

2011/12 West/Steller Pre-Season Ski Team Meeting

Welcome returning and new skiers. Here is some information that will help you get your season off to a great start:

***ELIGIBILITY** To practice you must complete all paperwork through the Activities Office (Activities/Participation Form, Physical, Activities Fee Skier/Coach Contract/Concussion Training). The last day to sign up for skiing is November 18

ATTENDANCE Your coaches are expecting your full effort at least four days/week. Long-term commitments beyond one/week need to be approved by a coach.

FIRST PRACTICE Monday Oct 31 For the first practice bring running shoes, hat and gloves and clothes to stay comfortable outside. If the snow cooperates we will be skiing toward the end of the first week of practice.

COMMUNICATION

*General information is found on the team website: <http://westskiteam.com/>. On it you will find loads of information about team rules, practice and gear suggestions, tips for getting in touch with coaches and more.

*To contact the Head Coach email Mark Larsen at

larsen_mark@asdk12.org

*Daily information is found on the **TEAM HOTLINE - 277-WEST**. This is the number you can call for current information about upcoming practices and events.

*The early-season Potluck will be on **Nov 9** in the Eagles Cache from 6-7:30 Bring food to share and come with your parents. The booster club will have information about how parents can support your efforts, your coaches will share details about the ski season, and there is always great food! We'll also have an informal ski exchange.

SKI GEAR

AMH and Barneys provide discounts for team members, and are your best source for all things skiing. The team has a limited amount of equipment that may or may not fit your needs, and will be issued during the first couple weeks of the season.

And most importantly, get **EXCITED** for this season, its going to be a blast!!!!*****



West Ski Team Equipment List

Required Gear

~Skis, boots, and poles for both Classic and Skate skiing

(For beginning skiers combi boots and skis, which will work for both techniques, are okay and will help stretch your equipment budget)

~**Synthetic long underwear**, both top and bottom- this is especially important because it is the layer closest to the skin and wicks moisture away.

~**Hats/Headbands**. When the temperature is under 32 degrees skiers will need a hat. A headband under a hat will also protect ears, and equally important, your inner ear which is where you get your sense of balance.

~**Gloves**. You may want to have two pairs- a lighter one for warmer days and a heavier one for colder days. Mittens are warmest on cold days.

~**Warm-up pants and jacket**. Something with a wind resistant layer is best. The outside layer is what keeps your insides warm! We will have some team coats for sale and/or to loan.

~**Wool or synthetic socks**. Feet get frostbite too! Keep them happy.

~**Water bottle and Carrier**. Use only your own water bottle; nix on sharing please.

~**Ski bag**. Bus rules state that we must have skis/poles in a ski bag on school buses. Bags also keep the bases of your skis from being scratched, and are a good way to keep track of your gear.

~**Watch** To make sure you make it back to the bus on time, monitor your heart rate, time your workouts

*******Remember- Label EVERYTHING with your name*******

Optional Items

~Glasses with clear/yellow/orange lenses, they help keep the snow out of your eyes and give protection from ski poles.

~Wind briefs (boys)

~Practice wax. While the team provides kick wax for practices, having your own will speed up the process and provide maximum time on snow.

Team Gear

We realize that skiing can be an expensive sport and there is a lot of gear to buy. The team has a small collection of boots, skis, poles, ski bags, and extra clothing items that will be assigned according to need, attendance and ability. Please don't be overwhelmed by this list. We can help you! See a coach.