

MAST Update #13

Monday, January 28, 2013

Subject: River Bluff Invitational; Welch Training; Schedule; Section IV; Found Ski Poles

Dear MAST Athletes and Parents:

Wow! Congratulations and THANK YOU to all of the athletes, parents, and coaches who attended the Giants Ridge Camp. I'm not sure there is a way to properly thank all the parents who shopped, transported, cooked, baked, set up, cleaned up, washed up.... THANK YOU to ALL who gave of their time and energy. You kept us well fueled and nourished. Coaches: great work on and off the hill. I am extremely grateful for each and every one of you. And athletes: you were exceptional. Thank you for your wonderful attitudes, hard work, and good citizenship. You represented Mpls well. I hope everyone had a great experience. It sure was fun to see you improve so much from one session to the next.

The race results from last night's race at Hyland are attached. Congratulations to George Thome who WON his second race of his career. As he points out, he now has one more victory under his belt than Coach Daniel. And congratulations to Molly and Rachel for their shared victory. What are the odds of that? And congratulations to the Southwest Girls who finished their dual meet season UNDEFEATED. That is a huge accomplishment and shows the depth of our girls' teams.

We are nearing the finish line, so to speak. We have one more BIG race this week. Here are the details:

Friday, February 1: River Bluff Invitational at Mt. Kato in Mankato.

Noon Departure from PERSHING PARK (48TH AND BEARD).

Race Start: 3PM

ALL athletes are invited to race. [If you do not want to race, please send me an email at markrobertconway@msn.com.](mailto:markrobertconway@msn.com) The captains are working to find a storage space at SW for the SW MAST Athletes to store their equipment Friday morning. I will let you know what they uncover in a day or two.

We still need some parent race workers for Friday. If you can help, please send me an email. Needed: gate judges, scoreboard recorders, bib collectors. Thanks.

Saturday Training At Welch

3:30PM: Bus Departs from Washburn HS Parking Lot

4:45-5:30PM: Directed Free Skiing

5:30-8:30PM: Gates on Bakke

9:00PM: Depart for MPLS

Cost: \$40 for bus and lift ticket; \$17 for bus with Welch Season Pass

We are scheduled to train at Welch on Saturday. As of today, we have eighteen athletes registered: Nathan, George, Nat, Paige C, Eleanor G, Sean K, Daniel S, Delaney, Matthew, Jack S, Kate F, Loran, Sophie, Emma, Christian, Franny, Mackenna, Andrea. If you would like to register to train at Welch, please email me: markrobertconway@msn.com.

Training and Racing Schedule

Tuesday, January 29:

5:00-7:30PM and 6:30-8:45PM

Wednesday, January 30:

5:00-7:30PM and 6:30-8:45PM

Thursday: January 31: Training Cancelled--Tune your skis. Rest. Do homework.

Friday, February 1: River Bluff Invitational

Noon: Bus Departs From Pershing Park

3PM: First Run Starts

Saturday, February 2:

10:30AM-1:30PM: Training at Hyland

3:30PM-10PM: Training at Welch

Section IV Race: Wednesday, February 6 at Wild Mt.

As you know, the Section IV Championships will be held on Wednesday, February 6 at Wild Mountain.

The Section IV teams from South and Washburn are set:

Washburn Boys: Matthew P; Ben C; Soren W; David A; Nathan G.

Washburn Girls: Rachel A; Sophie H; Isabel B; Emma D; Loran H; Delaney B;

South Boys: George T; Alex T; Seth K.

South Girls: Margot F; Devony S; Avery K.

The Southwest Section IV Squads will be named after the race on Friday. Friday's race results will not be the only criteria for selecting the teams. Rather, it will serve as one influence, along with other race results, attendance, and effort.

The girl's team is especially deep this year. You girls have worked incredibly hard to become outstanding ski racers. And it shows in your results. **THE SOUTHWEST GIRLS ARE UNDEFEATED IN DUAL MEET COMPETITIONS THIS YEAR!** This is a milestone for MAST. Congratulations. All of you own this successful accomplishment. You have worked hard in practice, pushing each other to go faster each day. You are fortunate to have each other. Competition makes us better. So, if you are named to the Section IV squad, say **THANK YOU** to your teammates for making you better this year. And if you don't make it this year, you can take great pride in the accomplishments of your teammates, because by working hard in training and skiing fast in races, **you** made them better.

Finally, the Virginia coach found a pair of lime green Scott poles with Leki pole guards outside the Burnt Onion. If you left these at Giants, please let me know. I am heading up the weekend of Feb 7-9, so I could bring them home for you.

Thanks again for a great weekend. See you on the hill.

Mark

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