on school days.

Fees and Passes

Alpine Team:

- Sky Tavern Race High School Race Pass - \$350
- Optional Mt Rose pass (non-mandatory early season training (open skiing) will be offered at Mt Rose...TBD)
- USSA Alpine Competition License (only required for Western Regionals)

Nordic Team:

- Normal team training will be conducted at www.nevadanordic.org off of Mt. Rose Highway in the meadows. There is no fee for our students but the non-profit will accept individual donations.
- There are no costs associated with entering CNISSF competitive events. There is, however, a member fee to join the CNISSF of \$300 per team. We are looking for a donation to cover that amount.
- There will be 2 nights of ski training at Auburn Ski Club (ASC) in Truckee and there will be a modest fee for the training. Amount TBD (approximately \$10/night).
- One additional training event in the works is biathlon rifle training at ASC, cost TBD.

All-Mountain Team:

- Must have a Mt Rose pass

Equipment

Alpine Team: The NNSRL does not require any race-specific ski equipment; however, there is certain equipment that is highly recommended, both for your student-athlete's safety and ability to adequately progress and enjoy the sport. Please ask a coach for guidance prior to buying any new equipment!

Mandatory Equipment:

- Skis and poles
- Full helmet. MUST be a hard-sided helmet (no soft ears). USSA/FIS racers may wear specialized SL helmets if they have them, for SL events only.
- Goggles
- Gloves

Recommended Equipment (in order of priority):

- Slalom and GS skis or an all-around *carving* ski. Skis greater than 75mm under foot will be difficult to properly carve in a race course. Big powder skis are not appropriate at all.
- Hand guards on poles for slalom events
- Shin guards for Slalom events
- Helmet chin guard for Slalom events
- Mouth guard
- Basic tuning equipment

Optional Equipment:

- Race armor (Shoulder, back, arm protection)
- Race suit

Nordic Team:

Mandatory Equipment:

- Believe it or not, your Nordic athlete does NOT need to procure Skate (freestyle) or Classic (diagonal) – skis, poles or boots to participate on the Nordic Team thanks to previous donations made through the prior club coach, Janelle Webb. However, if your athlete does have the equipment, GREAT!
- Clothes suitable for Nordic ski training, keeping in mind that it may be snowing while we are on the mountain with temperatures ranging from 40 down to 15 degrees. It can also be windy, and there are no lodges or bathrooms at Nevada Nordic.
- Gloves
- Hat or headband
- Windbreaker
- Hydration - backpack, water bottle or fanny pack

Recommended Equipment:

- Sunglasses
- Snack every training day of fast carbs: apple, banana, granola, dried fruit, food bar etc.

All-Mountain Team:

- Appropriate skis, boots and poles
- Helmet and goggles

SAFETY NOTE

All GHS students participating in lift-served snow sports activities MUST wear a helmet anytime they are skis.

Student-Athlete Requirements

- Must maintain academic eligibility
- Must read and understand the Nevada High School Ski Racing Rules (https://nnsrl.net/documents/Student_ManualRv2023.pdf) for Alpine racing or CNISSF rules for Nordic
- Properly care for and maintain any team-supplied equipment. This includes race bibs, Nordic skis and boots, etc. All equipment must be returned to the team at the end of the year.
- Must always represent yourself, your family and your school with the highest standard of conduct at all times.
- Must participate in all scheduled dryland training unless excused by the coach.
- Must be on the mountain at the specified time, with the specified equipment unless excused by the coach.
- It is the student-athlete's responsibility to timely communicate with coaching staff if they have an academic or family conflict, are sick or injured or need some other accommodation to excuse them from a team event. The coaches are always happy to communicate with parents but we expect the student-athlete to directly communicate with coaching staff. **All student-coach communication will occur through the approved team app or through email, except for an emergency.**
- Participate in any team fundraising events that are planned.
- **HAVE FUN!!!**

Volunteers and fundraising

Every great organization has a solid foundation of support, and our program will largely rise and fall with the level of effort put in, not only by our student-athletes, but by our parents, school staff and volunteer coaches. Alpine racing can be an expensive sport. Nordic skiing is less expensive; however, our Nordic team is currently a completely unfunded club sport. Our ability to fundraise will help defray some of the costs associated with skiing and provide greater access to others at Galena High School.

We encourage every family to find some way to contribute to the team's success, beyond showing up on race day to cheer our kids on. Below is a list of specific volunteer needs for this season.

Fundraising Committee

We need to plan at least one great fundraising event this year! If you have great planning and organizational skills, please consider joining this committee! We are looking to purchase team jackets and well as open a team spirit store.

Alpine race day volunteers

On race days, we have about 150 kids we are trying to herd into very tight time windows. If you are an expert skier, we can use help doing course maintenance such as slipping and gatekeeping. It would be great to have folks willing to organize snacks/lunch for the kids in the lodge in between races.

Nordic carpool for practice days and race day support

Most Nordic practices will be up at Mt Rose Meadows in the afternoons. We can always use help with carpooling kids up the mountain. Additionally, race events are held on school days at various venues around the lake so we will always need help with that.

Contacts

Chris Parkhurst – Head Coach

Grizzlyskiteam@gmail.com

775-276-8746

Kris Buttenberg – Nordic Coach

kris@snowbiste.com

775-741-9474

Dustin Cordoza – Asst Coach

EcoD33@gmail.com

775-287-1056

Niki Cutler – Asst Coach

nikicutler@gmail.com

775-750-2355

Northern Nevada Ski Racing League

www.nnsrl.org

Northern Nevada Ski Racing League Schedule 2024/2025

DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	25 Dryland	26 Dryland	27			
1	2 Dryland	3 Dryland	4 Dryland	5 Dryland	6 Dryland	7
8	9	10 N	11 Ski Training	12 N Ski Training	13	14 Ski Training
15 Ski Training	16	17	18 Finals Week	19	20 No School Ski Training	21 Ski Training
22 Ski Training	23 No School	24 No School	25 No School Christmas	26 No School Ski Training	27 No School Ski Training	28 Ski Training
29 Ski Training	30 No School	31 No School				

N=Nordic Training

JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 No School New Year's Day	2 No School Ski Training	3 No School Ski Training	4 Ski Training
5 Ski Training	6	7 N	8 Ski Training	9 N Race #1 GS	10	11 Ski Training
12 Ski Training	13	14 N	15 Race #2 GS	16 N	17 Ski Training	18 Ski Training
19 Ski Training	20 MLK Day Race #3 SL	21 N	22 Ski Training	23 N Race #4 SL	24	25 Ski Training
26 Ski Training	27	28	29 Race #5 GS	30 Ski Training	31	

FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Ski Training
2 Ski Training	3	4 N	5 Ski Training	6 N Ski Training	7 Race #6 SL	8 Ski Training
9 Ski Training	10	11 N	12 State SL	13 State GS N	14 Contingency day	15
16	17 Contingency day Presidents' Day	18 Contingency day N	19 Contingency day	20 Contingency day N	21 Contingency day	22
23 Last Day for Winter Sports	24	25 N	26	27 N	28	

Northern Nevada Ski Racing League Schedule 2024/2025

Notes:

**Training on SCHOOL days – Mountain will be open for a 3-hour window, starting 1:00-4:00 (coaches load 1 hour prior) in December and shifting later as sunset gets later.

**Training on NON-SCHOOL days – Mountain will be open 9am-noon (coaches load @ 8am)

**Training on Jr. Ski Weekend days – Mountain will be open 1-4 (coaches load @ noon)

**Races will begin at 11am, coaches load at 8am, athletes can load at 10am

**Please email Brett your training schedule for the week by Sundays @ 6pm

-Coaches decide which days to use for training. It can be all or 1 day a week, whatever fits your team best. The mountain can fit all teams at once if needed.

**WCSD shared gates (120 Liske 27mm brush gates) will be stored at Sky Tavern

-Coaches will still need to bring panels, drill/bit, etc.

-This is only enough for a couple courses, if you have gates, bring them.

**After you have completed practice make sure all of your ruts are smoothed out.

**We are a volunteer-run program, each school will have to provide workers (coaches, asst. coaches, or parents) for 1-2 races per season, schedule TBA.

Western US High School Championships (Alpine)

Each year, all western high schools (IL, MN, CO, WY, NV, CA, OR) that have sanctioned alpine race programs are invited to the Western Regional Championships. Our Nevada team will consist of the 12 points leaders in the state for both the boy's team and the girl's team. Historically, GHS makes up about 50% of the Nevada contingent.

This competition is not an officially-sanctioned event but has proven to be a deeply-enrichening experience for our student-athletes that qualify.

This year the 2025 Western HS Champs will be held at Grand Targhee Resort (<https://www.grandtarghee.com>) on the following dates:

March 12th - Training

March 13th - GS Ladies

March 14th - GS Gents

March 15th - SL both genders

Nordic Race Schedule

Tentative Schedule

December 20th	Open Weekend for pre-season? Or you could attend the JNQs at ASC December 21-22!			
January 3, 2025	Foothill Classic @ Auburn Ski Club	HS: 4 km Individual Start MS: 2 km Individual Start	HS: 10:30 am MS: 12 noon	Race Order: Boys/Girls
January 10, 2025	Kirkwood Freestyle Relay	HS: 3x3km Mass Start MS: 3km Mass Start	HS: 10:30 am MS: 12 Noon	Race Order: Girls/Boys
January 17th	Bye Week, Maybe something fun at North Tahoe or fill-in for cancelation			
January 24, 2025	Sugar Bowl Freestyle	HS: 5km Mass Start MS: 3km Mass Start	HS: 10:30 am MS: 12 Noon	Race Order: Boys/Girls
January 31, 2025	Mammoth Classic	HS: 5 km Mass Start MS: 3km Mass Start	HS: 11:00 am MS: 1:00 pm	Race Order: Girls/Boys
February 7, 2025	Truckee Sprints Freestyle @ ASC Training Center	Freestyle Sprint	MS: Noon HS: 2:30 pm	Race Order: Boys/Girl

<p>February 14, 2025</p>	<p>North Tahoe Freestyle</p>	<p>HS: 5km Mass Start</p> <p>MS: 3km Mass start</p>	<p>HS: 10:30 am</p> <p>MS: 12:00 am</p>	<p>Race Order:</p> <p>Girls/Boys</p>
<p>February 21, 2025</p>	<p>Open Weekend (no more ski skate week)</p>			
<p>March 1 2025</p>	<p>CNISSF State Championships (Auburn Ski Club Training Center)</p>	<p>HS: 7.5km Mass Start Skiathlon</p> <p>MS Girls 3.3km Mass Start Freestyle</p> <p>MS Boys 3.3km Mass Start Freestyle</p>	<p>HS: 10:00 am</p> <p>MS: 12:15 pm</p>	<p>Race Order:</p> <p>Boys/Girl</p>