



Athlete Handbook

Prior Lake High School
Alpine Ski Team



Mission Statement

- To teach self discipline and commitment to a team.
- To learn to be selfless and respect both teammates and fellow competitors while participating in a lifetime sport.

Season Goals

- Train and race to win, but that is not the ultimate goal.
- Go Fast - learn by practicing like you race!
- Staying Safe and following guidelines for Covid
- Growing as a team and supporting one another



Team Overview and Contact Info

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PLHS Activities Page

www.plhsactivities.org

Click on Athletics -> Winter Sports -> Alpine skiing

Facebook Group

Prior Lake High School Alpine Ski Team

Text Group

We would like to put together a text group for team members and parents.

For easier communication - short notice changes

Policies

Attendance

- Students are expected to participate at all practices, both dry land and on the hill.
- Students are expected to give 24 hour notice to coaches for any absences.
- Unexcused absences will be considered during run order placement.
- School comes first - but don't abuse it.
- Make time for the team, not Netflix, Playstation, etc.

Academics

- Students will be expected to maintain a GPA of 2.0 or higher.
- Any student with a failing grade at midterm will not be allowed to participate on race day.

Physicals and concussion testing

- All students will need an updated physical every three years and baseline concussion testing every two years.
- Information on this can be found on PLHS Activities Website

Chemical Violations

- The Alpine Team follows the PLHS policy. Refer to the Prior Lake Activities website page.
- Be good Kids! - Be good examples!

Transportation

- All students are responsible for finding their own rides to and from practice and races.
- Carpooling with older students or taking turns with other families is highly encouraged.
- Ride shares can be utilized via the team Facebook page or through email.

Dress code

- All students are expected to have acceptable outdoor weather clothing and equipment.
- Required equipment includes skis, boots, poles, helmet, chin guard and goggles.
- Optional equipment includes ski racing suits, pole guards, and shin guards.
- Race bibs will be distributed and collected at each race.
- Be prepared!

Lettering

- Athletes can receive a varsity letter by (1) scoring in three or more Varsity races during a season.
- Scoring is defined by finishing a race and scoring at least one point for your team. Both runs must be finished to score a point. Or (2) be a contributing member of the Alpine team for three seasons.

Practice

- Practices are held every Monday, Tuesday, Thursday, and Friday. Except on Race Days. Athletes not competing in a particular race are encourage to come and cheer their teammates on.
- Any cancellation of practice will be communicated in advance through our team Facebook page, email list and text group.
- If school is canceled due to weather, practice will also be canceled.

Team Costs

- There is a \$225 registration fee, paid through the High School activities office.
- Additionally, there is a \$25 team fee to cover additional to cover extra expenses.
- Lift tickets or season passes to Buck Hill will need to be purchased for each athlete.
- The end of year banquet will cost approximately \$20 per person to attend. Equipment costs will be the responsibility of each athlete.

Parent Volunteers

We need help from parents.

- For each race, we ask parents to help out with duties such as gate keeping, scoreboards, jacket collection, bib collection, food/snack coordinating and contributions, tent set up (for Sections and Buck Hill Invite), as well as other duties as they arise.
- A sign up sheet will be available on-line for each event.

Equipment

There will be no equipment provided to the Athletes.

Skis

- It isn't necessary to purchase brand new slalom race skis to begin with.
- An athlete can use their current skis to start.
- As they progress, there may be a need to upgrade the skis.

Poles and Guards

- Pole guards are not necessary until the racer starts to cross block the gates.
- Pole guards can be attached to existing poles and can be found at various ski shops.

Helmet with Face Guard

- Helmets with face guards are required by the State High School League.
- Face Guards can be purchased at any ski shop.
- Face guards only attach to certain types of helmets, so a new helmet may be necessary.

Shin Guards

- Shin guards are not necessary until the racer starts to get closer to the gates.

GS Suits

GS Suits are not required, but many of the racers wear them.

All equipment can be purchased at local ski shops. Used equipment is also a good option and can be found at various ski swaps and sometimes on line on our Facebook page. Coaches can also help athletes figure out what is the best equipment for their ability and race level.