

MAST Update #3

Thursday, November 15, 2012

**Subject: AD Clearance; Dryland; Racer Workshops; Race Worker Workshops;
Parent Social at the Abode of Phil Calvit and Shannon Foulkes**

Hello Athletes and Parents:

There are still some athletes not cleared for practice by their high school athletic director. Remember, if you played a fall sport for your high school, you need to complete and return a new Emergency Card to your AD. Please get your forms submitted so you can start training. Physical conditioning is an essential part of becoming a good ski racer AND IT HELPS PROTECT YOU FROM INJURY. If you aren't sure what forms you need to submit, check out the REGISTRATION page on the MAST website and/or check with your AD.

The intensity of dryland is picking up. Be sure you bring WATER and dress in layers. If you use an inhaler, don't forget to bring it. I am very impressed by the strong work ethic, effort and positive attitudes of each and every one of you who have attended dryland. Keep it up!!!

ALL MAST ATHLETES ARE REQUIRED TO ATTEND OUR ANNUAL MAST RACING WORKSHOPS.....

ALL PARENTS ARE ENCOURAGED TO ATTEND THE RACING WORKSHOP AS WELL.

Saturday, November 17

11:30AM-2:30PM

Fuller Park (48TH AND GRAND)

The day will begin with a coach-athlete-parent meeting at 11:30. This large group meeting will discuss important team processes, with a special focus on how a race is conducted and the various roles of athletes, coaches, and parents. We will also review the rules of the sport. Following the large group meeting, we will break into smaller groups. Athletes will rotate through three different workshop stations on tuning, technical skills, and tactics. Parents will have the option of learning how to perform race worker positions, especially that of gate judging.

You may want to bring a beverage and possible a snack or lunch for yourself. This will be a pretty bare bones event---

Parent Social Event: To cap our first week of the season, parents are invited to attend the MAST Parent Social on Sunday, November 18 from 3-6PM at the home of Phil Calvit and Shannon Foulkes, parents of Ben Calvit. Phill and Shannon live at 4819 Girard Ave. S. A flyer announcing the parent social is attached.

Finally, in preparation for Saturday, new and returning athletes may want to review and even print the SKI TUNING INSTRUCTIONS on our website. These instructions will serve as a useful starting point for learning how to tune your skis.

See you soon...

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