

FAIRFIELD SKI TEAM 2022-2023

**DRYLAND CONDITIONING (PART OF THE TRYOUT PROCESS) STARTS MONDAY, DEC. 5 AT 3PM .
MEET IN FOOTBALL BLEACHERS ON WARDE HOME SIDE**

ONLINE REGISTRATION AND VALID PHYSICAL MUST BE COMPLETED PRIOR TO DEC. 5

Coaches: G. Quiricone gquiricone@fairfieldschools.org
R. Quiricone

Teams: Coop Girls Team from Warde and Ludlowe
Coop Boys Team from Warde and Ludlowe

Race type: Giant Slalom

Site: Mt. Southington

Recommended Skis: Giant Slalom or an Expert Carving Ski

Projected Practice/Race Schedule:

First Dryland Practice: Monday, Dec. 5 at 3PM on Warde Turf (Shuttle from Ludlowe at 2:30pm)
NO RETURN SHUTTLE BACK TO LUDLOWE
(Bring sneakers, warm weather clothing for outside)

Dryland Practice: 12/5-12/8 Monday-Thursday
12/12-12/15 Monday-Thursday
12/19-12/21 Monday-Weds.

Actual Tryouts Scheduled for Tuesday Jan. 3 and Wednesday Jan. 4 (Dryland Conditioning is Part of the Tryout Process)

**Helmet with hard plastic sides required for tryouts as well as goggles.
Once you make the team, a Race Helmet with hard plastic sides and FIS sticker required.**

Cost: TRYOUT FEE (\$50) WILL BE CHARGED TO COVER THE EXTRA COSTS ASSOCIATED WITH TRYOUTS

**CHECKS ARE TO BE MADE OUT TO FAIRFIELD WARDE HIGH SCHOOL
NO OTHER FEES ARE REQUIRED THE ENTIRE SEASON**

First Race: January 11 (All Races on Weds. unless there is a weather problem)

After Jan. 2: Practices and Races Monday - Thursday (Jan.3-First Week of March)
Typical week includes (1) practice day at Southington, (1) race day at Southington, a tuning day prior to the race at Warde, and an in-season conditioning and or/video, classroom day at Warde
(Fridays no practice) (No Holiday Break sessions)

Race season goes from Jan. through the beginning of March

- IMPORTANT**
- 1. HAVE YOUR PHYSICAL UPDATED**
 - 2. GO TO cislrcing.org, PRINT OUT THE LEAGUE REGISTRATION, SIGN AND RETURN AT NEXT MEETING
(There may be online league registration coming at a later date)**
 - 3. GO TO cislrcing.org, PRINT OUT THE RACE RULES. READ, SIGN AND RETURN AT NEXT MEETING**
 - 4. FILL OUT MT. SOUTHINGTON WAIVER AND TURN IT IN AT THE NEXT MEETING**