

Crescent Valley High School Students,

Have Fun Learning to Ski Race

Open to skiers of all abilities,
both boys and girls

Students and Parents are invited to learn about the:



Crescent Valley Ski Racing Team

Corvallis, Oregon 97330

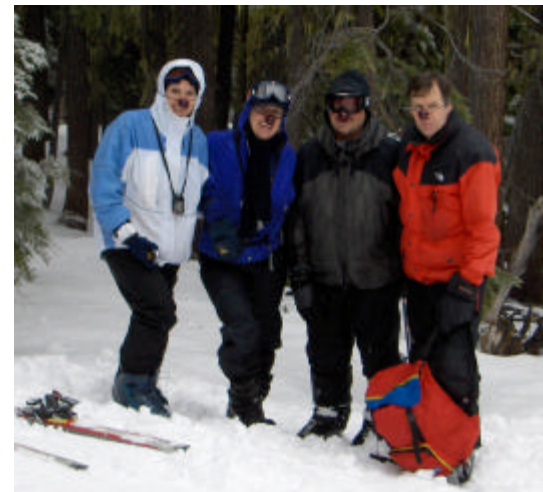
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CRESCENT VALLEY SKI RACING TEAM (CVSRT)

Lots of Fun



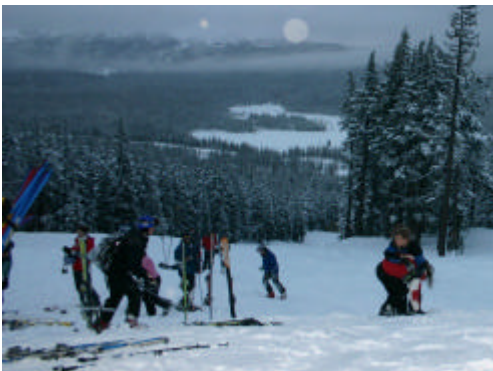
SHUT UP AND SKI

Joining the ski team provides you with a unique chance to forge friendships and experience camaraderie unparalleled in other sports and/or activities

By joining the CVSRT you will have made the right decision. Nothing could be more fun than skiing. But, on top of that we add hot tubbing, inner tubing, night skiing, hanging out and just having a lot of fun.

NIGHT SKIING

One of the best parts of the whole experience. Shooting down lit slopes having most of the mountain to ourselves. What could be more fun than skiing under the lights?



RACE CAMP

Taking place during winter vacation this 4 day ski trip is awesome. Rooming together

racers get to know one another and improve their abilities. Every night clinics go on to improve mental concentration, hydration, ski tuning and other important topics. After skiing racers have a chance to inner tube (lots of fun), snowball fights, play board games, ping pong, air hockey, foos ball or just hang out.



DRYLAND PRACTICE

Strengthen those muscles! M-Th after school, 3-5 the team gathers in the main hall to work out muscles that are important for racing. With frequent trips to the weight room and field (ultimate Frisbee, soccer, football) these practices are kept fun and exciting. Games such as capture the flag improve racer conditioning while still having fun.

SKI TEAM OVERNIGHT

Taking place the night and day after a race gives racers a chance to get to know each other even better. Allows for fun activities such as the hot tub, pranks, card games, great food, and pool. The fun enjoyed here extends further than the racers, with lots of chaperones the parents have a good time too.

RACES AND PRACTICES

The improvement in your skiing and racing will be unbelievable. Racers come in Freshmen year barely knowing how to ski or not knowing at all and by junior or senior year are ripping up black diamonds and racing varsity.



REASONS TO JOIN

I want to have a lot of fun.

I want to stay in shape for my other sports.

I barely ever ski and I want to get better at skiing.

I want to become a really fast racer.

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