

**From:** Minneapolis Alpine Ski Team  
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**Date:** November 28, 2012 3:49:09 PM CST  
**To:** Mpls Alpine <mplsalpineski@yahoo.com>  
**Subject: Update #6: Camp Roster, Some Camp Changes**  
**Reply-To:** Minneapolis Alpine Ski Team  
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**MAST Update #6**  
**November 28, 2012**  
**Subject: Fundamental Camp Roster, Lodging Adjustments, Etc**

**Hello MAST Families:**

Please check the attached roster for your name. If you are planning to attend the Fundamentals Camp this weekend at Welch, your name should be listed. If you are not attending, your name should not be listed. If your name is missing and should be listed, contact me. If your name is posted and should not be, please contact me.

612-275-8392 or markrobertconway@msn.com

Some changes and updates to camp:

#### Lodging Changes

Welch experienced some flooding back in June that took one of its four cabins out of commission. Last night, I was informed that the staff had just discovered that the storm had, in fact, taken out two of its cabins. (Some issues had gone unnoticed). We could make do with three cabins, but going down to two makes for a very tight squeeze given our numbers. We have 29 females and 16 males registered for camp. Ten females are in grades 7-9.

To make your stay in the remaining two cabins more

comfortable and safe, we would like to ask the 7-9 grade girls to lodge 3 miles away at my home with several coaches: Julie Flaskamp, Gary Griffin, George West and myself. The coaches get the bedrooms and the girls can crash on the floor in their sleeping bags. The coaches will shuttle the girls to my home (13218 Sunset Trail, Welch, 55089—if you want to google it) after skiing Friday night and return them to the hill early Saturday morning in time for 8AM breakfast.

Here's what I'm asking: Parents, please let me know if you are NOT okay with this change of plans. If you don't want your daughter staying in our home, we will switch her to the cabin. No problem. (Given that most of the younger girls are new to the team, I thought they would be less distressed by the change in lodging. I know the older athletes would be heartbroken if they had to stay anywhere other than the bunkhouses.)

### Meal Changes

For those of you new to the team, this issue is irrelevant. For the veterans of Welch Camps, you will like this change. Welch contracted with Lancer Food Service to supply food and beverage service to the ski area. For dinner on Friday and lunch on Saturday, you will be given a \$9 voucher to purchase food for your meal. This gives you many food options: stuffed baked potatoes, burgers, soup, chili, sandwiches, pizza. In order to insure that you are using these bucks to fill your tummies with healthy menu items, the vouchers will not cover beverages, chips, or desserts (or donuts). Should you feel the need to buy soda or milk or hot cocoa or cookies, you will need to bring your own money and pay cash. The beverages and desserts are expensive at Welch, while the food items are reasonably priced. You should be well fed if you use your dollars to buy healthy entrees. And there are more vegetarian options available now.

### Bring Beverage Containers

I know you all need to drink fluids. The healthiest fluid to consume as an athlete is WATER. Bottled water is expensive

and the plastic bottling is wasteful, so I am asking you to BRING TWO DRINKING UTENSILS:

1. A WATER BOTTLE
2. A HOT BEVERAGE MUG (for hot cocoa after skiing)

We will not be supplying paper or Styrofoam cups this year. Welch has a nice drinking fountain in the chalet to fill your water bottle regularly and you will want a bottle of water in your cabins at night.

### Meet the Bus

Please arrive at Washburn no later than 3:45 on Friday. The bus will be parked on 49<sup>th</sup> street in front of the parking lot. If you have a ski bag, use it.

### Chance of Rain: Bring Rain Gear

There is a small chance of rain in the forecast for Saturday. If you have a poncho, rain jacket, rain pants, rubber gloves: bring them all. If you don't own rain gear, see if you can borrow some. Skiing in the rain is actually good skiing if you have the right gear. Rubber gloves are really helpful. It is amazing how warm you can stay if your hands are dry. You could wear thin cotton gloves and wear large rubber gloves over them. Hopefully the rain will stay away, but be prepared just in case.

Don't forget a sleeping bag. And for the girls staying at my home, bring an air mattress or camp pad if you have one. We do have carpeting, but a bit of cushion will make your stay more comfortable. And if anyone wants to camp in the prairie with the coyotes and deer, let me know.

See you tomorrow night at the top of South chair at 6:30PM.

Best wishes,  
Mark

