**FACT SHEET: Minneapolis Alpine Ski Team 2018-2019 Season**

Alpine skiing is a sanctioned winter sport of the Minnesota State High School League (MSHSL). Minneapolis Public Schools (MPS) offers alpine ski racing as a varsity and junior varsity sport for boys and girls in grades seven through twelve who attend a Minneapolis public school. Most students and parents who participate in alpine skiing are unfamiliar with how the sport is administered. This “Fact Sheet” provides a quick overview of high school alpine ski racing with Minneapolis Public Schools.

**Organization**

* Since 2000, the Minneapolis Alpine Ski Team (MAST), a 501c3, has been providing organizational and financial support for the alpine ski teams of Minneapolis Public Schools.
* Students in grades seven through twelve who attend a Minneapolis Public School are eligible to compete for their high school in the sport of alpine ski racing.
* MAST welcomes students of all ability levels, from beginner to expert.   Our coaching staff will work with you to help you improve whatever skills you bring to the slopes. However, it will be your commitment and hard work that will determine just how far you will progress in the sport.
* 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.
* Due to limitations of funding and training space availability, roster spots are limited to the first 100 athletes who register.

**Coaching Staff**

* The MAST coaching staff is led by Head Coaches Mark Conway and Daniel Polland and Assistant Coaches Joel Hedrick, Mathew Polland, Becca Mattson, Willie Maahs, and Jack Strand. Additional paid coaches will be hired for the 2018-19 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.

 **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 12.  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 13, 2019 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 $425 (if purchased before November 1; $450 after November 1.
* 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 four 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 five to seven (optional) supplemental training sessions at ski areas that offer more challenging terrain, such as Welch Village or Wild Mt.   The cost to attend a supplemental training session is usually $45-50 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 December 31, 2018-January 4, 2019. Training will be offered at Hyland that week as well for athletes who cannot attend the Giants Ridge Camp.

**Competition**

* MAST sets its own competition schedule.  In 2017-18, MAST competed in dual meets against Benilde-St. Margarets, Mound West Tonka, Hastings, Academy of Holy Angels, Wayzata, Armstrong-Cooper, Jefferson, Rochester, and Northfield. MAST also entered teams in three invitational meets at Wild Mt, Welch Village, and Spirit Mountain 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.
* 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: $175.   MPS funding covers four paid coaches. The optional team fee helps to fund additional coaches and cover a portion of the other cost associated with operating a ski team (i.e., race day lift tickets, race entry fees, training equipment and services such as gates, drills, two-way radios, timing system, online video sharing, etc. No student will be turned away for non-payment of the optional team membership fee.
* $75 MPS Activity Fee (helps fund additional coaches).
* $425 for an unlimited season pass at Hyland Ski and Snowboard Area if purchased through MAST through October.
* $45-50 for MAST supplemental training opportunities at more challenging training venues (optional; approximate cost per training session).
* $450-500 (approximate) for an extended five-day MAST Training Camp at Giants Ridge over winter break.
* $??? for all ski equipment.

**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 can be purchased during September and October when local ski teams hold “ski swaps” at their home ski areas ([Buck Hill](http://www.buckhilltentsale.com/), [Hyland](http://www.teamgilboa.com/), [Afton](http://www.aftonalps.com/events/events/fall-fair-save-the-date), [Powder Ridge](http://powderridge.com/), etc). Check our website for details.
* Used race equipment can also be found on various online websites. Please be advised to review any online purchases with Coach Mark or Coach Daniel before making the purchase. They are happy to assist you to make sure you are getting the proper equipment in the correct size and for a fair price.
* Certain local ski shops offer deeper discounts to MAST athletes on new equipment when purchased in September through mid-October.
* 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.

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