



Parent Information Night

November 14, 2019, 6:30 – 8:30 pm

- Welcome – Cindy McDonnell, Director
- Coaching Philosophy
 - 1 Safety, 2 FUN FUN FUN, 3 Skiing, 4 Racing
 - Passion for a Lifetime Sport – Alpine Skiing – with added fun and challenge of ski racing
 - Healthy activity for kids in the winter!
- New this year
 - New Name – **Lake State Alpine Racing** – 501(c)3 Non-Profit - All funds received stay with the team to meet needs of the program
 - Board of Directors – Bryan Koster, Scott King, Cindy McDonnell, Amy Roesler, Brad Stageberg, Erin Theis -
 - New directors to be elected in spring at LSAR Annual Meeting (TBD)
 - Ethan Harris - Assistant Director
- Head Coaches
 - Sean Lawler, Dave Madison, John Patterson, Brad Stageberg, Erin Theis
- Chalet Ops
 - Scott King, Jane Kleinman, Bryan Koster, Karla Reisch, Todd Underhill
- Coaching Staff – 46 Coaches! Many former college racers and national many former and current HS racers. Many PSIA and USSA certified coaches (and getting more). All coaches are trained on PSIA and USSA methods.
 - Age groups: 6-9 Boys, 6-9 Girls, 10/11 Boys, 10/11 Girls 12+ Boys, 12+ Girls
 - Dedicated coaches and cross coaching – each group has a “team” of coaches
 - 1:6 average coaching ratio, more coaches in beginning of season
 - Ability grouping in beginning of season – dedicated coaching for first 2 weeks until we get everyone up to speed with the experienced kids
 - *Contact us anytime if you have concerns!*
- We have 135 members – will reach 150 – can take up to 175 this year. Thanks for your referrals!
- Bibs (available at first practices), Hats, Teamwear, Patches – November 20th cut-off for Sync Jackets
 - All teamwear is optional (except bibs – must be worn at races)
 - Extra hats \$10, extra patches \$2
- Brochures – please share with friends, schools, etc.
- Housekeeping
 - Hyland – lift ticket required each time
 - Website - schedule
 - E-mails – weekly - ARE YOU GETTING THEM? If not, sign your name at the table
 - Facebooks – SWAP, Official Page
 - Discounts at local ski shops
 - January 4 & 5 – TEAM PHOTOS at Hyland

- Allergies – specifically nuts -- please do not bring nuts to food events
- Attendance – no need to contact us if you can't make a practice. If you can't make a race, please let us know.
- Parent Program – Dave Foley – Intermediate and above – Saturdays when we have practice at Hyland – room for more! SUPER FUN!
- Detroit Mtn weekend adventure– Discount hotel, 2 day lift, practice on Sunday - or a race, tubing
- New - Four Degrees Alpine Ski Team – sharing the Gate Shack at bottom of North
- Practices & Races
 - Please label everything – including your kids so we can identify them by name (name on masking tape on front of helmet, 6-9s only: name on bibs and please wear bibs to practice.
 - Meeting areas – North end of chalet to boot up, meet outside in front of chalet with coaches at start time.
 - **Please be on time!** Have your children dressed warmly, well-fed, hydrated and pottied please!
 - **Meet your kids in chalet or out in front at end of practices**
 - Tues/Thurs nights – 6-9 year-olds free skiing and fun drills (no gates) until midway through season
 - Cancellations – due to extreme cold (-10 F or colder windchill practice start time), dangerous driving conditions, unsuitable snow/hill conditions for skiing/racing, AND if Hyland closes. We will send out an e-mail.
 - No cell phones or substance use during practices or races, kids - stick with your groups
 - Please tune your child's skis at a shop pre-season and before the first race so skis turn easier and "hold" on ice.
- MSDL aka DTEAM League – Emphasis is on Fun and Learning, Rules – If moving up can't come down, Can't be a USSA racer
- Gear West – Sunday 11/17 is Lake State Night at the shop 4:00 – 7:00 pm – Discounts for entire family
- Q&A

HUGE THANK YOU TO OUR SPONSORS!!

