

Minnetonka Alpine Ski Racing Information Packet

2018-2019

Introductory PAC meeting

- The parent athlete coach meeting will be November 5th at 5:30 PM in the high school cafeteria.
- At that time, we will review the goals of the program, training and race schedules, team selections, and answer any questions.
- In addition, each racer will be required to submit the registration fees and have the opportunity to buy a team jacket and a few other cool items.

Skiing Experience and Ability Level

- A minimum of one year skiing experience.
- Able to make continuous parallel turns on an intermediate run and perform a parallel stop on command.

Equipment Requirements

- Racer must have the following:
 - Slalom specific racing skis that are regularly tuned (about once per week) to ensure they are sharp!!!!
 - Ski Boots
 - Ski poles with slalom guards
 - Shin guards
 - Ski helmet with slalom chin guard (preferred) or mouth guard
 - Ski goggles

Training

- The season starts November 12th with dryland at Minnetonka High School two days per week until Hyland opens for on snow training.
- Dryland practices are held at 7 PM to 8:15 PM at Veterans Field
- On snow ski practices are held at Hyland Hills weekly on Tuesdays, Wednesdays and Thursdays, 7:00PM - 9:00PM.
- The bus will depart near the high school west entrance at 6:10PM and return around 9:30PM
- Varsity and JV Teams train together on all dates.
- There will be two training lanes (when available).

Lutsen Training Camp (in process)

- Departing via Coach bus Thursday November 29th at 3:30PM for Lutsen
- Stay at Eagle Ridge condos on Lutsen Mountain
- Train November 30th and December 1st.
- Depart Lutsen 3:30 PM on Saturday December 1st.
- Pricing to be finalized soon!

Ski Meets

- Varsity races will be at Buck Hill on December 18th, at Afton Alps on January 3rd, and at Buck Hill on January 8th, 15th, 22nd, 29th.
- JV races will be at Hyland Hills each Friday starting at 4PM on January 4th, 11th, 18th, 25th and February 1st.
- We will participate in one Invitational race this season at Afton Alps. Date is TBD.
- Run orders will be announced 3 to 4 days in advance of race day.
- A racer's result consists of the combined time of the first and second run.
- The top 7 racers' times and corresponding points are calculated to determine team placement.
- The Varsity Conference Championship is the combined result of Race 4 and 5.
- The JV Conference Champs are at Buck Hill on January 28th, 2019.
- The Section V meet is at Afton Alps on February 7th, 2019.
- The State meet is at Giants Ridge on February 13th 2019.
- The Section and State teams consists of 6 members plus an alternate.

Team Uniform

- The team uniform consists of a bib and "starter" jacket that will be used at races.
- Bib must be turned in to the captain at the finish area at the completion of each race!
- Loss of a team bib or jacket will incur a replacement cost to the racer it was assigned to for that race.
- Additional team apparel will be available for purchase and you are strongly encouraged to purchase! The selections are typically pretty fashionable as the team captains select the items. ☺

Team Size, Selection and Expectations

- The Varsity team roster consists of 12 boys and 12 girls for the first three races and 10 boys and 10 girls for the final three races.
- Minnetonka will ski 1 boy and 1 girl forerunner for the Varsity race we "host".
- Junior Varsity roster carries the remaining participants (boys and girls).
- Time trials will be scheduled the first few weeks in December or as snow depth allows to set gates.
- Athletes are required to attend one day of training per week throughout the season.
- The varsity team roster each week will be selected initially by using the time trial data and through the season from race results and conforming to the team rules as follows:

Athlete will:

- adhere to the rules and conduct regarding participation by MHS and the MSHSL
- be punctual and attend a minimum of one practice per week
- communicate to the head coach any absences from practices and/or meets in advance
- stay through the completion of the entire race to help tear down and cheer on fellow athletes

Note: Failure to comply with the rules may result in forfeiting your spot on the run order for an individual race to removal from the team.

Varsity Letter Criteria

- Letters are awarded to skiers who participate in 2 Varsity races. This includes Forerunning

Conference Champions and All Conference Criteria

- The Conference Champions are determined by combining the total points for races 4 and 5.
- The number of All Conference selections for MHS is based on the team finish placement in the Conference Championships.
- Individual All Conference selections will be determined by adding the best 4 of 6 regular season race point totals.

Sections Selection Criteria

- The Section team will be determined by adding the best 4 of 6 regular season race point totals.
- Consideration will be given for athletes missing races due to sickness, school activity or attending a USSA/FIS race. (Was racer consistently fast, contributing significant points for the team in the reduced number of starts?)

Transportation

- Training, Varsity and JV Meets: The school provides bus transportation to and from the training venue.
- It is mandatory for the athlete to ride the bus to all meets. You may ride home with your parents after meets (must notify coach); however, it will be more fun to ride the bus!
- The bus pick up and drop off location is just south of the MHS west entrance.
- For races, skis, boot bag, etc should be dropped off in the team room. It is located inside the West Entrance and down the flight of stairs.
- Skis should be strapped at the bottom and top to ensure they don't get damaged in the trailer. Travel ski bags provide extra protection as well, if you have one.

Excused Absences from School

- The racers selected to ski at the regular season Varsity and JV meets are excused from class at 2:15 pm on those days.
- At the Section V meet, a full day is excused for the 6 boy and 6 girl racers, plus the alternates.
- All other team members attending the Section and/or State races to support the team must get excused on their own.

MHS Registration Forms/Fees/Requirements

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| 1) The Annual School Participation fee (online)*** | \$75.00 |
| 2) The Alpine Ski Activity Fee (online) | \$125.00 |
| 3) The Alpine Team Fee: (at PAC meeting) | \$350.00 |
| a. Check made out to: "Minnetonka Public Schools" | |
| 4) Athlete must have a current sports physical (dated within 3 years) on file at MHS. | |

Online Registration:

MHS winter sports registration is online only. To register go to:
www.tonkaactivitiesregistration.com . Note the following *required procedures with this new online registration:

1. If you have not registered for fall sports or activities yet this school year, you will need to create a **NEW family login and password**. Once you have created this, the online registration will connect you to your middle and high school students for you to choose which student you wish to register.
2. **SPORTS PHYSICALS.** All MSHSL sanctioned sports athletes are required to have a sports physical on file dated within 3 years that **must remain current throughout the sports season** they are participating in. ***NEW THIS YEAR:** If your student does not have a current sports physical on file with the MHS Activities Office, or it will expire during the season, **you will not be able to register them for winter sports until a current one is on file.** To see what date is currently on file, go to your student's SSO|Student Skyward and under their Health Information choose "Physical" to see what date is on file.
3. You will be asked to provide your student's 6-digit school ID# (noted as "Other ID" in Student Skyward).

***IMPORTANT:** If you are a **transfer student, foreign exchange student** or **requesting a scholarship:** **Prior to registering, you must first complete the respective form located under High School Files and Links located on the right hand side of the online registration homepage.**

The MHS Activities Office is open Monday through Friday from 7:30 a.m. - 4:00 p.m. We are accepting online registrations only. If you are not able to register online at home, we have laptops available for your use in the MHS Activities Office.

Questions regarding registration? If you have difficulty creating your family log-in or registering, please click on the "Need Help?" option at the top of the registration homepage. There is also a "Contact Us" option if you have any registration questions for the Activities Office Staff.

STUDENTS CANNOT TRYOUT IF THEY ARE NOT CLEARED BY THE ACTIVITIES DEPARTMENT PRIOR TO THE FIRST PRACTICE /TRYOUT!

Fundraising

- Fundraising activities are initiated by the Captains and the Booster Club.
- There is a Minnetonka Boat Cruise on October 7th from 5PM to 7 PM.
- Register at the following link:
- <https://cruisereservations.paradisechartercruises.com/cruise/ReservationsList.php?recid=28295>

Banquet/Awards

- The end of season banquet/award ceremony is organized by the Captains' parents, and it is typically scheduled a few weeks after the State Meet. It is a great time to relive the fun events from the season, and everyone is encouraged to attend!
- The coaches will present team awards and many individual awards to both Varsity and JV athletes. In addition, Varsity letters, All Conference, and All State awards will be presented. The captains also have their own awards, which are given to every team member attending the banquet. (One of my favorite parts ☺)
- Next year's captains are elected by the team members (secret ballot system) and they are tallied and announced by the captains.

Parents Responsibilities

- 2 parents per race are needed to volunteer as a gatekeeper, assistant starter, or scoreboard recorder at the Varsity and JV races. Sign up at the PAC meeting.
- 1 adult chaperone is needed to ride the JV bus to Hyland practices on the Varsity race days. Sign up at the PAC meeting.
- The Captains' parents are responsible for
 - Obtaining a host family for pasta parties.
 - Organizing Invitational and Section Race food and tent set up.
 - Ensuring a parent provides a healthy snack on the bus for race days
 - Organizing the banquet

Communication

- All team announcements, schedules and race results will be delivered via TeamSnap.
- To sign up, please complete the form at the PAC meeting or email the following information to Dave at dgartner@ecs-sales.com for racer and family members wanting to receive the communications.
 - Name
 - email address
 - mobile phone number
 - Mobile phone carrier
- Please direct any questions, comments or concerns regarding the program to the head coach via email or phone.

Coach Contact Information
Head Coach

David Gartner
(612) 991-9900
dgartner@ecs-sales.com

Assistant Coach

Steve Midthun
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Assistant Coach

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Assistant Coach

Marlee Gartner
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Captain Contact Information

Girls:

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Minnie Bittell 612 850 6111

Boys:

Andrew Weigel 952 843 3699

Parthiv Krishna 203 822 3999