



www.cooperspurraceteam.org csrt@gorge.net

COOPER SPUR RACE TEAM PROGRAM HANDBOOK

WELCOME!

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

This handbook is a guide for anyone interested in CSRT and the ski programs we offer, it provides basic information 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. 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 each boy and girl 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 offers programs for ages 5 through 14 yrs with each program providing different levels of commitment based on the athlete's goals. CSRT programs are divided into age groups based on USSA age classification J3, J4, J5, & J6. The J3 age category is for 13-14 yrs, J4 category is made up of skiers 11-12 yrs of age, the J5 category is for ages 9-10, and the J6 age class consists of skiers 8 yrs and younger. All program training takes place on Mt. Hood at Cooper Spur & Mt. Hood Meadows with spring and summer training at Timberline.

CSRT PROGRAMS

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 1st. **No racer can be allowed to participate until fees are paid in full.** CSRT offers a \$50 sibling discount. Sign one child in your family up for a CSRT program (excluding Cooper Camp) and receive a \$50 discount on siblings.

COOPER CAMP: INTRODUCTION TO SKI RACING - AGES 6-14 yrs

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 5-day program. You can decide to continue afterwards, by upgrading to one of our Junior Development Teams.

Program dates: December 27-31.

Program Fees: **\$300**

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

Our JR Development teams are designed for children 6-12 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, 2009. All training is dependent on snow and lift-operating conditions.

DEVELOPMENT TEAM - AGES 6-12yrs (J6-J4)

Our 'Devo Team' program is our entry level program for ages 6-12 (J6-J4) which starts with the Cooper Camp and skis every Saturday January through March. This program is designed for the child who has already learned how 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. Emphasis will be on improving free-skiing skills, basic race fundamentals, skiing etiquette and safety while having fun! The Devo Team will participate in local Mt. Hood races if desired.

Program dates: December 27th (Cooper Camp) and every Saturday through the end of March.

Program fees: **\$650**

Fees include: Cooper Camp plus skiing each Saturday at Cooper Spur from **9am - 3pm**. coaching & entries to Mt. Hood Council races.

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

TRAINING TEAM – AGES 7-12 (J6-J4)

Our Training Team requires more commitment and is designed for the J6-J4 athletes (7-12yrs) The training team skis on both Saturdays and Sundays starting in early December and skis through March. Training Team athletes will emphasize the development of basic skiing fundamentals through focused freeskiing 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 5th through end of March

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

Program fees: **\$800**

Fees include: Cooper Camp plus weekend training at Cooper Spur & Meadows, dryland training, XC Clinic, and coaching & entries for all Mt. Hood Council Races** Additional coaching and race entry fees for non Mt. Hood Council races are not provided.

Requirements: Ski gear, race helmet, season pass to Cooper Spur & Mt. Hood Meadows, USSA Youth Competitor License for J5 and older recommended, register online at www.ussa.org.

COMPETITION TEAM – AGES 9-12 (J5-J4)

The Competition Team is our highest level team in the Jr. Development program and is offered to skier's age 9-12 yrs (J4's & J5's). We focus on improving technique in free-skiing and race training, race tactics and fundamental skiing skills in and out of the gates. The Competition team will have additional night training for the motivated racer and will prepare athletes for the competitive environment.

Program dates: December 5th through end of March

Training days: Weekends **9-3pm** plus one training night midweek. Saturdays at Cooper Spur, Sundays & Wednesday nights at Mt. Hood Meadows, some Thursday or Friday nights will also be available depending on training and race schedule. Night training will start in January until early March. Early release training on Wednesdays will also be available for J4's only.

Program fees: **\$950**

Fees include: Dryland training, Cooper Camp, weekend & night training at Cooper Spur & Meadows, XC Clinic, and coaching & entry fees for *all* Mt. Hood Mitey Mite Council Races. Additional coaching and race entry fees for non Mt. Hood Council races (4-Way, Meadows Challenge, Buddy Werner Champs, Cherry Tree, and May Day) required.

Requirements: Ski gear, race helmet, J4 athletes: SL protective gear and back protectors for speed events including speed training, and season passes for Cooper Spur and Mt. Hood Meadows, USSA Youth Competitor License required register online at www.ussa.org.

****Summer training is recommended for all JR Development Competition Team athletes***

J3 TEAM

The J3 Team is for the motivated **13-14 year old athletes** who will have the option to compete at a level appropriate to their desire and ability in local & regional USSA races. Besides racing, J3's will continue to focus on all-mountain free-skiing, technical drills, gate training (including speed elements of super-G & downhill), goal setting, and most importantly having fun!

Races will consist of USSA J3 JO Qualifier races at Mt Spokane and Mt Hood Meadows, J3 Finals, J3 Junior Olympics if qualified, USSA local Evergreen Cup races, and Cooper Spur home races 'Cooper Cup GS' & forerunning the Diamond Dual SL. Athletes will also have the option to race in the two spring races: May Day Super G's at Mt. Bachelor and the Golden Rose at Timberline.

Program dates: December 5th through mid April

Training days: Weekends plus mid week training options: Training includes Wednesdays early release 2:00-4:00pm at Meadows, or night training 4:30-7pm, Saturdays at Cooper Spur in January and February, Sundays at Mt. Hood Meadows. Additional night training will be available on either Thursday or Fridays at Meadows, Cooper Spur, & Ski Bowl. Night training will start in January and end in early March. J3's will also have video sessions twice a month on Tuesdays as well as in season dryland training.

Program fees: **\$1250**

J3 TEAM FEES INCLUDE:

Dryland training: Oct - mid Nov, ski training: Dec through mid April.

**Additional coaching and race entry fees for all USSA races required.

J3 ATHLETES REQUIREMENTS:

*Ski gear, race helmet, all slalom protective gear.

*Back protector for all speed training and races.

*season passes for Mt Hood Meadows, Cooper Spur, and Skibowl Fusion pass.

USSA Competitor License required, deadline is October 15th to avoid late fee! Go to www.ussa.org to register

DRYLAND TRAINING

Dryland program begins September 27th for J3 Team athletes and the JR Development Team on Wednesdays and Fridays after school 4:00-5:30pm, and Sundays from 10:30-12:30pm. Sunday's location at Hood River High School and mid week training varies, check training calendar on CSRT website for location. 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.

SIGNUP & PROGRAM REGISTRATION

September 27th is this year's official CSRT Sign up Day and Informal kid's Ski Swap. Join us at The Children's Park in Hood River from 10-2pm. Stop by and find out more about the ski programs CSRT has to offer our youth as well as sell or buy used kid's ski equipment.

Sign ups can also be done online, please download the forms off our website. The medical and registration forms and full program payment need to be received before your child can participate in our programs. Additionally, each and every racer will need to read and sign a "Code of Conduct" as well as parents need to sign the parent "code of conduct" and Volunteer Deposit agreement. Once filled out, you can mail forms to: CSRT, P.O. Box 1246, Hood River, OR 97301. Additional parent meetings for each team will happen 2-3 weeks prior to the start of each program. Check the CSRT Website at www.cooperspurraceteam.org for updates.

JR DEVELOPMENT J6-J4 RACES

Race registration for the Mt Hood Mitey Mite Council races will be done by team entries by the Program Director and or Head Coach. Entry forms can be found on the Website and will need to be filled out prior to the start of the race season in January. Any questions at all, don't hesitate to contact the Program Director or Head Coach. Entry fees for the Mt Hood Mitey Mite Council races are included in your program fees.

These Pacific Northwest USSA race fees are not included: The 4-way Championships at Ski Bowl, the Meadows Challenge, May Day Race at Bachelor, and Buddy Werner Championships. To register for these races, please contact the Program Director or Head Coach. Race Announcements for all races should be available on the CSRT website 2-3 weeks prior to the event as well as email reminders sent out 10 -15 days prior to race. It is important to let the coaches know early if you plan to attend both the Mt Hood Mitey Mite council races and the non-council races. 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.

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.

USSA SELECT/INVITATIONAL RACES for J4-J6 Athletes

Each year, there are optional races that CSRT racers may attend. The first is the **4-Way Championships** at Ski Bowl which includes a XC race, Nordic jumping, GS & Slalom. The second race is the **Meadows Challenge** a GS & SL Race at Mt Hood Meadows. For the **Buddy Werner Championships**, seven girls and seven boys from each club in the Pacific Northwest Ski Division are invited to compete in this event. CSRT Racers do have to qualify for this race and **must be a J5 or J4 athlete** to represent CSRT in this regional championship race. Complete details on the selection of this team are available below and qualifying races will be identified by the Head Coach and Program Director prior to the race season and posted on the CSRT website.

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 1 GS race, super G is for J4 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.

BUDDY WERNER CHAMPIONSHIPS & SELECTION PROCEDURE

The Buddy Werner Championship Race is for the top J4's and J5's of each team in the PNSA division held 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 J4's & J5's. The races consist of a SL race and GS race and a training day prior to the races. This year's BWC Race will be on March 12-14 at Skibowl and will be co hosted by CSRT and MHRT.

Our goal is to be as objective as possible in the selection procedure. CSRT's Buddy Werner championship team will be composed of the maximum number of J4 or J5 (9-12 years old) racers allowed by the PNSA that year. The CSRT Buddy Werner Race Team Members shall be selected from the age group consisting of only J4's or J5's.

Qualifying Races

Qualifying races counted for the Buddy Werner team selection varies each year due to changing race schedules. At the beginning of each season, the Program Director and Head Coach will identify at least four races (that are either Mt. Hood Mitey Mite Council races, USSA sanctioned races held on Mt. Hood, or CSRT member only races) that will be held prior to the Buddy Werner Championships to be used as Buddy Werner team qualifying races. These races will be identified as Buddy Werner qualifying races and be posted on the CSRT team website. In addition, at the beginning of each season the Program Director and Head Coach will identify a calendar date to reserve for a substitute CSRT member only race, should one become necessary.

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 J4's and J5's, only results from the higher race start elevation start will be used. At a minimum, six race starts will be used to determine Buddy Werner team eligibility. If one run of a two run race, or any entire race, is cancelled the race will be excluded from point calculations for Buddy Werner team selection. In the event any of the identified qualifying races are cancelled, the Program Director and Head Coach may either substitute another upcoming Mt.Hood race or create and run a CSRT team members only race to use for point calculations. If there are no additional events to add, or there is not enough time to organize a CSRT team member only event to meet the minimum number of race starts, the Program Director and Head Coach will be allowed to calculate points excluding the cancelled race(s) and exercise judgment in team selection.

Points

The CSRT selection process will primarily be done 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:

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

Team Selection

The Program Director, Race Secretary, President, and Head Coach will meet to compile and confirm results. Once qualified by points, all racers are subject to review and final approval by the Program Director and Head Coach. Racers must exhibit proper maturity and racing ability to meet the stringent conditions of the Buddy Werner Championships.

Since the Buddy Werner Championships is designed primarily as a J4 Championship race, we strongly believe in sending our qualified J4's first, followed by our qualified J5's. Therefore, J5 athletes must have a point average that is 25% higher than a J4 in order to fill one of the spots for the team.

In the case of ties in total race points at the end of all qualifying races, preference will be given to 2nd year J4's, then 1st year J4's, followed by 2nd year J5's, then 1st year J5's. If a tie still exists, then point results from the Cooper Cup race will determine the winner using the 'old' world cup point system. If a tie still exists, then the lower of the combined Cooper Cup race start times will determine the winner.

Seeding of all racers competing in the Buddy Werner Race is at the discretion of the Program Director and Head Coach.

J3 RACE INFORMATION

J3 Races are comprised of local Mt Hood Races, PNSA Divisional Junior Olympic Qualifiers and open races.

The J3 Junior Olympic Qualifiers are for J3's only (13-14 years old). The open races: Evergreen Cups are open for J3 and older athletes. Most of the J3 races are at or around the Mt. Hood area with only a few away races. J3's are not required to race in every race; they may pick which races they would like to attend based on their desire to compete. The race season is extensive with racing available from December to May.

There are two J3 JO Qualifier 3 day races: one in mid January over Martin Luther King Jr holiday 3 day weekend and the other 3 day race qualifier in mid February over Presidents weekend. The J3 JO Qualifier races are comprised of 2 SL races, 2 GS races, and 2 or 3 Super G races which are used to make the selection for the PNSA J3 Team to go to the Western Region J3 Olympics. For more information on J3 Qualifier races and selection procedure for the J3 JR Olympics please visit the PNSA website (www.pnsa.org). There is also a J3 Finals championship race at the end of the season open to all J3 racers. This year's J3 Qualifiers are at Mt. Spokane and Mt Hood Meadows, the J3 Finals are at Mission Ridge and the Western Region J3 Olympics will take place in late March at Mt. Bachelor, Oregon.

The open races include the Evergreen Cups: Russ Read Memorial GS's at Mt Bachelor in December, the Winterstart SL races at Meadows in early January, the SuperBowl Super G/SL Combined at Ski Bowl in late January/early February, Hampton Cup in mid March at Mission Ridge, and the Golden Rose in late May at Timberline. Also don't forget the fun May Day Super G's at Mt. Bachelor in late April. For additional race information for J3 athletes please download the J3 2009-2010 Race schedule from our website.

SPRING/SUMMER SKI CAMPS

CSRT offers spring and summer ski camps during the off-season. These camps will be available to all CSRT programs and are highly recommended for all our J3, J4 and J5 athletes. Spring Camps include May Day Race Speed Prep Camp, and Memorial Weekend SL Camp. Summer Camps will be available in late June (GS/SL) for J6-J3 athletes and August (SL) for J4-J3 athletes. Exact camp dates will be available by late February and early March 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

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:

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 bibs- as children wearing downhill 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 J4 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). A CSRT Kid's Ski Swap happens annually at the 'Sign up Day' in late September if you are looking to buy or sell used gear. Also check out the great deals on used equipment on our website classifieds: www.cooperspurraceteam.org

Please contact any of the coaches for equipment advice.

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.

SEASON PASSES

Junior Development program "Devo Team" trains as much as possible at Cooper Spur on Saturdays so only a Cooper Spur pass is needed. The Junior Development Competition and Training teams will also train at Cooper Spur on Saturdays. Sunday training will take place at Mt Hood Meadows. It is recommended to get a Cooper Spur and Mt Hood Meadows Season Pass for the JR Development Competition and Training Teams as well as J3 Teams. For further information about season passes check out the Meadows website www.skihood.com and the Cooper Spur Website www.cooperspur.com.

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 J3 athletes and Junior Development Competition Team. Please make sure this is taken care of well before the season starts. Applications are available on our website, at the annual sign up day, and through the USSA web site www.ussa.org.

REFUNDS

All refund requests are to be submitted, *in writing*, to: CSRT, Executive Board, PO Box 1246, Hood River, Oregon, 97031. The request will be presented at the next Executive Board meeting and granted only by a majority vote. Requests are typically granted on a pro-rated basis. Consideration for the number of training /race days past versus those remaining will be used. No refunds will be given after February 1st (except in the case of injury or member moving out of area).

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 or Board membership- are just a few examples. Indeed, each family will need to volunteer an adult in at least 3 “events” per season to satisfy your requirement. We have a required deposit for the season- to be forfeited if the volunteerism requirement was not met. At the time of registration, a deposit in the form of a personal check will be required in the amount of \$200 per family. This will be held until the end of the season to be returned if each family’s volunteer requirement is met. We assure you that you will have many opportunities to satisfy your requirements. CSRT hosts the Diamond Dual 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. Please attend the Race Officials Clinic in the fall to learn more about these jobs. If you are unsure about where to help for these races you may contact Kevin Clarke, VP for job signup. Please mark your calendars when the dates are set, because we need your help.

FUNDRAISING

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 CaSKIno Night and Silent Auction Fundraiser event and our annual holiday wreath fundraiser in November and our spring fundraiser Ski-a-thon. For your records, our tax identification number is 93-0965136.

SCHOLARSHIPS

Scholarship applications are available for those who qualify. 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

Please note that almost all of our team communication is through email. Make sure that you check your email regularly *and* log onto our Web site regularly at: **www.cooperspurraceteam.org**
An email address is vital for our team to communicate effectively and you will miss out on many opportunities without.

COOPER SPUR RACE TEAM EMAIL: **csrt@gorge.net**

OUR MAILING ADDRESS: **CSRT**
P.O. Box 1246
Hood River OR, 97301

Program Director Karen McCadam (541)490-0654 kcmccadam@gorge.net

Head Coach Dan Stelma (541) 490-6114 stelma@gorge.net

WHO TO CONTACT

~General CSRT questions and inquiry: csrt@gorge.net

~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 Karen McCadam, Program Director, 541-490-0654 or kcmccadam@gorge.net

~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 Rich Truax Board President.

HELPFUL WEBSITES:

CSRT: www.cooperspurraceteam.org

PNSA: www.pnsa.org

USSA: www.ussa.org
Cooper Spur Ski Area: www.cooperspur.com
Mt Hood Meadows: www.skihood.com
Ski Bowl: www.skibowl.com
US SKI TEAM: www.uskiteam.org

CSRT EXECUTIVE BOARD

For the 2009-2010 season, the executive board consists of the following:

President:

[Rich Truax](#)
(541) 386-7727

VP:

[Kevin Clarke](#)
(541) 386-1332

Treasurer:

[Jason Spadaro](#)
(541) 493-8602

Race Secretary:

[Scott Keillor](#)
(541) 806-1535

Technical Director:

[Jeff Bardin](#)
(541) 490-7390

Sponsorships:

[Don Lariza](#)
(541) 386-1491

Volunteer Coordinator:

[Kathy McLean](#)
(541) 387-3569

Member outreach:

[Kurt Harter](#)
(541) 806-1792

Fundraising:

[Leslie Lamer](#)
(541) 386-3600

Member at Large:

[Ron Kurahara](#)
(541) 386-2421

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