

SUNSET SKI TEAM
est. 1959

Info Night

Oct 21, 2026
sunsetskiteam.com

WESTVIEW SKI RACING

+

Liberty &
Hillsboro


Check out our website
sunsetskiteam.com
All of our information from tonight will be on here

(Not So) Secret Decoder Ring

Our Ski Team

Sunset, Westview, Century, Liberty and Hillsboro schools



Metro

Beaverton, Hillsboro, Tigard, Newberg, Tualatin schools + Jesuit, OES, others

METRO LEAGUE SKI RACING

metroskileague.org

OISRA

Oregon Interscholastic Ski Racing Association

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OISRA

oisra.org

Ski team at a Glance

8 **Leadership Board**

Stan Hawkins, President
Kristin Duyn, Vice President
Stephanie Mosser, Treasurer
Sowmiya Jayachandran, Secretary
Renee Shirley, Member at Large
Alicia Aiken, Member at Large
Krista Hawkins, Registrar / Volunteer Coordinator
(vacant), Volunteer Coordinator

4 **Coaches**

Kiara Green, Head Coach
Alex Krenek, Race Coach
Isaac Neill-Jones, Race Coach
Cann Zaroskinki, Race Coach



~25 Dryland Trainings

>60 Volunteers

~12 Team Building Activities

~40 Racers

8-10 on-hill trainings

MT. HOOD MEADOWS SKI RESORT

100% Self Funded 501c3 charity

7-8 Races @ Meadows, Timberline, Ski Bowl, other (snow depending)

Ski Season Timeline

Nov

Team building activities
Dryland Training



Dec

Dryland Training
On-hill training
On-hill evaluations
Fun activities
Possible overnight at Mt. Hood

Jan

Races begin!
Training continues
Video Reviews
Pasta Nights
Waxing Clinics



Feb

Races continue
Training continues
Video Reviews
Pasta Nights
Waxing Clinics



Mar

Oregon State Race
End of season Party



WHAT DOES SKI RACING REQUIRE?

A seasonal commitment on and off the hill

01 TRAINING

NOVEMBER–DECEMBER

Dryland training 3 days/week

- 2 after school
- 1 later evening

JANUARY–FEBRUARY

Dryland Training 2–3 days/week

Plus one on-hill evening each week

02 ON-HILL TIME

Weekly evening training

Athletes leave school early to catch the team bus by 3:00 PM.

DECEMBER–FEBRUARY

Additional on-hill opportunities may be offered, depending on snow conditions.

03 RACE DAYS

EARLY STARTS

Aim to arrive by 7:15 AM for Meadows races.

Racers need time to park, get ready, and make required warm-ups.

PLAN FOR A FULL DAY

Race activities run through the afternoon; typically ending after 3 PM

Plan for consistent weekly training, early and full-day race days, and a lot of fun!

Race Calendar

Date	Description	Location
Sunday, Jan 3	**Kelsey's Race** (info here)	**Meadows @ Stadium**
Sunday Jan 10	**Metro Race GS**	**Meadows @ Stadium**
Monday Jan 18	**Metro Race SL**	**Timberline @ Pucci**
Monday Jan 25	**Metro race (Alternate)**	**White Pass**
Sunday Jan 31	**Metro race GS**	**Ski Bowl @ Mt Hood Ln**
Friday Feb 5	**Metro Race SL**	**Meadows @ Stadium**
Sunday Feb 7	**Metro Race**	**Ski Bowl @ Challenger**
Tuesday Feb 16	**Metro Race GS (Alternate)**	**Ski Bowl @ Reynolds**
Friday Feb 19	**Metro Race GS (Alternate)**	**Ski Bowl @ Reynolds**
Sunday Feb 21	**Metro Race GS**	**Meadows @ Middle Fork**
Mar 3-5	**State Race**	**White Pass**

See TeamSnap for the latest schedule!

METRO LEAGUE SKI RACING

Who we are & how you can help!

Governing Bodies for High School Racing



Metro

Three Rivers

Mt Hood

Emerald

Blue Mountain

Central

Southern

Schools in our league

- Mountainside
- Beaverton
- Sunset
- Tualatin
- Sherwood
- OES
- Newberg
- Glencoe
- Southridge
- Tigard
- ACMA
- Jesuit
- Westview
- Liberty

Executive Committee

Wayne Allen
President

Matt Hansen
Vice President

Shiree Ferguson
Secretary

Neal Johnson
Treasurer

Jim Schaffer
Chief of Race

We need volunteers!

Immediate needs

- Chief of course
- Assistant Finish Referee
- Assistant Chief of Gates
- Assistant Timing
- Video/Streaming

For next season

- Bib Coordinator
- Starter

METRO LEAGUE KICK-OFF EVENT!

November 3rd
6:00 to 8:00 PM

@

Skyzone in Beaverton



Meet your Coaches:



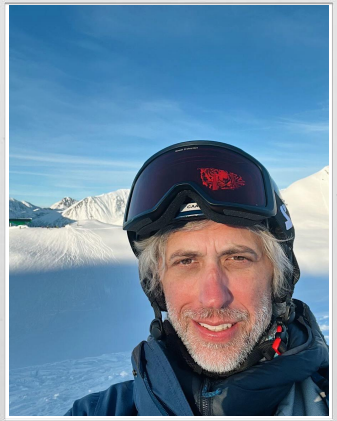
Kiara



Alex



Isaac



Caan

Intermediate Skier Explained (Kiara)



https://www.instagram.com/reel/DOdQ_j9CM8a/?utm_source=ig_web_copy_link&igsh=ZGVzYWN2bzVwYnBl

High School Ski Racing Explained (Kiara)

SLALOM

Slalom has the greatest number of turns, shortest course lengths and slowest relative speed of all alpine events. Racers ski around a single pole (gate). The fastest line is closest to the gates so you will see more advanced athletes skiing close enough to hit the gates with their arms or shins.

Distance between gates is usually 7-11 meters.



GIANT SLALOM

Giant Slalom (also known as simply GS) combines higher speeds and longer course lengths but has fewer turns than slalom. GS has the paneled gates many people associate with ski racing. Leading high school race speeds are typically in the 30 to 40 mph range.

Distance between gates is usually 10-27 meters



Courses are set by coaches, change run-to-run and day-to-day on each event venue. During on-hill training coaches will have athletes perform drills to improve technique and run gates to prepare for races.

Equipment Needs & Recommendations (Coaches):

Required:

- FIS approved hard eared helmet
- Clear or rose tinted goggles for night skiing









Recommended:

- Race or all mountain skis
- Pole guards
- Rain Gear (frog togs)







Advanced Skiers:

- SL & GS skis
- Chin Guard
- Race suit
- Zip off shorts/pants (LABELED)
- Shin guards
- Arm guards







Where to buy + best deals:

- Our team ski swap google doc! Shop alumni and peer gear (on our website under “equipment”)
- Pro deals through coach Jesse from SW Mountain…
  - 50% off Nordica
- Bob @ Mt. Hood Alpine Racing Center...great for boot fitting, ski tuning, bindings
- Hillcrest: low inventory, but carries POC helmets, pole guards and simple race stuff
- The Race Place (ships & located in Bend) for everything!

MOUNT HOOD Alpine Racing Center



HILLCREST est.1976

RACE PLACE

Costs (Stephanie Mosser)





Ski Team	Season Pass	OISRA Registration	Other	Priceless
$995	$700	$40	Varies	
Bus for on-hill trainings	All access pass to Mt Hood Meadows	Annual fee per racer	Non Meadows racer lift tickets	4 hours in car w/ your kid on race day
Coaching			Racing Helmet	Endless opportunities to upgrade ski gear
Dryland			Equipment & Gear	Nice coat of wax in your garage
Metro Fees			Optional Overnights**	Meeting fun parents
				Apres Ski

Dues: $995

Jackets ($100) are to be purchased by the racer through the ski team and to be used during their time with the program. Used jackets may be available for purchase from alumni.

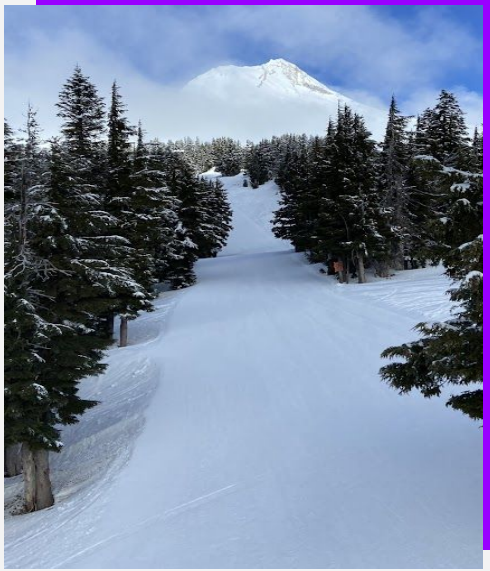
Bib Deposit - ($50) Any Bib not returned after the last race, deposit will not be returned

Fundraising Goal $10,000

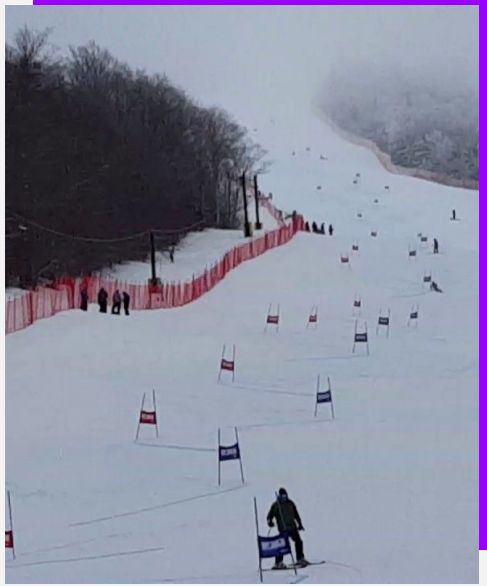
- Costs have risen over the years and some of our funding and donation streams are no longer available. We have a goal of raising $10,000.
- Athletes will be participating in Call-a-thon - Mid december
- Other possible fundraising - Dining out nights, merchandise, sponsor posters
- Sunset Ski Team is a 501 (C)(3) nonprofit corporation. Donations can be directly made to the team.
- Company matching for donations and volunteers hours
- Please see Stan or Stephanie about fundraising ideas and donations!

Volunteers (Krista)

When we arrive:



When we start racing:



See how happy they are:



It takes a small army of volunteers to do this!

Volunteers

It takes a village. Like, seriously!

Race Days

- Parents volunteer for 3 races minimum (per racer)
- Positions available for skiers and non-skiers
- Metro has final say on assignments, Sunset volunteer coordinator will communicate your assignment via TeamSnap.
- Sign up online (link to be sent early November)

Other Opportunities

- Host pasta nights
- Host video reviews
- Host waxing clinics
- Bus and Race Snacks





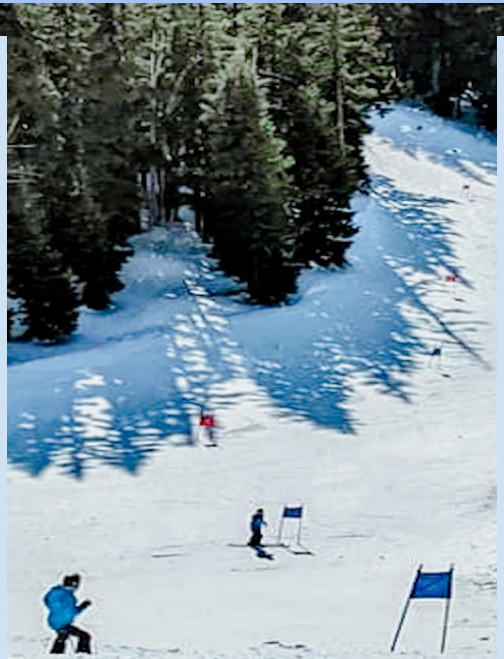




Transportation & Volunteer Opportunities

Race Day Transportation

- Parents required to transport racers to races. Insurance does **NOT** allow racers to drive! If a racer drives, they will not be eligible to race.
- Carpool sign-up sheet available in early Dec.



Additional Opportunities

- Hospitality Help
- Bus chaperones
- Carpool
- Ski & Carry Ability
  - Course setup, slip


Let's Hear from our Upperclassmen

Registration (Krista)

Registration & waivers required for all:

- Racers
- Volunteers
- Coaches

Registration opens by Nov 1st

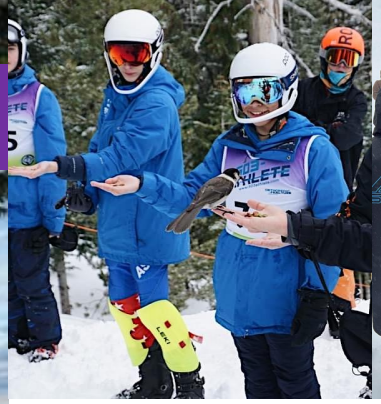
OISRA and Metro racer waivers must be submitted by 1st dryland

All waivers, racer & volunteer, must be submitted by Nov 19th

Look for an email with links and instructions…

Board will also have a parent night for assistance with signing forms

Next Steps:





1. Fill out interest form
2. Pay dues and fees
3. Keep an eye out for TeamSnap invite in your email
4. Download TeamSnap on your phone for the latest updates
5. Visit sunsetskiteam.com to view these slides and the FAQ
6. Follow **shs_skiteam** or **westview.ski** on Instagram

Questions? Email:
info@sunsetskiteam.com (Stan)
kiara.m.green@gmail.com (Kiara)


Questions?
To Fill Out
Ski Team Sign-Up form