**Women’s Candidates**

**1)** Hey y'all, I'm **Elise**! For those of you who don't know me, I am a junior at Roosevelt, and I have been part of MAST since 7th grade. Although skiing is what everyone is here for, what stands out to me most about our team is how welcoming and encouraging we are to each other regardless of grade, skill level, or school. I believe that our high energy is what keeps us motivated to grow into outstanding skiers and friends. One reason I want to become a captain for you all is to continue our supportive culture and set a standard for our team to maintain where *everyone* is uplifted and unconditionally supported. Another reason I want to become a captain is to promote and serve underrepresented voices within our team. As someone who has been on MAST as a middle schooler/underclassman and represents a smaller school, I have experienced firsthand what it's like to not be heard. As a captain, I would make an effort to hear and advocate for every voice, especially the underrepresented ones. I hope y'all consider voting me for your captain next year if not for the previous reasons, then for fashionable race ribbons. Thank you!!! :)

**2)** Hi MAST!! My name is **Anne McConville** and I am a sophomore at Washburn. As a 5-year MAST athlete, I’ve been through the reality of the ups and downs of ski racing. I know how it feels to be at the top of the world and at rock bottom. Something exceptional about MAST is when you feel you have hit the bottom, MAST coaches and teammates will always support and encourage you. My goal as a captain would be to ensure that everyone feels confident in themselves and when one person needs help we all come together to support them. We work in unity and are together as one. Like a team, like a family. It is very important to me that all skiers have confidence in themselves and that as a captain I would ensure that all skiers are there for each other. I will bring excitement to the team both on and off the hill. I remember as a 7th grader, making connections with the upperclassmen was something unforgettable and a memory I will always cherish. I have always connected with all different levels and ages of skiers, and would continue to do so as captain. I will make sure that every skier's voice is heard and help them reach their full potential. As a captain, I believe that being proud of everyone, including yourself, is key to a successful and positive experience. MAST is more than just a team, it is a family. My responsibility as a captain would be to continue to welcome new teammates, promote alpine skiing, and provide leadership to the MAST family that I am so proud to say I am a part of.

**3)** Hi! My name is **Reese**. I have been on the team for 4 years. When I was younger I looked up to the captains on the team and I felt that they did a good job showing what a strong, energetic captain is. I would love to show how I could be a great inclusive leader this year. I think finding relationships with athletes from different grades is really important when on a tight-knit team like this one. It’s really fun getting to know everyone regardless of their age. The most important aspect that I remember from my four years at MAST and would love to continue into the next couple of years is that this team is FUN! My most prominent memories on MAST were the traditions that captains would continue. Some of these include donuts or Perkins on Saturday morning practices, ribbons on race days, dressing up for certain races/practices, and I have a few new ideas as well! I think it is really important to keep a good energy and influence when being a captain. I hope I have the opportunity to make MAST memorable and fun for the entire team!

4) Hello, my name is **Kate Moore** and I am running for captain this year. I have been on MAST since I was in 7th grade and have learned so much from this team. I remember in my early years with MAST, former captains Elsa and Anna would ask me how my runs were or simply ask how my day was.  That meant so much to me and truly made me feel like a part of MAST from a young age. As I got a little older, I began to pick up on the little things these captains and upper-classmen would do to make the team feel like a community. If I were to be captain, I want to do just what the former MAST captains have done to make everyone feel welcome and enjoy their time on MAST. It is my goal to spread positivity throughout the team and make every effort for each skier to have the same amazing experience that I’ve had being on MAST.

**5)** Hi, I'm **Gabby Harritt** and I would really like to be one of the girl's captains next year. I've been on the team for 4 years now and I´ve learned a lot about what qualities a captain should have and how big of an impact they have on the team. One of the most important aspects for me was seeing how much the captains would be there for everyone and put in the effort to get to know them. Connecting with the younger kids and having a good dynamic with them is something I hope to continue to carry on through my last two years on the team. I think creating strong friendships and being able to trust your teammates is one of the things that makes MAST so special. Another quality that I see that is extremely important is the ability to lead and set a good example for the team to follow. A leader should express positivity and reinforcement that the team can build off of during the season. They should encourage them to always work hard and have fun while knowing that they have captains who always support them. I hope I can show this support for my teammates with this leadership through cheering them on, advice, and any additional support if they need it. I think bringing positivity and energy into the MAST environment is something I want to continue doing and hopefully show as a captain.

**6)** Hello! My name is **Ellie Arbeiter**. I have been an athlete for the Minneapolis Alpine Ski Team since 7th grade, for a total of four years. I am more than excited for my next two years on the team and I am thrilled for the opportunity to be a captain. Over my years on the team, I have had the chance to observe what it takes to be a team leader. Captains set the tone for the team by working hard, cheering for each team member, and by helping younger skiers if they don't know what to do. Captains set examples on how to be a respectful MAST skier; from staying late on the hill and slipping, to being on time for a race run. Most of all, captains bring team spirit everywhere they go. As a captain, I will do everything in my power to make sure everyone is working hard, having fun, and staying safe. My ultimate goal as a captain is to keep the passion for MAST thriving as the new generation of MAST athletes become a part of the team. When I was new on the team, I was nervous to talk to anyone who didn’t talk to me first. I quickly noticed that captains were the ones who were very welcoming and open to talking to everyone, including the younger skiers. I want to be that welcoming athlete on the team that everyone is comfortable talking to, especially if they are new or nervous. I would love to keep a vibe of working hard while having fun within the ski team. I also hope to be the approachable leader another skier could talk to if there are any problems within the team if they are too uncomfortable speaking to a coach about it. My love for skiing and racing for MAST is very special to me, and as a captain, I would love to share that appreciation with every other skier on the team. If I am a captain or not, I am prepared to step up as a leader and guide younger skiers through their journey of ski racing as a MAST athlete.

**7) Ingrid Hartzel**

As an incoming Junior this will be my 5th year on the team since joining in 7th grade. I love to support people in things they love to do. No matter the situation, I believe I can make it fun. I love being involved, this is shown by dressing up for the last day of ski practice (T-Rex!), being on the Alpine float in the Homecoming parade, and attending pasta parties.

Morning races and practices were always very hard to get to, but once on the hill and starting to ski, you start to have so much fun!

The MAST ski team has always meant a lot to me.  The people on the team are always the nicest and silliest people. I would love to keep that energy going. I love this sport and team because for both coaches and kids, the sport isn’t only about winning, it’s about doing your best, improving, and meeting new people. At other outside school events, like the state hockey tournament, it’s always fun getting to see my MAST teammates from the other Minneapolis schools.

I have looked up to the Southwest captains all my years on the team and I hope the new incoming teammates have someone to look up to as well.

**8) Hailey Trockman**

I have been skiing since I was little and my love for it has only grown stronger. MAST has made skiing my passion ever since I joined in 7th grade. As a captain I will motivate others to develop the same passion that I was able to gain over the years. This is why I would like to be considered to be a captain. I will strive to make everyone feel welcome to the team and make all athletes feel encouraged. Captains in the past have shown me that being involved in a sport can be rewarding, not only through achieving personal goals, but also creating friendships within a strong community. I always appreciated the influence that they had on the MAST community and I wish to contribute the same impact by being captain.

**Men’s Candidates**

**1)** Hello everyone, My name is **Colin Brandt**, I'm a junior at Washburn, and I've spent the past three years skiing my heart out on MAST. I believe that I would make a good captain because I make the most of every practice, that is when I'm not out with Covid, and have made many new friends along the way. Throughout my last year on the team I want to represent the athletes that MAST produces, with sportsmanship, supportive team competitiveness, and mindful hill etiquette towards other teams. I believe that captains are a huge influence on the first impressions that new 7th and 8th graders have towards MAST. Captains are seen as familiar people, among many of the new unknown faces, who can help assist and coach fellow athletes. I hope to be one of those role models who could also instigate more Flannel Fridays (we don't have enough).

Thanks!

P.S. I was also able to convince Mark to set a two way course on one occasion, which many people enjoyed, and it is very hard to get coaches to set them. ;)

**2)** I’m **Maximus Davis**, incoming senior at Southwest HS. As your team captain I will bring leadership, inclusiveness, and chillness to this team. I want to push myself to be a leader on this team, leveraging my experience from the past four seasons. I hope to achieve this by connecting with my teammates on different levels beyond recognizing their jacket.

This is a tough sport. It requires determination, dedication, and discipline to attend the nightly and supplemental training, early releases and running to the equipment room to get your gear on race days, being out in the cold for hours, and keeping your skis tuned. I’ve been on MAST for four seasons, I was rookie of the year in 2019. I know how to be at the top of my game and can help my teammates achieve these goals.

Alpine skiing is an awesome sport, MAST is an awesome team. I’ve benefited from team captains in the past and I hope to have a similar impact this next season. Thank you for your consideration.

**3)** Hello MAST skiers, parents and coaches, my name is **Beckett Wedren** and I will be a junior at Washburn. When I joined the team, I felt like MAST had something special. It seemed to bring out happiness in every person involved while creating a community to create memories. My time on this team has made me understand the role of captain and how much it means to younger and incoming skiers. When I joined, I was significantly behind all of my friends and badly wanted to be as good as them. With the strong support of the captains who were always there to cheer me on and give me advice I achieved my goal of a spot on the varsity team. The captains were so impactful as role models that it helped me to push myself. Captains are the backbone of this team and what makes it so special. The captains need to be social people who can make everyone feel comfortable and accepted. I have also realized that captains can help athletes develop the skill of talking to older people and not to be afraid just because somebody is older. I have created many friendships with upperclassmen like Nahlah, Charlie and Erik due to their leadership and friendliness. If I am a captain I will make it my goal to be everyone’s best friend and keep the team fun. I feel as though I would be a great fit for one of the captain positions because I am able to bond with everyone and I am a very outgoing person who can make the team feel like family. I love this team because it brings together so many different ages, creates so many great memories and expands your community. As a captain, I can make sure everyone has an enjoyable, lasting MAST experience.

**4)** **Parker Hunt**: I think I should be captain because of what I can bring to the team. For instance, I am a good leader and I am always there to help people if or when they need it. I also have experience in leadership in Boy Scouts. I am familiar with leadership and helping people in many different age groups. I am friendly so it is easy for me to get to know people and get along with them. I am dedicated, when I am at practice, I put in 100% effort and I work as hard as I can to learn and progress as much as possible. Also, because I work hard it sets an example for the younger kids to also work hard. I understand the commitment that is needed to become captain and I am 100% ready to commit more of my time to skiing. I think being a captain could be really fun and a good learning experience.

**5)** My name is **Levi Ehlers**, I have been on the team since seventh grade and have loved every moment of it. I have made a lot of friends both younger and older throughout my years on the team. When I first joined the team I remember looking up to the juniors and seniors who went to Washburn, especially Luke and Augie who were captains at the time. They made a strong effort to make sure me and my seventh-grade friends were comfortable and felt like we were part of the team. This is what I want to do for the upcoming group of athletes, be the person they can look up to and ask questions when they need help with anything.

 I have felt that MAST has not only made me a better skier but also a better person and friend. The responsibilities that come with being a member of this team apply off the ski hill just as much as they do on the hill, such as respect for others, commitment, and hard work. Another role of being a captain I would love to demonstrate is being a positive reinforcer on the ski hill at races by cheering on racers, running coats, and helping inspect the courses with less experienced skiers. This offseason I would love to be given the opportunity to lead workouts, bike rides around the lake, and captains practices. I hope that I can make every athlete's time on this team as good as my time on this team has been so far.

**6)** Hi MAST, my name is **Makeen Mkaouri,** and I am a sophomore at Washburn and have been on MAST since 7th grade. As your captain, I would try to accomplish all the things I admire in our past and present captains; including everyone, creating a community, making everyone feel welcome. As your captain, I would also try to make my time a memorable and enjoyable time for everyone else on the team. My favorite captains were always the ones who made me feel welcome and included in the team, and I would try to replicate that. I would do my best along with other captains to make sure everyone felt supported and an equally important part of the team.

**7)** **Jack Bajek**: Hello MAST Coaches, Parents, and Fellow Athletes, I have skied 4 great and enjoyable years for MAST. Over these years, I have learned plenty of great skills on how to become a better skier, but I have also learned how to become a contributing member of the team. Throughout my time here, I have looked up to the upperclassmen, and most importantly the captains. As I have gotten older I have learned the true importance of youth leadership on the team. The captains teach all grades how to stay determined and to work hard while having a blast. When I was younger I didn't always know my place on the team, but the captains helped guide me to contribute to the team. And now that I am older, the captains have organized fun events for the team (MAST Hockey, Donut Days, and handing out race ribbons). Knowing how much each captain impacted me and the team, I would be honored with the opportunity to spread the MAST love to the younger kids and enlighten them with the absolute blast that MAST can be. To conclude, I want to be given the opportunity to pass on the guidance that was given to me and have LOTS of fun. Regardless of captain results, I’d still love to be a role model to the future of MAST and create the caring MAST environment that I’ve known and loved for the past 4 years.

**8)** I am **Finn Cherveny**, a brother, a friend, and a skier. I want to run for captain to bring a different perspective to the table. I've put it upon myself to observe the captains throughout the years and see what I like and what I would like to change because I knew that I'd have a shot to change it one day. I would bring to the team more inclusivity. As I've gotten older, I have felt more appreciated by the captains, and especially this year, I've been very close with them, but, my first few years, I barely knew than at all and that's what I want to change. I want to give the captains more of a leading role throughout all athletes, no matter the age, and also spark activities to help bond the athletes that break boundaries like school and grade. I've tried my hardest to make relationships with younger kids but it has always been a challenge because of how few different ages are in contact. I want to make it easier to create that community and that's why I want to be a captain of MAST.