**FACT SHEET: Minneapolis Alpine Ski Team 2017-2018 Season**

Alpine ski racing is challenging, fun and exciting.  Benefits include physical conditioning, friendly competition and the development of skiing skills that will last a lifetime.  Here is a quick summary of things prospective racers and their parents may want to know about the team and ski racing.

**MAST Organization**

* This November, the Minneapolis Alpine Ski Team (MAST) begins its 18th season of high school competition in downhill ski racing.
* All Minneapolis Public School students in grades seven through twelve are eligible to join MAST.
* MAST team members possess a wide range of skiing ability levels, from beginner to expert.   All ability levels are welcome.  Our coaching staff will work with you to help you improve whatever skills you bring to the slopes.
* MAST is funded through a combination of funding sources: Minneapolis Public Schools, Club Membership Fees, MPS Activity Fees, and Fundraising.
* Fundraising opportunities are available to MAST athletes and families to help with costs.
* MAST is incorporated as a 501 (c) 3 non-profit and managed by a Board of Directors.

**Coaching Staff**

* The MAST coaching staff is led by Head Coaches Mark Conway and Daniel Polland and Assistant Coaches Joel Hedrick and Jack Strand. Additional paid coaches will be hired for the 2017-18 season.
* Additionally, MAST athletes benefit from the time and energy of a large and experienced staff of volunteer coaches.
* All the coaches work hard to maximize skill development for all athletes and to teach safe skiing habits and maintain safe training environments at all times.

 **Ski Season - Training**

* Our season starts with physical conditioning (dryland) training beginning in late October and is organized by the team captains.  The season officially begins November 13.  Most likely, the first week or two of training will consist of additional strength and conditioning work held from 4:30-6PM Monday-Friday at the Washburn HS Stadium.
* Skiing begins when Hyland opens for skiing.  This usually happens the week of Thanksgiving.    The season ends on February 14, 2018 with the Minnesota State High School Championships held at Giants Ridge in Biwabik, Minnesota.
* Practices are held at Hyland Ski and Snowboard Area in Bloomington.  All athletes are required to purchase an unlimited season pass to Hyland for $400 (if purchased before October 20); $425 after October 22..
* Generally, practices are offered six days a week, Monday-Saturday. Students and parents are encouraged to discern and establish a training schedule that works best with the athlete and his/her academic goals and outside responsibilities/commitments.   We encourage a minimum of three training sessions per week for all team members but for those who want to compete at a higher level, more training will be necessary.
* A finalized training and race schedule will be available in late October.  Training times can and do change depending on training space availability.  In the past and generally, MAST offers training from 5-7:30PM or 6:30-8:45PM, Monday through Friday, and from 7:45-10:30AM or 10:30-1:00PM on Saturdays and over Winter Break.
* MAST will offer four to five (optional) supplemental training sessions at ski areas that offer more challenging terrain: Welch Village, Wild Mt, Mt Kato.   The cost to attend a supplemental training session is usually $40-45 per session, which includes a lift ticket and bus transportation.
* MAST offers an extended training camp (optional) at Giants Ridge over winter break. This year the camp will be held from January 2-January 5, 2018. We will depart early on Jan 2nd and return late on January 5. Training will be offered at Hyland that week as well for athletes who cannot attend the Giants Ridge Camp.

**Ski Season - Competition**

* MAST sets its own competition schedule.  In 2016-17, MAST competed in dual meets against Benilde-St. Margarets, Mound West Tonka, Hastings, Academy of Holy Angels, Wayzata, Mankato, Armstrong-Cooper, Jefferson, Virginia, Hibbing, and Lake Crystal.  MAST also entered teams in two invitational meets at Wild Mt and Welch Village and competed in the Minnesota State High School Section IV Championships.
* The varsity squads consist of 10 male and 10 female athletes for dual meets and 6 male and 6 female athletes for invitational races and Section Championships.  The varsity roster is determined by time trials and race results and can change at any time, depending on who is skiing fast that week.
* Dual races generally start at 4:30PM on weekdays. Roughly half of our dual races are held at Hyland Hills.  Invitational races and the Section Championships are held during the school day.
* At most dual meets, all team members race.  Those designated “varsity” score in the varsity race and everyone else competes as “junior varsity” and scores in the junior varsity race.
* During the season, students from all Minneapolis high schools compete together as three teams of boys and girls: Southwest and Washburn each field varsity teams of boys and girls. We also form a third varsity team from our membership that we call MAST. In competitions, the MAST squad consists of students from South, Roosevelt and other Minneapolis schools.
* At the Sectional Championships, each high school (South, Southwest, Washburn, and Roosevelt) is allowed to field a team. Should we be fortunate enough to field students from North, Edison, or Henry this season, they will race on the MAST team in regular season competitions and for their respective high school in the sectional championships.
* All MAST athletes have the opportunity to earn high school letters and athletic honors in alpine skiing.

**Transportation**

* Athletes are responsible for securing transportation to and from Hyland for practices and races. Many families set up car pools.
* MAST will charter a bus to transport athletes to supplemental training sessions, camps and “away” competitions.

**Parent Involvement**

* Parent involvement is critical to the success of MAST.  Parents are encouraged to become involved with the team in a variety of volunteer roles (instructors, race workers, accounting, marketing, fundraising, website management, statistics, equipment, photography, cooking, etc). Ski racing could not exist for Minneapolis students without the active involvement and support of parents.

**Costs**

* Suggested and Optional MAST Team Membership Fee: $150.   MPS funding and the optional team fee help cover the costs of coaching, race fees, lift tickets for away races, and team equipment (gates, drills, timing system, etc). No student will be turned away for non-payment of the optional team membership fee.
* $60 MPS Activity Fee (covers race entry fees).
* $400 for an unlimited season pass at Hyland Ski and Snowboard Area if purchased through MAST through mid- October; .
* $40-50 for MAST supplemental training opportunities at more challenging training venues (optional; approximate cost per training session) .
* $400-450 (approximate) for an extended four day MAST Training Camp at Giants Ridge over winter break.
* $??? for all ski equipment:  skis and bindings, boots, poles, clothing, helmet, pole and shin guards.  Helmets are required.  Used equipment is often available.

**Equipment**

* Athletes need to secure the following equipment: slalom race skis and bindings; boots; poles with pole guards; alpine race helmet; shin guards; warm winter outdoor clothing, basic ski tuning supplies (edge tuning system, wax, iron, scraper).
* Optional equipment as athletes improve and they become more competitive: gs suit (to enhance aerodynamics), additional tuning equipment/waxes.
* Used race equipment is available on select weekends during September and October when local ski teams hold “ski swaps” at their home ski areas ([Buck Hill](http://www.buckhilltentsale.com/%22%20%5Ct%20%22_blank), [Hyland](http://www.teamgilboa.com/%22%20%5Ct%20%22_blank), [Afton](http://www.aftonalps.com/events/events/fall-fair-save-the-date%22%20%5Ct%20%22_blank), [Powder Ridge](http://powderridge.com/%22%20%5Ct%20%22_blank), etc).
* Certain local ski shops offer deeper discounts to MAST athletes on new equipment when purchased in September and through mid-October.  Contact one of the MAST coaches for more information on upcoming ski swaps and the discounts available at twin cities ski shops.
* The MAST website offers detailed information on how to buy used equipment at ski swaps.  Go to: <http://www.mplsalpineski.org/equipment.html>
* MAST coaches and parents hold tuning seminars to help you learn how to keep your edges sharp and bases waxed.

**Communications**

* ***All of our communication is done by email to parents and athletes***.  Phone calls are rarely, if ever, used to communicate.  Consequently, be sure that we have your correct email addresses and that you check your email daily once the season is underway.
* The MAST Website address is: [www.mplsalpineski.org](http://www.mplsalpineski.org/).  Please check out our website carefully. Not only will you find current and in depth information about MAST, but also useful information about ski racing, ski tuning, gate judging, equipment, etc.

**Contact Information**
Mark Conway (Head Coach)
Phone: 612 275-8392
Email:markrobertconway58@gmail.com

Daniel Polland (Head Coach)

Phone: 612-558-0526

Email: dpolland@gmail.com

Joel Hedrick (Assistant Head Coach)
Phone: 612-716-3186
Email: joelhedrick@hotmail.com

Doug Tanner (MAST Board President)

Phone: 612-940-4304

Email: doug@dovetailrenovation.com