

# Alpine Ski Racing Options after High School

Type of Competition:	 USST	 NCAA	 USCSA (Varsity)	 USCSA (Club)
<b>Scope</b>	Highest level of racing: FIS elite, NorAm, Europa Cup, World Cup, Olympics	FIS racing at elite level against NCAA ski teams (Div I, II and III all compete in same race series; 2 regions: East and West). Schedule includes regular season races, regionals and Nationals. May also race at non-college events as schedule allows.	USSA and non-USSA (college) racing during regular season against college Varsity and Club teams. Schedule includes regular season races, regionals and Nationals. May also race at non-college events as schedule allows.	USSA and non-USSA (college) racing during regular season against college Varsity and Club teams. Schedule includes regular season races, regionals and Nationals. May also race at non-college events as schedule allows.
<b>Expectation</b>	Highest competitive level. Must qualify to meet team criteria and must produce to stay on team or be selected for key competitions (i.e. Europa Cup, World Juniors, US Nationals).	High competitive level as many team members are former USST or foreign national racers; Recruit 1-2 new racers per gender per year with varsity rosters of about 8 athletes per gender	Competitive but inclusive; # of open spots varies by school and budgets. Varsity is top 5 but many teams allow JV to compete during season. Only top 3 teams from each conference qualify for Nationals and 1 outstanding individual per gender.	Open usually to anyone with top racers competing for school in college races as "Varsity" and often next tier of racers competes in JV category during season. Only top 3 teams from each conference qualify for Nationals and 1 outstanding individual per gender.
<b>Typical FIS/USSA Pts</b>	Generally 40 or below in multiple events but eligibility is based on USST criteria involving rankings, performance at National races, etc.	Div I: 25-35 pts in 1 event; 30-50+ pts in other; Div II/III: 30-40 pts in 1 event; 50-60+ pts in other	30-150 pts in both events. Check team rosters and results as competitive level varies from school to school and from year to year	All ski racers interested may participate and amount of racing varies with strength of club program.
<b>Cost/Fees/Aid</b>	Varies based on A, B,C or Development team from fully funded to varying levels of athlete funded.	School funded, some athletic scholarships available (for DI, DII non-Ivy schools)	School funded w/ possible outside sponsors. Equipment usually paid by athlete. Minimal athletic scholarships. Some academic scholarships	Club Dues, equipment and some race fees depending on school arrangement w/ team. Equipment paid by athlete. Some academic scholarships
<b>Training/Racing</b>	Most of Year	Fall Dryland, Race Season, Summer Training	Fall Dryland, Race Season, optional summer training	Opt. fall dryland, Race Season

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Race Season	Most of year	Late Nov. – April	Jan. – March	Jan. - March
Race Venues	Europe, North & South America, Australia/NZ	U.S.	U.S.	U.S.
Disciplines	DH, SG, SC, GS,SL	SL, GS	SL, GS, Freestyle*, Ski Jumping* (*at Nationals)	SL, GS, Freestyle*, Ski Jumping* (*at Nationals)
Championships	World Cup, NorAm, US Nationals, Olympics	NCAA Nationals	USCSA Nationals (top finisher may also go to NCAA and US Nationals)	USCSA Nationals (top finisher may also go to NCAA and US Nationals)
Average Athlete	15 yrs. to 30+ yrs old	18+ and older athletes; May PG 0-5 yrs. before college	Mostly 18+	Mostly 18+
2011 Champ Penalty	SL: 2 GS: 2 SG: 4 (source: 2011 US Nationals)	SL: 15 (m/w) GS: 15 (m/w) (source: 2011 NCAA Nationals)	SL: 34 (w), 24 (m) GS: 37 (w), 28 (m) (source: 2011 USCSA Nationals)	SL: 34 (w), 24 (m) GS: 37 (w), 28 (m) (source: 2011 USCSA Nationals)
# Competitors-Season (Indiv/Teams)	Varies based on criteria; usually 1-8 athletes per team (A,B,C and Development)	2 Regions: 8 teams: East 6 teams: West	Over 175 teams compete in USCSA; 11 conferences, 6 regions.	Over 175 teams compete in USCSA; 11 conferences, 6 regions.
# Competitors-Championships (Indiv/Teams)	Varies based on meeting qualifications or national rankings	35 m, 35 w (max of 3 athletes per gender per team who qualify)	Over 100 M/W compete at Nationals (max of 5 athletes per gender per team who qualify and top 3 results scored for team)	Over 100 M/W compete at Nationals (max of 5 athletes per gender per team who qualify and top 3 results scored for team)
Coaching	Paid coaching staff	Paid coaching staff	Paid coaching staff	Varies club by club: Volunteer or paid coach, student coach(es) or self-coached
Website for more info:	<a href="http://www.uskiteam.com/">http://www.uskiteam.com/</a>	<a href="http://www.ncaa.com/sports/skiing/d1">http://www.ncaa.com/sports/skiing/d1</a>	<a href="http://www.uscsa.com">www.uscsa.com</a>	<a href="http://www.uscsa.com">www.uscsa.com</a>
When/How to contact:	Review USSA guidelines for USST eligibility and contact regional USSA representatives for more information. Attend elite races and national and regional development system programs.	Follow NCAA guidelines for eligibility, etc. on NCAA Clearing House. <a href="http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html">http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html</a>	Email or call coach to arrange visit or learn more about team; adhere to NCAA Clearing House Guidelines if D-I school. <a href="http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html">http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html</a> Attend Fall USCSA College Fair in East coast (3 <sup>rd</sup> w/e in Oct) or West coast (10/1/11).	Email or call coach or student president of ski club for more information or “club sports” office at college/university. Attend Fall USCSA College Fair in East coast (3 <sup>rd</sup> w/e in Oct) or West coast (10/1/11).