



GPST SKI SWAP: OCTOBER 3 & 4

It's almost time for one of the biggest events of the year - the GPST Ski Swap! Mark your calendars and spread the word, because this annual event is not only the perfect way to gear up for the season, it's also one of our team's biggest fundraisers.


The Ski Swap is a win-win for everyone:

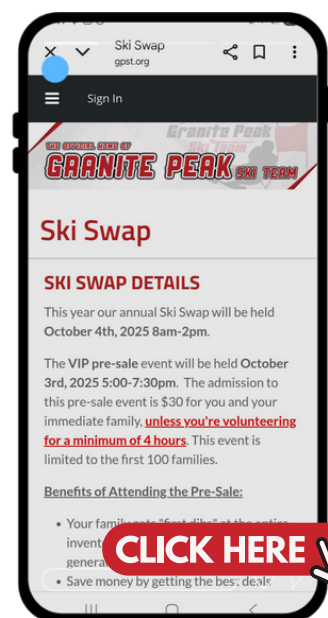
- **Have gear to sell?** Bring in your gently used skis, boots, poles, outerwear, and equipment.
- **Looking for a deal?** Shop the swap to find quality new and used equipment at affordable prices - perfect for growing kids, first-time skiers, or athletes looking to upgrade.
- **Want to support GPST?** We need lots of hands to help make the event a success. From set-up to check-out, our volunteers make a big difference!

Funds raised from the ski swap support GPST athletes by helping keep our program affordable, safe, and competitive for skiers of all ages. Every item sold and every volunteer hour makes a difference.

 Save the Date: October 3rd & 4th

 Location: Granite Peak Ski Area

 Details & Volunteer Sign-Up: www.gpst.org/skiswap





SKILLS QUEST ASSESSMENT



EXERCISES TESTED:

- | | |
|------------------|--------------------|
| 20 m Shuttle Run | Long Jump |
| Pull Ups | Single Leg Squats |
| Triple Jump | 20 m Sprint |
| Push Ups | Box Jumps (60 sec) |

SEPT 7

Michigan

location TBD

SEPT 14

Minneapolis

SEPT 21

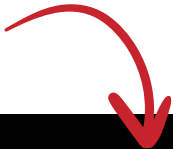
Traverse City

Who should attend a SkillsQuest Assessment?

Coach Ron encourages all travel athletes who qualified for Rocky/Central Championships and all FIS athletes to attend one of these dates.



Other athletes do not need to attend one of these events, but it's always a good idea to add these exercises to your workouts at home – and join us for fall dryland where we'll be working on them, too!



FALL DRYLAND BEGINS SEPT 16TH

All GPST athletes (home team, travel/FIS, high school, and adult league) are welcome to attend our 8-week Dryland Training sessions on Tuesday & Thursday nights beginning September 16th. We will work on specific drills with the focus on correct movement patterns to increase strength, endurance, and flexibility.



Tues & Thurs: 9/16-10/30



5:15-6:30pm



Parking lot next to the GPST Performance Center
(top of Rib Mountain State Park)



Bring water, a jump rope, and a positive attitude!

LOVELAND FALL CAMP: REGISTRATION OPEN



Registration for Ron's Fall Loveland Prep Camps is now open. Register by September 27th to take advantage of early pricing.

[MORE INFO/REGISTRATION](#)

- 📅 **November 9-13, 2025**
- 📅 **November 16-20, 2025**

- Cost: \$900 (register by 9/27). The fee covers lodging, training, and lift tickets for the duration of the camp. Training focuses on fundamentals & drills to start the season off right.
- Open to all athletes (not only GPST athletes).

2025/26 Team Fees

	Early Bird until 6/30	Pricing 7/1-10/15	Pricing after 10/16		Pricing set price
Development (per session)	\$350	\$350	\$350	High School Add-On	\$300
Home Team	\$1000	\$1300	\$1500	Adult League	\$125
Travel Team/ Day Training	\$1600	\$1900	\$2100	Adult Training Add-On	\$200
FIS Team	\$2500	\$3000	\$3500	Adult Referral	\$75





ATHLETE SPOTLIGHT: GRACE KALLIO, U18/FIS

1. WHAT'S YOUR FAVORITE SKI RUN AT GRANITE PEAK?

My favorite runs are Exhibition and Sundance.

2. WHAT'S YOUR FAVORITE PLACE YOU'VE EVER SKIED? WHAT IS ON YOUR BUCKET LIST?

My favorite place I have ever skied has to be either Grand Targhee or Big Sky. A place on my bucket list is definitely skiing the Alps.

3. WHAT GOAL ARE YOU WORKING ON THIS SEASON?

My goal for this season is to qualify for U18 Nationals again.

4. WHAT'S THE BEST ADVICE YOU'VE EVER GOTTEN FROM A COACH OR ATHLETE?

"Focus on the process - not the results."

5. WHEN YOU AREN'T SKIING, WHAT OTHER SPORT/HOBBY DO YOU LOVE?

I enjoy playing soccer, golf, and working out.

6. WHAT ARE YOUR FUTURE GOALS (SKIING OR OTHERWISE)?

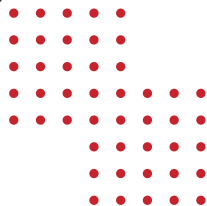
My goal is to hopefully ski in college somewhere but also become a physical therapist.



ABOVE THE LINE SHOUTOUT

Coach RJ has been leading summer workouts with our athletes through the GPST Building Champions WhatsApp group. We're sending a big round of applause to the athletes who were dedicated and focused this summer! They made real gains in their strength and flexibility, balance and coordination. We know it will pay off once we're back on the slopes!





SPONSOR SHOUTOUT *thank you!*

We're excited to work with Adventure Awaits Crossfit again this year to provide quality fitness training for our athletes. Adventure Awaits offers sessions year-round and the Granite Peak Ski Team covers the cost for our home team and travel/FIS athletes to train at Adventure Awaits December-March. See the flier on the next page for more information on their current offerings.



New Location! 5408 Westfair St, Weston

UPCOMING EVENTS

- 9/16 Dryland training begins
- 10/3-10/4 GPST Ski Swap
- 10/15 Deadline to register before price increase
- Nov 9-13 Ron's Loveland Fall Camps
- Nov 16-20
- 11/28-11/30 Thanksgiving Camp

OTHER ANNOUNCEMENTS

Make sure you check out our **GPST Google Drive** to find photos & videos of your racer! 👍 Download whatever you'd like to save – the Google Drive will be cleaned out this summer to make room for next year's footage!

📌 2024/2025 Season: [CLICK HERE](#) ✨

We are still in need of a bookkeeper to help manage invoices/payments etc. If you can spare some time and help the team out, please send an email to info@gpst.org.



KWIK TRIP CARDS



We love Kwik Trip! The funds we raise through these sales really add up! If you buy gas, groceries, or wash your car, order cards today! ➡ [ORDER HERE.](#)

GPST APPAREL STORE!

Stock up on GPST gear now available in our team store!

- Hats
- T-Shirts/Polos
- Jackets/Vests
- Joggers/Sweatpants
- and more!

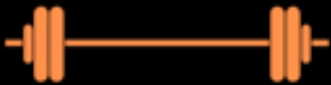


Thank you to Fully Promoted of Wausau for their sponsorship! ❤️

SHOP HERE!

ADVENTURE AWAITS CROSSFIT

ATHLETE DEVELOPMENT PROGRAM



STRENGTH



SPEED



**INJURY
PREVENTION**

CURRENT OFFERINGS



MONDAYS/TUESDAYS/THURSDAYS

3:20-4:20PM

EVERY SPORT. EVERY ATHLETE. AGES 13+

*ALL SESSIONS COACHED AND PROGRAMMED BY CERTIFIED
STRENGTH & CONDITIONING SPECIALISTS

GET STARTED



715-573-2401



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