

Team Rules for Catlin Gabel Ski Team (2025/26)

INTRODUCTION

The **Catlin Gabel Alpine Race Club** (GCARC) is Catlin Gabel's high-school ski team. High-school ski racing is a club sport at Catlin Gabel (CG) and not operated under the department of athletics. GCARC remains a competitive ski racing club and active member of Three Rivers Ski League (TRL) <http://www.ski3rivers.org/> under the jurisdiction of Oregon Interscholastic Ski Racing Association's (OISRA) Alpine Division <https://www.oisra.org/>. There are 7 member leagues of OISRA across the state of Oregon, 3 of which including TRL, represent the Portland-Metro area. GCARC is open to CG high-school students and 8th graders by review. GCARC abides by the bylaws set forth by TRL and OISRA.

The GCARC Head Coach is Robin Chapin and Assistant Head Coach is Cameron Clear. Team parent representatives, Richard Taylor and David Solondz, perform coordination between CG school, participating families, the coaches and leagues.

The goal of GCARC is to provide student athletes with a fun and positive ski racing environment while improving athletic ability, strengthening confidence, building character, and creating team camaraderie, while enjoying the winter outdoors.

GENERAL INFORMATION

Requirements:

Before committing to GCARC, please be advised of the following team membership criteria:

- 1) No ski racing experience is required. However, **all athletes must be able to ski near parallel turns on the equivalent of an intermediate ("blue") run and ride a chairlift.** Coaches are unable to provide individual attention to skiers who do not meet this criterion. New team members will be required to ski with coaches at least once to ensure minimum skiing ability. Should snow conditions preclude this, and it later becomes apparent that the athlete does not meet this requirement, the student's eligibility to remain on the team will be revoked, with forfeiture of fees.
- 2) All athletes need their own equipment: Including, and not limited to, skis, poles, boots, goggles, race helmet ([see equipment section below](#))* and appropriate ski clothing.
- 3) Participation in Friday night training AND league races is required. The minimum participation is 5 mountain training sessions and 5 of the 7 TRL races. *(This will also meet the CG PE criteria of 48 hours activity participation - [see PE credit section below](#)).* Should GCARC qualify for State Championships as a team, participation in 4 league races is required to be eligible to race both the Slalom and Giant Slalom events. If you are unable to attend a practice or race, you must provide adequate notification to Coach Chapin. Coaching staff reserve the right to remove a racer from the team for multiple unexcused absences, with forfeiture of fees.

4) Lift-tickets or season passes are necessary for ski-mountain access, and a sno-park permit for parking.

5) Parent/Guardian Volunteering is MANDATORY. TRL guidelines require each member school to “host” at least one race event within the season. CG “hosts” its race in partnership with the Lincoln High School Ski Team. CGARC can be subject to a fine if an inadequate number of volunteers are provided. There are plenty of volunteer opportunities for BOTH skiers and non-skiers.

Cost and Refunds:

All expenses are the responsibility of individual team members/families through fees, plus community fundraising and donations. CGSA (Catlin Gabel Student Association) may on occasion be able to support some registration fees.

Anticipated fees for the 2025-26 season are:

- \$600 for coaching staff. Pay via check or electronic payment to the head coach at registration and/or prior to first training/race.
- \$45 to OISRA (state governing body). Athletes must self-register directly on [OISRA website](#) **PRIOR to Dec 6th** or pay late registration fee (last date is January 12th). FREE for Parent/Guardian Volunteers.
- \$100 TRL fees. Final amount determined by team member size. Collected from members and paid by parent rep (*League fees cover race day equipment: bibs, timers, gates, radios/communication, awards etc.*)

Additional Costs:

Season ski passes and lift tickets are NOT included as membership to CGARC. **A lift ticket or season pass is REQUIRED for all on-mountain training and race days.** It is highly recommended to purchase a form of season pass for Mt Hood Meadows. A season pass or lift ticket is also necessary when skiing at an “away” mountain such as Ski Bowl or Hoodoo. Ski-Racer day lift-tickets can sometimes be purchased on race day for a discounted price depending on the mountain venue.

Meadows Season Pass/Lift Ticket – All Access [HERE](#)

SkiBowl Season Pass/Lift Ticket – Season Pass & Lift Tickets [HERE](#)

A [SnoPark Parking Permit](#) is also often required at most ski mountains.

Fees cannot be prorated based on reduced attendance. Costs are set by the league, OISRA, and coaching staff. Refunds are not possible once the season has started.

Transportation:

Transportation is NOT included during the season. Transportation to and from the mountain is the responsibility of participating families for both training and race events. CGARC will

try to coordinate carpools when possible. Parents/Families are ultimately responsible for athlete transportation to AND from the mountain.

Season Schedule:

The ski season starts mid-December and goes through early March, and subject to weather conditions.

Training:

GCARC trains on-mountain at Mt Hood Meadows (MHM) <https://www.skihood.com/> on Friday evening approx. 4:30pm – 7:30pm (*excluding holiday weekends*). Exact start date TBD based on snow conditions. Last training likely 2/20/2026. There may on occasion be on-mountain training available on Saturdays combined with the Lincoln High-School Ski Team.

Racing:

Athletes compete as a team earning points for CGARC as well as an individual. A team needs a minimum of 3 racers (same gender) to earn points as a team. Team scores for each race are based on the total of the top 3 individual times for each run. Each racer gets 2 runs in a race.

Based on point accumulation throughout the season, CGARC and/or individual racers may qualify for state championships. Up to 5 racers plus one alternate can be selected for each GS and SL discipline. The composition of the state championship roster and race orders are at the discretion of the Head Coach. The top 5 individual GS and SL TRL racers from teams that do not qualify for state as a team, can qualify as individuals, based on individual points accrued during the regular season.

Race venues vary across the state of Oregon. The first race of the season is a “fun race” to start the season and does not award points toward team/individual rankings. This is followed by 6 races occurring on Sundays and Mondays. There are 3 Slalom (SL) races and 3 Giant Slalom (GS) races throughout the season.

TRL posts the [official race schedule](#) and is subject to change. All dates are in 2026.

Schedule as of 10/2025:

Race #	Date	Location	Venue/Trail	Discipline
Kelsey's Race	Friday, January 2	Mt Hood Meadows	Stadium	Dual GS
1	Sunday, January 18	Ski Bowl	Challenger	SL
2	Sunday, January 25	Mt Hood Meadows	Middle Fork	GS
3	Sunday, February 1	Ski Bowl	Mt Hood Lane	SL
4	Sunday, February 8	Ski Bowl	Mt Hood Lane	GS
5	Monday, February 16	Hoodoo	TBA	SL
6	Sunday, February 22	Mt Hood Meadows	Stadium	GS

+ March 5-6 OR State Championship, Hoodoo, Sisters, Oregon – for qualifying teams/racers.

+ March 15-18 Western US HS States Championships, Loveland Ski Area, CO – for qualifying teams/racers.

Athletes are expected to come prepared to on-mountain practices and races with all required clothing, passes, and equipment.

Team Attendance Policy:

It is expected that athletes make it a priority to be part of the team, including attending scheduled training and races. This is a team sport, not an individual sport. Each athlete represents CGARC as a whole. Minimum participation for team membership includes attendance at 5 on-mountain training sessions (Friday evening or optional Saturday when available), and at least 5 of the 7 league races. Should CGARC qualify for State Championships as a team, racers must have competed in a minimum of 4 TRL races to be eligible to compete in both the Giant Slalom and Slalom events.

There may be other team events through the year (tuning clinics, fundraisers, “free-ski” weekend, celebrations) in which it is also anticipated athletes make CGARC a priority.

Catlin Gabel PE Credit: *(governed by school registration)*

- CGARC is qualified to fulfill 0.5 PE credits for the 2025/26 CG academic year.
- Active athletes of CGARC may be eligible to earn 0.5 PE credits if they meet the school criteria while participating with the team. Student athletes must be present and participate in a minimum of 48 hours of physical activity (training and competition) out of 60 hours programming, in a season of 15 weeks or less.
- Race days are approx. 7-8hours; Evening trainings are approx. 3 hours.

Practical Example: attending 5 of 7 Races = 35hrs + 5 Practices x 3 = 15hrs = 50 hours total

- Coaches submit season attendance to the Registrar and US Head

Race Day Logistics:

Racers should plan to arrive at the host mountain’s lodge by 7:45am to meet with coaches, have team talk, and warm-up prior to start. Road conditions and traffic can significantly prolong winter travel time. Ski resort parking lots fill up early; plan to be at the host mountain early on race days. Mt Hood Meadows lots can fill by 8am, please be prepared to be at the parking lot by 7:30am.

Timely arrival is crucial. Please plan accordingly and leave extra time for common race day stresses. Athletes should pack, or have money available for lunch. Please be aware that lines to purchase food can be very long on race weekends.

Teams often “slip” and inspect the course starting around 9 am. Races start promptly at 10 am. Athletes are expected to assist coaches and race volunteers with course setup and teardown as instructed.

Each racer is provided a unique TRL bib at the start of the season. **It is the responsibility of the racer to bring his or her bib to EACH race.** There is a \$20 fee for lost bibs. Forgotten bibs can be loaned on race day for a \$20 deposit. Bibs are theirs to keep at the end of the season.

Teams are divided into male and female divisions with varsity and junior varsity subsets. In the event of more than 6 athletes on a Varsity team, a Junior Varsity team will be fielded. The Varsity and Junior Varsity selection process and athlete race order are determined by the Coaching staff. Coaching staff will use race times, on-mountain training attendance, racer- development, progress, and effort, in determining these orders. Seeding may change from week to week as coaches adjust to the competitive environment, improvements in individual results and other factors. The Head Coach's decision on race orders is FINAL, with no room for discussion.

Academic Standards, Code of Conduct, and Safety

In order to participate in any OISRA sanctioned events, racers must meet grade eligibility requirements as determined by OSAA rules and regulations (carrying a schedule of at least 5 credit classes with no "F's/or equivalent" or incompletes in the preceding and current semester). Grade eligibility checks are required by OISRA intermittently throughout the season. Use of illegal drugs and alcohol is NOT tolerated and will result in immediate EXPULSION from the team and reporting to Dean of Students. Disruptive or otherwise inappropriate behavior toward coaches, racers, staff, officials, or parent volunteers may also result in suspension from the team. Athletes will **always** ski in a controlled manner and within their abilities while training and during race days. Racers and parents are expected to uphold the standards outlined in the Catlin Gabel School's Code of Conduct as outlined in the [CG Family Handbook](#).

Insurance:

It is mandatory that all athletes have medical coverage information filled out completely on consent forms. All ski mountain resorts will require proof of coverage and race waivers to be completed. A portion of each racer's OISRA dues goes to cover indemnity insurance for race workers, volunteers and coaches when assisting with sanctioned alpine events (this applies for both on/off-mountain training and race events).

Equipment:

OISRA rules require all athletes to wear a ski racing helmet with a hard surface covering over the ears during gate training and sanctioned high school races.

"OISRA Helmet Rule is in effect: The CE mark (a silver sticker) "FIS RH 2013" shall be affixed in a nonremovable way on the back of the race helmet in a visible location not covered by the goggle strap. If this sticker is not present, the athlete may not participate". Please discuss any questions/concerns with Coaches.



Athletes will also need skis, boots, poles, goggles, gloves/mittens, and other proper ski attire. Race skis are not necessary although recommended. New athletes to the sport may find a good all-mountain ski is adequate for both SL and GS races. Talk to your coaches prior to purchasing a new set of race skis. More advanced racers may choose to wear race suits, and protective gear such as: shin-guards, a back-protector, and mandible guard.

Registration:

Paperwork and fees are due by Dec 6th (this is an OISRA deadline). Please confirm your participation with CG parent representatives. <https://oisra.org/alpine-high-school-ski-racing/online-registration.html>

CGARC Contacts:

Head Coach: Robin Chapin - robin_chapin@hotmail.com || 503.351.7400

Team Parent: Richard Taylor - r_w_taylor@hotmail.com || 503.737.8227

Team Parent: David Solondz - kimndave@gmail.com || 617.359.4804

LiveTiming:

OISRA utilizes LiveTiming as their timing system for racing. Spectators and athletes can find the race start orders here and follow racer timing from the LiveTiming website:

<https://www.live-timing.com/index.php>

Choose a proper race date.

Click on "All Races on Live-Timing"

Click on "Click here" to change location... select U.S. and check the box for Oregon (this will narrow down the list of races)

Select the race you want to follow (note: male and female races are separate distinct races)



Ski Fast, Be Safe, Be Kind

