

# b/Burlington High School Alpine Ski Team

## 2023-2024 Information Sheet

FIRST STEP TO JOIN: Sign up on via the BSDVT website:

<https://burlingtonathletics.com/forms-resources/online-registration/>

### Equipment

- FIS 2013 certified [helmet](#) is required
- Properly fitting skis and boots
- Race Skis: Slalom/Giant Slalom (if only one, we suggest SL ski)
- Waterproof jacket, pants, gloves etc.
- Wicking base layers (no cotton)
- Poles and pole [guards](#)
- Goggles with lenses for day and **night**
- Optional- shin guards and chin guard for SL

### Where to find equipment:

Local ski swaps:

South Burlington High School - Saturday, September 30, 9am-3pm

St. Michael's College - Saturday, October 7, 2023, 9:00 AM - 6:00 PM

Sunday, October 8, 2023, 9:00 AM - 12:00 PM

Cochran's Ski Sale @ Camel's Hump Middle School - Saturday, November 4, 8am-4pm

Sunday, November 5, 9am-1pm

Leasing Race Skis:

Ski Rack

Alpine Shop in Burlington

### Practices

- On snow starting mid-end of December or early January
- **On snow times days and times - Tuesday 3:15-5:15 (Bus at 2:40); Wednesday 5:15-7:15 (Bus at 4:30)**
- **Dry land starting after Thanksgiving Break. Dryland Schedule 3:30-4:30:**

Monday 11/27 Tuesday 11/28 Thursday 11/30 Practice + Parent Meeting 6pm-7pm PM	Monday 12/4 Tuesday 12/5 Thursday 12/7	Monday 12/11 Tuesday 12/12 Thursday 12/14 + Team Dinner in PM
Monday 12/18 Practice at Mad River and Race at Mad River + Tuesday 12/19		

**Transportation:** All students will be transported to the mountain for practices and races by bus leaving and returning to DtBHS. If you choose to drive yourself, please discuss with our Athletics Department.

### Attendance:

Attendance at practices is required to race. In order to qualify for districts, racers must attend more than 50% of scheduled races and at least one race in each discipline (SL and GS). Support your team and hone your

skills by attending every race.

**Commitment:** Races are on school days; we will try for an equal number of blue/white days, but you must talk to your teachers **before** races to get missing work. We recommend bringing your homework on the bus.

**Tentative Race Schedule:**

**BHS Alpine 2023-2024 NVAC Schedule:**

December 18, 2023 (blue) - MRG Training 8:30-10:30 SL 11:30 (HUHS) - BHS, SB, LI, SJA, CVU (JV)

January 8, 2024 (blue) - SL at Snowbowl (CVU) - Rice, HUHS, SB, MMU, Lamoille, LI, SJA, U-32, BHS

January 18, 2023 (white) - GS - Smuggs - (Lamoille) - LI, CVU (JV), BHS, HUHS, Stowe, U-32

January 24, 2024 (blue) - SL - MRG (SB) - BHS, LI, HUHS, Rice, Lamoille, Colchester, SJA, Rice, U-32

Feb. 1, 2024 (white) - SL - Cochran's (Rice) - 10am start - BHS, CVU (JV), U-32

Feb. 8, 2024 (white) - Smuggs - Essex Carnival - (One GS and Two SL runs) - CVU, SB, LI, SJA, MMU, HUHS, Stowe, Colchester, BHS, U-32, Lamoille

Feb. 12, 2024 (blue) - Dual SL with pro jump at MRG (HUHS) - MMU, BHS, Stowe, CVU (JV), LI, SB Lamoille, Rice, U-32

*Eastern Qualifier (must consistently place in top 20):*

January 26, 2024 Easterns Qualifier - SL at Saskadena Six

Feb. 5, 2024 - Snowbowl - NE GS Qualifier (3 runs)

*Districts:*

Feb. 15, 2024 (white) - GS at Smuggs - Lamoille and Colchester

Feb. 20, 2023 (white) - SL at Cochran's 10am start - RICE and BHS co-host - **TENTATIVE - may need a new site**

**February Break: No races, no training.**

**States:**

March 4 and 5, 2023 @ Burke

This year all high school teams will compete regardless of District performance. Top 6 racers per gender per discipline. We plan to stay at Burke March 4th. Information regarding cost for the hotel and food will be shared as it becomes available.

**Team Sport:** Before and after your run, support your team by getting out on the hill.

**Fees: Cochran's Practice Fee:**

\$125 per student - please pay online:

<https://cochranskiarea.com/high-school-race-training-registration/>

and \$25 check to BHS Alpine - banquet, snacks, and end of the year party

Race fees and race day tickets are covered by the school district.

**Contact Info:**

**Boys Alpine Girls Alpine**

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