



Irondale Alpine Ski Team

The Irondale Alpine Ski Team Booster Club would like to provide parents and students with this information in the hope of recruiting skiers for the 2008-2009 season. 7th and 8th grade students are eligible to participate on the high school ski team. This extra year or two of experience aids in the development of the skier and provides them with the experience necessary to compete at the varsity level. In addition students learn to manage their time so that they are successful academically as well as athletically.

- During the 2006-2007 season our boys were the Section 4 Champions and finished 4th in the State Meet. Two of the six skiers on the Section/State team were 8th graders from Highview.
- During the 2006-2007 season four of our letter winners were 8th graders; three boys and one girl. One of the 8th grade boys was named to the All-Conference team.
- During the 2007-2008 season we had a senior boy and junior girl racer finish in the top 10 in the Section Meet. They both advanced to the State Individual Meet; our boy racer is the 2008 State Champion! Both of these skiers joined the high school team in middle school.
- During the 2006-2007 season 22 out of 28 skiers received recognition for academic achievement. During the 2007-2008 season 20 out of 23 skiers received academic achievement recognition.

We would also like to encourage students at all grade levels to consider coming out for the team. It is not unusual for athletes to find that they haven't "made the cut" for basketball or hockey, or maybe they just want a change. Maybe you ski recreationally and would like to try competing. No student is too old to join the team! Skiing experience is not required to join the team. Many of our most successful skiers had no previous experience.

The Irondale boys and girls junior varsity and varsity teams all practice together with one coaching staff. The season goes from mid-November to mid-February beginning with dry land practice. Dry land practice is held at Irondale about two days a week and usually involves conditioning drills and playing soccer. It's a time for the players and coaches to get to know each other as well.

Practice moves to Wild Mountain in Taylors Falls when there is enough snow on the hill, usually just after Thanksgiving. The team goes out two days a week, normally Tuesdays and Thursdays. The team bus leaves Irondale at 2:30 and returns at about 9:30. The bus will pick middle students up at Highview and Edgewood. Middle school students do have to leave school early in order to catch the bus. Thanks to booster club contributions the team takes a coach bus to practice. Coach buses have lighting so students can do their homework. The booster club parents also provide a snack for students on the bus.

This year our conference switched to a new format in which all eight conference teams participated together in five different meets. The meets were held on Tuesday nights alternating between Trollhaugen and Wild Mountain. Our skiers do have to purchase a reduced pass price (\$15) for the meets at Trollhaugen. The meets begin at 5:00 with the junior varsity boys and

girls teams competing first, followed by the varsity. Next year we hope to add some dual races to our schedule, which would be held at Wild Mountain, our home course.

The school district charges an athletic fee to participate in high school sports. The fee this year was \$150 for 7th-9th graders. 10th-12th graders pay \$180. The fee is reduced by \$30 for the younger athletes to encourage participation in extracurricular activities.

Team members must purchase either a mid-week (Monday-Friday 10 AM-10 PM) or full season pass at Wild Mountain. For more information on pass prices visit Wild Mountain's website at www.wildmountain.com. To protect your skis from theft, Wild Mountain has a ski corral available. A season pass for the ski corral may be purchased for \$15 when bought with a season pass. Wild Mountain usually offers a reduced fee to high school racers through the beginning of November if you are not interested in purchasing a pass at this time

In addition to a ski pass each racer must have skis, poles, and helmets. Optional equipment would include shin guards and race suits, which are not required. Many of the area ski shops like Joe's Sporting Goods in Little Canada and Hi Tempo in White Bear have "swaps" during the early fall. Used equipment can be found at significantly reduced prices; sometimes at as little as 80% of new equipment prices. Skis can probably be found for \$100-\$250, boots for \$50-\$75, poles for \$5, and helmets for \$20. We would strongly encourage you to check out these swaps rather than purchasing all new equipment for a beginning racer. **We plan to have a meeting with prospective racers prior to the swaps in order to answer any questions you may have about purchasing equipment.**

We are providing you with this information in hopes of "planting a seed" for next year. If at any point in time you have questions you would like answered about the team, please feel free to call Coach Jon Grandell at 763-458-1788, Booster Club President Julie Perry at 651-636-0571, or team parent Wendy Jahnke at 763-780-4900. If you would like to be included on the team e-mail list in order to keep abreast of what's happening please send an e-mail to Julie Perry at nbrx@aol.com. We look forward to hearing from you!