

## **MAST Update #2**

**Thursday, November 8, 2012**

**Subjects:** *ImPACT Baseline Testing; Season Pass Pictures; Dryland Training; Welch Fundamentals Camp; Nov. 17 MAST Athlete Workshops; Nov. 17 Parent Race Worker Workshops; Ski Shop Sales and Discounts*

### **Hello Athletes and Parents:**

Welcome to the start of the 2012-2013 alpine skiing season. Although we won't be skiing yet, we will be taking care of a lot of necessary work the first two weeks. Please read the following information carefully.

#### **A. ImPACT Baseline Testing**

Ski racing is a high speed, contact sport. Helmet use is mandated by the MN State High School League for good reason. It protects your brain should you bang your head. Unfortunately, even with helmet use, concussions still occur. One concussion is bad enough. More dangerous is a second concussion that occurs before the first concussion has fully healed. Because your brain is hidden from view, it is not always easy for a physician to determine when someone's brain has fully recovered. For this reason, MAST requires all MAST athletes to take the ImPACT Baseline Test. This test measures various brain functions—of your brain—when healthy. Your scores on this test create a “baseline” of your brain functions. Should you suffer a concussion during the season, your doctor has the ability to “look” inside your brain by giving you this test a second time. By comparing your post-concussive event test scores to your baseline test, the physician has another tool in his toolbox to evaluate whether it is safe for you to return to play—or in our case, to skiing. It oftentimes happens that all symptoms of a concussion have resolved (the headaches, the sensitivity to light, etc) but the re-test reveals that cognitive function is not fully restored and so more rest is ordered. Returning to play too soon and sustaining a second concussion could have serious long-term consequences for your brain.

#### Who needs to take the baseline test?

All NEW MAST skiers and all returning MAST skiers in grade 7, 8, and 9.

#### When will the test be administered?

Monday, November 12 in the Media Center at Southwest High School. You can choose from two testing sessions.

1. 3:15PM
2. 4:15PM

#### How long will the test take?

About an hour.

Remember, all MAST athletes need to have taken an ImPACT Baseline Test either last year or this year. Younger returning MAST athletes need to retake the test because your brains are developing so fast at your age that the test you took last year is no longer valid. If any older MAST athletes would like to retake the test, they are welcome to do so. MAST will cover the \$5 charge per athlete to take this test.

#### **B Season Pass Picture Night**

MAST athletes are slotted to collect their Hyland season passes on Monday, November 12 from 7-8PM at Hyland. The season pass fee needs to be paid in full before you can collect your pass. If you cannot make it to Hyland Monday night, you can pick it up during normal business hours beginning November 13. Be forewarned, if you wait for the first day of skiing to pick up your pass, the lines will be very long and you will miss much of the first practice. Happens every year. It is easier to do in Monday night if possible.

#### **C. Dryland Training**

Dryland training will be held at Lynnhurst Park from 4:30-6PM starting Tuesday. We will practice through Friday, November 16 and resume dryland training Monday through Wednesday of Thanksgiving week. Hopefully we will be skiing on the Monday following Thanksgiving.

Dress warm. Hat, gloves, layers of athletic clothing. NO SHORTS ALLOWED! Wear good, athletic footwear that supports you running, jumping and cutting. All MAST athletes are EXPECTED TO ATTEND DRYLAND TRAINING. You need to get your body ready to ski.

#### **D. Welch Fundamentals Camp**

Over the weekend, you will receive a flyer and registration form regarding the MAST Fundamentals Camp at Welch Village. Here is some quick information: This camp is designed to teach and rehearse the technical fundamentals of skiing: balance, edging, pressuring, extension, flexing, angulation, etc. We stay in the luxurious bunkhouses at the base of the mountain. (Bring a sleeping bag and pillow). Space is limited this year so register early if you plan to attend. We leave Friday, November 30 at 3:45 from the Washburn parking lot and return Saturday, December 1 around 6:00PM. The camp fee is \$130 and includes lift tickets, transportation, lodging, and three meals (Friday dinner, Saturday breakfast and lunch.) If you have a Welch season pass, your camp fee is \$75. Please return camp registration forms and payment to Coach Mark at practice. Be sure to seal your form and check in an envelope.

#### **E. MAST Workshop Day**

All MAST athletes need to attend our annual MAST Racing Workshops.

***Saturday, November 17***

***11:30AM-2:30PM***

***Fuller Park***

This year we will offer four workshops. Athletes (parents are welcome as well) rotate through each workshop during the course of the day.

1. Ski Tuning: learn how to sharpen and wax your skis to maximize performance.
2. Ski Technique: learn (or review) the technical skills world cup skiers possess and you will be trying to perfect.
3. Racing Rules: learn the rules of the sport so that you know what you can and cannot do during a race.
4. Ski Tactics: for those racers who are master ski tuners, you will attend a workshop on slalom tactics. Learn how to match your line through the course with your technical skill level and strength.

#### **F. Parent Race Worker Training**

We need parents to help run our races. This might seem intimidating, but most roles require no skiing experience. Come learn what race jobs are available and receive all the training you need to carry out these jobs well.

***Saturday, November 17***

***11:30AM-1PM***

***Fuller Park***

***Parents: please RSVP to Kevin Counihan at [kevin.j.counihan@medtronic.com](mailto:kevin.j.counihan@medtronic.com).*** Let Kevin know you will be attending the parent race worker training. A head count will enable him to prepare enough hanouts for attendees.

#### **G. Discounts at Local Ski Shops**

If you are still in need of equipment, remember that Pierce Skate and Ski, Hoigaards, and Joe's Sporting Goods in St. Paul offer discounts to MAST racers. Be sure to tell the salesperson that you ski for MAST. In addition, Joe's is offering a racer discount night next week. (SEE ATTACHED FLYERS.) Athletes will receive deeper than normal discounts on equipment sold that night. Know that Joe's tracks sales by team. At the end

of the season, Joe's sends each high school team a check based on a percentage of sales for the year. So, be sure to let them know you ski with Mpls if you purchase anything. Copied below is an email from the General Manager at Joe's announcing these programs and more.

As always, please check out our website for important information about your team – [www.mplsalpineski.org](http://www.mplsalpineski.org). You may want to read and even print the information about Ski Tuning on the website before the Nov. 17 workshops. This will help you “absorb” all the steps to ski tuning.

The coaching staff is excited to begin practicing with the best group of student-athletes in Minnesota. We still have a few open spots on the team. If you know anyone who might be interested in joining, it is not too late. Send them my way. As always, if you have any questions, please call or email. See you Monday.

Mark Conway, Head Coach  
612-275-8392  
[markrobertconway@msn.com](mailto:markrobertconway@msn.com)

Coaches & Ski Racers,

We have our annual Race Night Sale next Wednesday November 14<sup>th</sup> from 6-9pm. We have some great pricing on equipment and tunes this evening as well as some tuning demonstrations and free posters and stickers for the wax room. I have attached the Race Night flier, Team Discount Program, and a tuning checklist. I would greatly appreciate it if you could pass this information along to your parents and athletes. Be sure to take advantage of our H.S. Rebate program which runs through January 31<sup>st</sup>. We will send you a check for 2% of all ski related purchases the first week of February to use however you would like. I hope to see you next week and have a great ski season!

Sincerely,

**Doug Stahly**

General Manager/Buyer Joe's Sporting Goods –  
Ski Shop P. 651.209.7800 F. 651.209.7818 [doug@joesskishop.com](mailto:doug@joesskishop.com)