**Nahlah Mkaouri**

My name is Nahlah Mkaouri and I am a junior at Washburn, I have been on mast since 7th grade and had so much fun every year. I would like to be captain because I also like seeing people have fun and be comfortable on the team. I know when I started I was SUPER awkward and didn't really want to be there because I didn't have any friends that I knew very well and I didn't exactly feel like going and talking to anybody. What made it better were the captains, Anna Smalley and Ahnika Berg especially came up to talk to me and ride the chairlift with me and it changed the experience entirely. Even now I really enjoy how the captains interact with the team and try to make sure everybody is included, I think that it really adds to the community and fun of skiing. One of my favorite things during skiing is that time before a race when everybody is just trying to get their team as hyped and excited as possible before a race because no matter how nervous or cold I am I always end up in a good mood before my run, which is extremely helpful AND quite possibly my favorite part of the entire season. If I was voted captain I would continue doing stuff like that, I could bring more energy and make everybody feel welcomed so they can have as much fun as possible.

**Chloe Bitney**

Over the years at skiing, the coaches, captains, and team in general have created such a unique and welcoming aura which has made me feel super welcomed. The strong sense of community and the creation of strong friendships is one of the reasons I've stuck with the sport for my middle and high school years. If I could make even one person feel as welcome as I did my first day of dryland training, I think that would be pretty cool. I want to be captain to return the favor of all that was given to me and to sort of rebuild the bond between all the schools and grades that covid hindered in a way.

One thing I really love about the captains is all the fun stuff they do like flannel friday to take a bit of the stress off everyone, especially when nerve-racking races are coming up. I think bringing that sense of convivial spirit (while still focusing on skiing of course hehe) fits my personality pretty well too. So! It would be sweet to be a captain and keep MAST going strong for another 1000 years !!!!!

**Eleanor Vap**

A few banquets ago, there was a drawing of Auggie Bent's found that read MAFT (standing for Minneapolis Alpine Family Team). Just like Auggie said, MAST is a community where you can find people who are truly like a second family. I have met some of the nicest and most welcoming people on the planet on MAST, and the reason I would like to be a captain is to give that energy back to our incoming seventh and eighth graders who haven't yet gotten to experience the true MAST experience because of Covid, as well as making sure those who have been on the team for a while feel a continued sense of community. Some of my best memories are with members of the ski team, and I hope I will be able to form new friendships with both underclassmen and middle schoolers next year regardless of captain decisions :)

**Vada Arbeiter**

My name is Vada Arbeiter. I am currently a Junior at Washburn and I would be thrilled to be considered for a MAST captain spot. As a five-year MAST athlete, I have seen countless captains fulfill the role well and upon observing them, I feel that I embody what it takes to be a captain. I would love to be a leader and role model to other skiers on the team. A captain should be someone who works hard and stays positive, even the days when practice might not be fun, or when you have a bad run. As a captain, I would want to ensure that everyone feels welcome when joining this great group of people. It can seem daunting at first, but I would work to ease this transition. A captain should lead by example by being the first person out doing warmups, the last person in after slipping, the person riding up the chair with someone new, or even being the person carrying coats down at a race.  Attending practice regularly and working hard at practices is really important to me.  I would love to share this attitude and mindset with others and show the younger athletes that even the days you aren’t improving, it’s important to continue to be positive and work hard, as this is when you have the potential to grow the most. This year with COVID proved difficult for all of us in that we had to adjust and change our normal routines, but nevertheless, we stuck through it and ended the season in a safe manner. This willingness to adapt that we all showed during this time shows just how much MAST instills leadership within us, and I would love to be a leader of such an amazing group.   My favorite aspect of MAST is definitely the people.  Going to practice every day after school or early Saturday morning may seem draining, but getting to see my best friends and favorite coaches every night and early mornings makes it all better. As a captain, I would want to ensure that everyone’s MAST experience is as fun as mine has been over the last five years.  I would encourage upperclassmen to reach out to incoming skiers to decrease the feelings of nerves.  A personal goal of mine would be to fulfill the long awaited state journey for the Washburn girl’s team. We have come close, and getting this final victory would be so fulfilling. I would hope I can not only lead this team, but also MAST in a way in which everyone feels that they are able to accomplish their personal goals.

**Elise Legler**

Hey team! My name is Elise and I am a sophomore at Roosevelt. I have been on MAST since 7th grade so I know how intimidating the team can be as a middle schooler, along with the pressure to do your best that begins to rise when getting older. I really want to be a captain for you all because I love talking to new people and making them feel comfortable, especially on such a big team. I also want to ensure that all athletes are listened to and supported, no matter age, experience, school, or anything else.

Something I would bring to the team as a captain is a new and unique perspective as a Roosevelt student. I also bring a true understanding of the younger and new athletes who might not know many people as well as a determination to make everyone feel included on the team. I came into MAST knowing one person so I know how intimidating the team can be, and I want to make sure that everyone has someone they can feel comfortable approaching at drylands, practice, races, and anywhere else you need support or just someone to talk to :)

**Elli George**

Hi my name is Elli George and I am a sophomore at Southwest. I have been on the team since 7th grade. Being captain would be such a great honor and opportunity. It's something I would have so much fun with but I wouldn't take the responsibility lightly. I want to help my younger teammates feel just as important and welcome to the team as the older teammates. To be captain doesn’t mean you are always the best athlete, but a great leader. A great captain not only leads by example but inspires the people around them to do more, and become their best self/skier. I want to create as much of an impact on my teammates as the past captains did for me. I looked up to the captains growing up and wasn't sure if I could be as good as them, they were all very strong leaders. I want to help be the motivation for my teammates to continue to be their best selves and skiers.

**Charlie Smith**

My name is Charlie Smith, I am a rising senior at southwest and I have been on MAST since 7th grade. The past five years at MAST has taught me a lot not only about skiing, but about how a community can come so close together through the shared love of the sport and the little experiences that come with it. Being captain would give me the opportunity to share some of the experiences I have had with the new incoming athletes as well as returning athletes that are slightly younger than me and give my input on running captains practices and apparel. I would love to share what I've learned in the past five years as a leader before I graduate.

**Andreas Drekonja**

Hello Coaches, Parents, and fellow Athletes, I have been skiing with MAST for the past 4 years and along the way MAST has taught me some important lessons of respect, determination and hard work while still keeping skiing fun. Although many of these lessons I have been taught by our great coaching staff very few of them did I actually learn how to put into practice until watching our teams previous captains. I would always see the captains on race day getting in their warmups, supporting other athletes even if they may not be on the same team, I watched them putting in the work going to 2-3 practices a day in some cases just to become better skiers. These lessons I now hope to show and inspire in the new generation of MAST skiers while at the same time keeping the team atmosphere and spirit high! I will work to keep MAST fun for all skiers no matter your current commitment or skill level, creating a supportive team environment like we have all gotten so accustomed to.