

## **Hill-Murray School Alpine Ski Team 2009-2010 Season**

### **Season Start and Schedule:**

- Season Start Date: Monday, November 9<sup>th</sup> (meet in the team room at 3:00 PM)
- Practice & Meet Days: Mondays, Tuesdays and Thursdays (see season schedule for specifics)
  - Dry land Training:
    - Start Time: 3:00 – 4:30 PM.
    - Where: Fields west of the field house
    - Please come prepared to work out with tennis shoes and warm clothes. We will mostly be working out, running, agility drills and end with a fun game
  - On-Snow Training:
    - Bus Leaves Hill-Murray: 3:00 PM
    - Start Time: 4:00 PM
    - Where: Meet coaches at designated location.
    - End Time: 6:00
    - Course tear down and clean up: 6:00 to 6:15 PM
    - Bus Leaves Afton Alps: 6:45 PM

\*Season will start with free skiing and fundamentals until gate setting is allowed

### **Ski Meets:**

Most meets are held at Afton Alps. See schedule for meet locations.

\*Please see schedule for exact dates of races. Due to the short length of our season and the availability of other teams there are some alternate days we have scheduled meets.

### **Team Placement:**

Regular Meets: 10 Varsity and 10 JV boys and girls depending on the number of participants. \*Team placement will initially be determined by time trials prior to the first scheduled meet. There is an opportunity for the placements to change throughout the season based on performance, participation and race results. These decisions will be made by the coaching staff.

### **Anticipated School Absences:**

A full day of school will be excused for only the 6 boy and 6 girl skiers plus 2 alternates that are selected to race in the 3 Varsity Invitational's and Sectionals. See schedule for exact dates.

### **Transportation:**

Bus transportation is provided by the school to and from all practices and meets. All students are required to ride the bus. If you are not on the bus you will not participate in that day's events.

Driving permits may be issued for parents to pick students up from practice or meets. The driving permission form must be filled out and signed by the Athletic Department and Head Coach. A copy will be kept by the coach for record. This must be completed prior to the date you will not be riding the bus.

Permission forms can be picked up from the school athletic office. Thank you in advance for your cooperation.

### **Equipment Requirements:**

Each athlete must have their own helmet, goggles and season pass for Afton Alps.

### **Season Pass Info:**

Season Passes are approximately \$325. Parents or guardians must fill out and sign the required waiver and turn in with payment to Afton Alps. Students can bring this to the first on-snow practice. We will allow time at the beginning of practice for passes.

\*\*\*The coach will need to submit a finalized roster to Afton Alps before the "High School Team" Season Pass price will be honored so it is best to wait until the season begins to purchase passes.

### **Team Apparel:**

Captains can submit ideas to coaches for consideration. Final approval will be given by coaches and Athletic Director prior to ordering. Captains will be responsible for distribution.

### **Lettering Policy:**

- Athlete must have fulfilled attendance policies (See Attendance Policy for more information)
- Athlete must have competed in at least (2) Classic Suburban Conference or Non-Conference meets at the Varsity Level.
- Athlete must have a total of 10 or more points (includes conference and non-conference meets)
- Athlete must adhere to ALL Minnesota State High School League and Hill-Murray School team rules and expectations.
- Athlete must exhibit good sportsmanship throughout the season
- Athlete must make a positive contribution to the overall team environment by treating all teammates and coaches with respect.
- Athlete must demonstrate a positive attitude and good work ethic at all times.
- Coaches have the final decision regarding lettering.

### **Rules & Expectations:**

Athletes are expected to make a commitment to their team for the entire season. They must agree to respect the rules and expectations regarding participation by Hill-Murray School and MSHSL, as well as the following:

- Be present at all practices and meets; unless you are absent from school.  
\*\*Coaches are contacted by the attendance office when students are absent from school.  
\*\*We will be taking attendance at the beginning of every practice and meet.
- Athletes are required to schedule work and other commitments around practice and meets.
- Be prompt to the bus, practices and meets.
- Dress accordingly for weather conditions. The MSHSL weather guidelines for cancellations will be followed; however coaches have the final decision on canceling practice or rescheduling races due to weather.
- We practice to improve our technique, race tactics, responsibility and discipline. Be a successful part of the team by showing up every day ready to work to your full potential.
- All racers must be at practice the day before a meet in order to be eligible to compete in the race.
- Please leave cell phones, headphones, twin tips, snowboards and trick skis/gear at home on practice and race days. These items can be used on your own time.
- All members of the Hill-Murray Alpine Ski Team will represent Hill-Murray, the team, their family and themselves in a positive manner. We will project a positive image and attitude in the classroom, on the hill and out in the community.
- Alpine Skiing is a Team sport. What is best for the Team must be the first priority for all. (Including athletes, coaches and parents)
- Believe in yourself, your teammates, your coaches and your commitment to the team.
- Trust! – The goal of the coaching staff is to not only have a successful team, but to help each athlete improve and perform to the best of their ability.
- It is the responsibility of each athlete to understand and make a commitment to the philosophies, policies, and concepts provided by the coaching staff. There can only be one plan, strategy or agenda if a team is to be successful.

**Parent Involvement and Volunteers:**

Parents... We need your help!

- In order for the coaches to run efficient meets and have the ability to coach the athletes, we need parent volunteers. We will need volunteers to run the computer at the bottom, start the race or gate keep. Coaches will provide training for anyone that is not familiar with the duties of the positions. Please see one of the coaches to volunteer. We appreciate any help you can offer!

**Fundraising:**

The Alpine Ski Team will be participating in fundraising events this year. We encourage all team members to take part in what ever event is selected for this years fundraising. More information will be provided once the event is approved and scheduled. Please feel free to make suggestions for fundraising ideas. All will be considered.

**Coach Contact Info:**

Head Coach: Angie Nasby  
(651) 592-6219  
angela.nasby@hartfordlife.com

Asst. Coach: Thor Nelson  
(651) 485-8027  
thornelson@comcast.net

\*\*\*If you would like to receive race results, schedule changes or any important information please send Angie an e-mail so you can be added to the address list.

We are looking forward to another great season!

Thank you,

Angie and Thor