

# Boys & Girls Alpine Ski Team

The Boys and Girls Alpine Ski Team competes in the Slalom discipline of alpine skiing. The season begins in mid November usually one or two weeks before the week of Thanksgiving, ending on the first Tuesday in February. The State meet is held the following week.

The first week of the season is dry land conditioning and classroom instruction at the high school. Practices begin after school to about 5:30 p.m. The following week we begin training at Trollhaugen Ski Area (weather permitting). If weather restricts the ski area from opening we will continue dry land practice at the high school Monday-Thursday. Practices and/or races are held on Monday, Tuesday and Thursdays. There are five conference meets, a scrimmage, and several invitational races, as well as a section meet that the team competes in. Home races are held at Trollhaugen, away meets at Wild Mountain, or other ski area. The season ends with the Section 7 Ski Meet at Giants Ridge. The top two teams and the top ten individuals advance to the State Meet.

The team travels to and from the ski area via a coach bus. This enables students to work on homework to and from the hill. The bus departs around 3:00-3:15 p.m. on practice nights and at 12:20 on race nights. We leave the ski area at 8:00 p.m. and return to the high school around 9:00-9:15 p.m.

The team consists of all skiers who come out for the sport in **grades 7-12** with a maximum of 53 athletes (bus capacity). The top ten boys and top ten girls compete at the varsity level. The next best ten compete at the junior varsity level, with the remaining athletes on the "B" squad. Athletes are not locked in at any one level for the season. The level they will compete at is determined by race results and work ethic. Races are typically held on Tuesdays and/or Thursdays. Races begin at 4:45 p.m. JV skis first with varsity and "B" squad following.

The school district will purchase a midweek season pass for all team members to Trollhaugen. The athlete has the option to upgrade the pass to a full season price for \$58.02 (2015-16 season). If other family members wish to purchase a season pass, the most affordable time to purchase the season pass is in the Spring prior to the season (the earlier the cheaper). A full season pass is recommended, but a mid week pass will work. Many of the skiers electively compete or train on the weekends in other race programs (D Team, or USSA).

The team has a limited amount of protective gear: shin guards, pole guards and speed suits that will be issued to new athletes who are in need of the equipment. Each athlete must have their own helmet (will not be allowed on the hill without a helmet). A speedsuit and protective shin guards and pole guards may not be needed at first, as the athlete progresses they will eventually need.

The team has a website at the school where you can find further details under the important information button. Any unanswered questions can be answered by clicking on the "contact the coach" button.

<http://anokahennepin.schoolwires.net/Page/8160>