

**Minneapolis Alpine Ski Team
Giants Ridge Mini Camp
January 21-24, 2010
Information and Invitation**

Dear Athletes and Parents:

Our Fourth Annual Giants Ridge Mini-Camp is scheduled for Thursday, January 21 through Sunday, January 24, 2010. This year's camp includes a Friday afternoon race with the Virginia and Hibbing ski teams. Furthermore, we listened to your feedback from the last couple of years and added one day to the camp. We will not train on Sunday but you will have the opportunity to free ski and explore more fully the great terrain at Giants. All MAST athletes are strongly encouraged to attend. The high schools finish up the second quarter on Thursday, so it is a great time to get away. You will get to ski 50 gate courses rather than 20. The pitch is steeper. And the hills are the same hills you will be skiing at the State Meet. Please read on for more information about the camp and how to register.

When?

Thursday, January 21 (4PM @ Washburn High School Parking Lot) through Sunday, January 24, 2010 (approximately 6PM return time).

Where?

Giants Ridge Ski Area in Biwabik, MN.

Where Do We Stay?

Lodging is at the Sports Dorm at Giants Ridge Ski Area. Each dorm room sleeps four people and has its own bathroom and shower. The sports dorm has a kitchen area, lounge, and wax room for ski tuning.

Transportation?

Via parents and coaches. If you are able to transport an athlete in your vehicle, please indicate this on your child's registration form.

What?

Three nights lodging and three days of skiing/training/racing at Giants Ridge. Video sessions. Technique and tactics talks. Team bonding.

How Much Does This Camp Cost?

\$170 for lodging, lift tickets and seven meals plus about \$20-30 in cash to cover two meals and snacks. Make checks payable to Mpls Alpine Ski Team. Please note: this camp is subsidized by your fundraising efforts. The total cost of sending you to Giants Ridge for three days skiing is significantly more expensive than \$170. Thanks for your good work.

Are Scholarships Available?

Yes. A limited number of scholarships are available for athletes who have a financial need and who sold their quota of Dunn Brothers Coffee Cards. Donations to the scholarship fund are

always greatly appreciated. Please send scholarship fund donations to Paul Schwartz/ 5141 Upton Ave. S./Mpls/ MN/ 55410. Contact Mark Conway to request scholarship funding.

Who?

Coaches: Mark Conway, Joel Hedrick, Drevis Hager, Gary Griffin, Jake Yockers, Scott Griggs... Hopefully, most if not all of us will be there.

Athletes: All MAST athletes are invited and encouraged to attend.

Parents, Siblings, and Relatives: Parents and family members are welcome, encouraged **and needed**. Check out *The Lodge* at Giant Ridge, *The Villas*, or one of the many motels in Eveleth and Virginia (I personally like the AmericInn in Eveleth). Also, we may have a limited number of rooms available in the Sports Dorm for parents and families. Please contact Mark if you are interested in reserving one should it become available.

Lift Tickets For Family Members?

We can secure discounted lift tickets for family members. Tickets are \$25 per day and need to be pre-paid. Please indicate the number of (extra) lift tickets you would like to order on the registration form (your athlete's ticket is already counted in his/her registration).

What About Meals?

The following meals are included in the cost of the trip: breakfast on Friday, Saturday, and Sunday. Lunch on Friday and Saturday. Dinner on Friday and Saturday.

You need to bring cash to cover the following meals:

Thursday dinner on the road to Giants Ridge (probably Subway in Cloquet).

Sunday lunch at Giants Ridge.

The bottom line is that you should be able to cover your meal costs (if you watch your spending) with about \$20 in cash. If you plan on ordering a soda and dessert at each meal and purchasing snacks in between meals, then bring more money.

Volunteer Needs?

Yes. Listed below are the many different ways parents can help. If you would like to volunteer, please call or email Mark Conway at 612-275-8392 or markrobertconway@msn.com. If you spend your own money on food for a meal or meals, please send your reimbursement request and your receipts to Paul Schwartz/ 5141 Upton Ave. S./ Mpls/ MN/ 55410. Paul is the MAST Treasurer. He will gladly send you a check. So here are the volunteer needs

1) Drivers

Drive athletes from Mpls to Biwabik and back.

2) Healthy Snacks

Parents are encouraged to send healthy snacks along: fruit, veggies, energy bars, etc. If a few of you want to send some cookies or dessert bars, go ahead. Try to stay away from chips, candy, and pop.

3) Friday, Saturday, and Sunday Breakfast Coordinators and Serving Crew

Help plan, purchase, and set out breakfasts. You could coordinate all three days or commit to one of the days.

4) Friday and Saturday Lunch and Dinner Chefs and Kitchen Crew

Nancy Koepcke and Kelly Shields are already working on the meal plan. Please contact Nancy and/or Kelly to offer assistance:

Nancy: 612-825-7568 Email: koepcke@earthlink.net

Kelly: 612-378-9454 Email: kjsphotos@iexposure.com

5) Race Workers

- a. Gate Judges (6)
- b. Scoreboard Recorders (2)
- c. Race Announcer
- d. Timing Assistants (assist race announcer and chief timer in the timing building)
- e. Course workers (help with course maintenance during the race)
- f. Bib Collector (stand in the finish area after the second run and collect race bibs)

What Do I Bring?

Besides your clothing and toiletries, be sure to include the following items:

- towel
- sleeping clothes
- slippers(for the lounge area)
- positive attitude
- skis (strap your skis; pack them in a ski bag if you have one when transporting)
- poles
- boots
- helmet and goggles
- shin guards
- manners
- tuning equipment (stones, wax, iron, scraper, brushes, etc)
- race suit (if you own one)
- long underwear and many layers of clothing for training(this is the coldest place in the lower 48 States, so bring everything you have, including a facemask)
- respect for others
- gloves and mittens
- ski jacket and bibs/snow pants

How Do I Register?

All MAST athletes are invited to attend this camp. It is urgent and necessary that all MAST athletes PRE-REGISTER AND PRE-PAY. Here is how.

Please complete and return the enclosed registration form and \$170 to Mark Conway. Mail the form and check to my home address no later than Friday, January 15th:

Mark Conway/4800 Harriet Ave. S./Mpls/MN/55419. Please make checks payable to Mpls Alpine Ski Team. If it is easier to hand me the registration form and check on the hill, you may do so, BUT PLEASE SECURE THEM IN A SEALED ENVELOPE.

Thanks Everyone! See you on the hill.

Mark Conway

612-275-8392

markrobertconway@msn.com