

Mounds View Alpine
Ski Team
2021-2022
Skier & Parent
Team Handbook



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Contact Info:

Coaches

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Assistant Coach: Jens Mellby **E-Mail:**

Captains

Boys: Ian Tsai **E-Mail:** ianmingtsai@gmail.com **Phone:** 612-638-8380

Boys: Jack Simone **E-Mail:** jacksimone4@gmail.com **Phone:** 651-571-6002

Girls: Claire Landberg **E-Mail:** Claire.Landberg@icloud.com **Phone:** 651-333-0370

Girls: Olivia Schuette **E-Mail:** jdodschuette@gmail.com **Phone:** 252-876-8889

Booster Club

General Booster Club Email: mvalpinebooster@gmail.com

Chair: Cara Simone **E-Mail:** oskarnsally@hotmail.com **Phone:** 651-707-6401

Secretary: Diana Flotten **E-Mail:** dflotten42@gmail.com **Phone:** 612-483-2202

Treasurer: **E-Mail:** **Phone:**

Carbo Loads: **E-Mail:** **Phone:**

Team Trailer: Mike Landberg **E-Mail:** Michael.Landberg@bsci.com **Phone:**

Cost for participation in MVHS Alpine Ski Team 2021-2022

- **School activity fee - \$190**
- Wild Mountain season pass or lift tickets are the responsibility of the skier. There are numerous options and a season pass is not required to be on the team but skier must have a lift ticket every time they are on the hill
- **Booster club fee: \$135.00.** The booster club fee typically includes students' entry to the banquet and covers snacks, hot drinks, pizza or sub sandwiches dinner before a race on the bus, propane, fuel, firewood, etc. But each season can be different depending on how many skiers join the team
- Equipment (skis, boots, poles, helmet chin guard, goggles (nighttime appropriate are best), jacket, pants and accessories)
- Food contributions for races and potlucks
- Team apparel (optional)

Booster Club

The MV Alpine ski team booster club is a registered 501c3 non-profit, so your contribution may be tax deductible. The booster club can also accept corporate donations and corporate matches. Check and see if your employer offers company matching to non-profits.

Every parent is considered part of the booster club simply by having a skier on the MVHS Alpine ski team. The booster club provides support for the team and coaches in various ways. Each skier is asked to contribute to the booster club financially. For the 2021-2022 season the booster club fee is \$135.00. These funds go directly to supporting ski team needs and activities by covering expenses that are not picked up by the school.

The Mounds View HS Athletic Department provides most of the Alpine Ski Team's annual budget. The Booster Club fees cover the additional expenditures that are not considered "necessities" to the day-to-day operations of the team, but are valuable to the team and coaches. These expenses tend to include trailer maintenance/insurance, space heaters, propane, gate box repair, beverages and snacks for conference meets and invitationals, and coaches' and captain's gifts.

The Booster Club occasionally organizes fundraisers that allow the skiers to "earn" their booster club fee, rather than pay it up front. No fund raising is anticipated for the 2021 – 2022 season. Historically, our main fundraisers have been:

- Bagging groceries at Cub
- Selling Linder's gift cards
- Passing out invitations to Linder's Flower Mart Sales
- Selling of Holiday wreaths and decorations
- Composting Party
- Chipotle fundraiser

The booster club also asks parents to take on other volunteer positions to help support the endeavors of the team. See chart with current positions

Carbo Loads are typically held on Sunday evenings a few times per season prior to conference races. Sundays are chosen due to the training schedule. Our potluck coordinator is always looking for host families and the whole team contributes to provide food.

Invitationals and Section races are held during the day rather than after school. Those skiers selected to the roster are assigned food to bring for the team to share for breakfast and lunch. Some of these races have only varsity skiers racing while the rest of the team is still invited to come.

Schedule

Conference Races: All SEC conference races **start at 5:00pm** with course inspection opening at 4:30pm.

- Tuesday 1/4/2022 – **Conference Meet at Afton Alps**
- Tuesday 1/11/2022 – **Conference Meet at Wild Mountain**
- Thursday 1/13/2022 – **Conference Meet at Wild Mountain**
- Tuesday 1/18/2022 – **Conference Meet at Afton Alps**
- Tuesday 1/25/2022 – **Conference Meet at Afton Alps**
- Make up dates: 1/20 @ Wild Mtn, 1/27 @ Afton Alps w/4:30pm start time

Invitationals: All Day

- Wild Invite – Friday, December 17th @ Wild Mountain
 - Six varsity boys and girls and 2 alternates of each

Training Day at Giant's Ridge Ski Area, Biwabik, MN - no Giant's Ridge training day this year

Section 4 Championship Meet: All Day

- Time and location not yet finalized, week of February 7th, 2022

MSHSL State Championship Meet: All Day

- Wednesday, February 16th 2022 at Giant's Ridge Ski Area, Biwabik, MN

Traveling to the hill

Students should always ride the bus when one is provided. Only under special circumstances should a student drive themselves or ride with another student to and from the ski hill. You must let the coaches know if you are driving or riding to and from the ski hill (not on the bus). If a student chooses to ride home from the hill from a practice or contest with a parent or another student's parent, an email from the student's parent/guardian **must** be sent to the head coach **prior** to the student leaving the hill. This releases Mounds View Public Schools and the coaches from any liability.

2021-2022 Covid-19 Exception to transportation: Families that wish their skier drive to the ski hills this season will be allowed by the district to do so and must complete a form. See head coach for the MVPS Alternate Transportation Form.

Equipment

Skis and Bindings:

Slalom racing skis work best for high school ski racing. This is because of their small side cut radius (between 9 and 13 meters), and sturdy construction that creates a responsive and lively ski. For our skiers, they will range in length from 135cm to 165cm. To find the right size for your weight and ability, go to one of the shops we have listed below, and tell them that you are a high school racer.

Boots:

Boots need to be comfortable and tight. It is not safe or fast to have boots that are too big and allow for your foot to move inside. Your boots must also not be too stiff. A common problem with high school skiers is that they are not able to flex forward in their boots, and their form and technique suffer. Also, remember that when trying boots on indoors, they will feel much softer because of the warm temperature.

Employees at local shops can help you find a boot that fits your foot and has a flex that is appropriate for your size and ability. You should also consider custom insoles and canting. These will help you get a better feel on your skis and will make your skis react faster to your every movement.

Protective Equipment:

Helmets and goggles are mandatory every time you step into your bindings with the Mounds View Alpine Ski Team. A proper fitting helmet should not move much when you shake your head but should not feel tight around your head. Try to select goggles and a helmet that fit well together and do not leave cracks or openings where cold air can hit your forehead. This can cause an annoying headache.

Helmets are required and it is recommended that they have a chin or jaw guard. Goggles are also required and should be one that work well in nighttime (dark) conditions.

Once a skier's technique has advanced enough to begin "cross blocking", they will need pole guards and shin guards. The coaches can help you figure out whether your skier needs these.

Clothing:

Skiers should always prepare for very cold weather. If a skier is cold or uncomfortable, they will not be able to learn or enjoy the experience.

Ski Socks (NOT cotton), long underwear, insulated ski pants or shorts, and warm insulated jackets are a must.

Speed suits, or “GS Suits” are a good investment if you plan on racing for more than a year. The reduced drag while wearing the suit makes a considerable difference in a racer’s time. There is a used market for these and they can last a long time.

Ski Tuning:

Tuning skis involves sharpening and waxing them. This should be done at least once every other week. More experienced racers will tune their skis as often as every night. There are two ways to get your skis tuned; on your own, or at a shop.

All the shops we have listed below offer ski tuning. It usually takes two or more days, but some shops offer overnight turnaround for a “rush fee.” These shops also sell tuning equipment, and sometimes offer tuning clinics.

To tune your skis on your own, you need to purchase tuning equipment and receive instruction, so you don’t ruin your skis. The price of tuning equipment can be surprisingly expensive, but over time it will be less than the cost of numerous trips to a shop for tuning. Tell them you are a member of the Mounds View High School Alpine Ski team as some shops give back a percentage of the proceeds to the booster club each season.

Local Shops

Hi Tempo

3959 North Highway 61
White Bear Lake, MN 55110
(651) 429-3333

Joe’s Ski Shop

33 East County Road B
St. Paul, MN 55117
(651) 209-7800

Pierce Skate & Ski

208 West 98th Street
Bloomington, MN 55420
(952) 884-1990

Hoigaards

5425 Excelsior Boulevard
St. Louis Park, MN 55426
(952) 929-1351

Pinewski’s

546 West Main Street
Anoka, MN 55303
(763) 422-0329

Sportsmanship and Expected behavior:

It is the philosophy and practice of Mounds View Public Schools and the alpine ski coaches to encourage the emotional, physical, and intellectual development of each student. Each participant on the Alpine Ski Team must accept the responsibility of representing Mounds View High School in the best possible way personally, academically, and in a sportsperson like manner. Each student is given an opportunity, if eligible, to try out for any team, or squad. Continued participation depends upon the coaches or advisor’s perception of the individual’s attitude toward the rules and regulations governing participation. Frequent displays of an uncooperative attitude, including unexcused absences from classes, practices, meets and contests, or displays of unsportsmanlike conduct may result in removal from the team. All rules and regulations of the Minnesota State High School League concerning academic eligibility, prohibitive use of drugs, and tobacco are followed and enforced.

Guidelines For Student Activities

We encourage our parents, participants and advisors/coaches to recognize that student activities require a spirit of cooperation and mutual understanding as well as an appreciation for the experience offered. Remember, this activity is a privilege, not a right. For these programs, the following guidelines have been developed:

1. Be aware of the time demands and commitments of the activity and accept the responsibility for being prompt and in regular attendance at practices and ski races. If the student has an unexcused absent during the day, they cannot participate in any team activities that day.
2. Demonstrate a sincere interest and consistent effort to improve skills commensurate with ability.
3. Demonstrate an attitude of cooperation, accountability, and concern for the total group or team.
4. Take proper care of and have respect for equipment and uniforms used in the activity.

Chemical Use Policy – MVPS policy is more stringent than MSHSL policy

- Possession or consumption is a violation of district policy including alcohol, marijuana, drugs, tobacco, e-cigarettes, and vaping any substance
- Tobacco, e-cigarettes/vaping are a direct violation of district policy
- 1st violation athlete misses three weeks or three contests, whichever is greater
- 2nd violation athlete misses nine weeks of season
- 3rd violation athlete loses eligibility for 9 months

Participating after illness or injury

If a student has been unable to participate due to injury or serious illness, before they resume practice or competition, they must provide the school **activity office** with clearance from a medical professional that is signed and dated. *If a student is exposed to or contracts Covid-19, they will have to follow the “return to play” protocols before they can rejoin the team.*

Practice

Coaches’ expectations for skiers:

Setting the course: Every skier is expected to help set courses at the beginning of practice, and re-set in the middle of practice or as necessary. Gates/equipment need to be carried to the practice hill from our storage box or bus, and the whole team must share in this responsibility.

Tearing down: Every skier is expected to help tear down the course(s) at the end of practice and slip snow back into the track. Gates/equipment need to be taken back to the storage box after we tear, and the whole team must share in this responsibility.

Etiquette: Skiers must use good judgment and caution when skiing in or around the practice course. This includes, but is not limited to the following...

- Do not enter the course anywhere other than the start, and do not exit anywhere other than the finish
- If you fall (and are able to continue skiing), it is important that you get yourself and your equipment out of the course before the next skier comes through
- Always look uphill before skiing across the course, or continuing after stopping mid-run
- Do not stop uphill of the coaches or anyone standing at the bottom, always stop below
- Do not budge in line
- If you break a gate, notify a coach so it can be fixed
- If you need to go into the Chalet for longer than a bathroom break or drink of water, please notify a coach

Bus schedule, practice dates:

2:40pm – Load bus at Chippewa Middle School

3:00pm - Depart Chippewa for Mounds View High School

3:15pm - Arrive Mounds View High School

3:30pm – Depart Mounds View High School for Irondale High School

3:45pm – Depart Irondale High School for Wild Mountain

4:45pm – Arrive at Wild Mountain and get ready on the bus

7:00pm - Tear down, return equipment to shed and slip course

7:30pm - On the bus to Chippewa

8:30pm - Arrive at Chippewa (times are approximate)

9:00pm – Arrive Mounds View and then Irondale (times are approximate)

Bus schedule, RACE dates with Mounds View and Chippewa early release:

2:00pm - Load bus at Chippewa Middle School

2:15pm - Depart Chippewa for Mounds View

2:45pm - Depart Mounds View for Irondale

3:00pm – Depart Irondale for Afton Alps or Wild Mountain

4:00pm – Arrive Afton Alps or Wild Mountain

4:30pm – Course Inspection

5:00pm – Race begins

7:00pm – Win the races!

7:30pm - On the bus to Chippewa and Mounds View (times are approximate)

8:30pm - Arrive at Chippewa MS, then Mounds View HS, then Irondale HS (times are approximate)

Races

What happens at a Race/Meet?

For Parents:

The booster club and parents will organize snacks and drinks for each meet. They will stay in contact with all the team parents throughout the season to organize this aspect of the meets.

The conference hires people to be gate judges for our conference races at both Wild Mountain and Afton Alps.

However, each team is required to supply people (parents, college-aged kids, responsible people) at each meet to be course workers. Mounds View has a dedicated station on the girl's course, second station down from the top of the hill. This is a simple job. If a gate pops out during the race, put it back in. Additional gates and a drill will be at the gate station for your use if needed. Races cannot happen without course workers. Each school has a dedicated spot on the race courses and we are required to fill these spots. This can be done by one person or many people. If you have questions, ask coach Saari.

For Athletes:

Skiers must get dressed and get out on the hill as soon as we arrive. Skiers will then inspect the course (slip through the course, observing how the course is set, making mental notes of tricky spots) with their teammates. After inspection, the

skiers must head to the top and get ready for their run. The varsity skiers go first, in order of the number on their bib. It is each skier's responsibility to make sure they are not late for their run!

Each athlete will ski two runs at each race, with their times combined for a total time.

After the Varsity skiers are done, the JV skiers take their runs.

****Please be aware that many athletes and teams use the exact same brand, color and size of skis/bindings and around the starting area, there can be dozens of the exact same sets. Please mark your skis so you can easily identify them when it is your time to race.**

What the Coaches expect from the athletes:

Skiers and parents remember that you are representing Mounds View High School and the Alpine Ski Team when you show up for a practice or meet. The coaches and race officials will not tolerate foul language or inappropriate behavior. This includes goofing around, wrestling, pushing, arguing, yelling, shoving, etc.

It is also very important that skiers and parents keep their conversations with the race officials, or employees of the ski area appropriate and courteous. If you have a legitimate problem with anyone running the race, please bring the issue to the attention of the coaches, and they can handle it appropriately.

Video review of a call by a race official is not permitted by the Minnesota State High School League. A race official's call can be protested, but it is up to the race jury to make a final decision.

Captain's Responsibilities:

The basic expectation is that of being a good model for fellow teammates and providing leadership. Captains are expected to provide mentorship, answer questions, and assist their teammates and coaches.

****Remember, per school directive, no gifts or gag gifts of any kind can be purchased, given, or awarded to anyone on the team****

- Support coaches with any need/task, on hill and off
- Plan summer training
- Plan August Potluck
- Organize recruiting at Chippewa when kids pick up schedules in August
- Design team gear – sweatshirts, sweatpants, t-shirts
- Design/post recruiting posters in middle school and high school
- Lead captain's practices
- Thank you notes for fundraisers
- Participate in fundraising
- Hall decorating for school activities
- Create memory books

Roster selection for races

Difference between Conference Races, Invites, and Sections:

10 skiers make up a Varsity roster for a conference meet.

10 (or as many as we have) skiers make up the JV roster for a conference meet.

6 skiers **2** alternates make up a Varsity roster for the Wild Invite (6 girls, 6 boys)

6 skiers and **2** alternates make up a Varsity roster for the Section Championship meet (6 girls, 6 boys)

If a team qualifies for the State Meet, the same 6 skiers and 2 alternates from the Section Meet will make up the roster for the state meet.

Coaches' criteria for selecting roster position:

- Work ethic, behavior, and attitude
- Attendance at all drylands, practices, meets, and events
- Performance at practices leading up to the meet
- Previous performance at meets

NOTE: A lot of time and energy goes into roster selection. Please be respectful of the coaches' decisions. They are final and will not be changed after they are announced.

Lettering criteria

A Mounds View Varsity Letter:

You must score a cumulative total of at least 100 Varsity points at SEC Meets.

SEC All Conference Award:

You must be among the top 20% of skiers in the SEC conference to be named All Conference. All 5 races count towards your point total but points must be achieved in at least 3 conference meets.

SEC All Conference - Honorable Mention Award:

The next 5 skiers, after the top 20% in the overall point standings of All Conference recipients, will be named Honorable Mention. All 5 races count towards your point total but must be achieved in at least 3 conference races.

To the MSHSL Alpine State Meet:

First and second place teams from the section meet and top 10 individuals who aren't on one of those 2 teams.

MSHSL All-State Selection:

The top 15 individuals at the State

We are excited you are joining the Mounds View Alpine Ski Team! We are looking forward to the upcoming season and hope this handbook is useful to you. Please refer to the website or contact the coaches with any further questions.

GO MUSTANGS!

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