



Mt. La Crosse Ski Team (MLST)

2019-2020 Season

Program Descriptions

Mission Statement

Mount La Crosse Ski Team is committed to providing opportunities for young athletes to develop their skiing abilities and instill a lifelong love of skiing in a fun, educational, and supportive team environment.

“D”velopment Program \$390

Our “D” Team Program introduces kids (ages 6 to 12) and their families to ski racing and teaches the fundamentals for successful life-long alpine skiing. A combination of drills and race courses help young skiers refine their skills and discover the joy of skiing and ski racing. As these younger athletes grow in their skiing ability they can aspire to join our more advanced programs and go on to race for their high school team. The D Team meets on Tuesday and Thursday from 4:30-6pm.

- Instruction typically begins the first week in January and goes through the first week in March, (if conditions allow). We may add some bonus days in December if conditions are favorable.

Training Program \$540

Our Training Program is open to experienced skiers interested in developing their ski racing skills. Training focuses on ski racing fundamentals with an emphasis on slalom (SL) and giant slalom (GS) disciplines. The Training Program includes instruction Monday, Wednesday & Thursday from 5:30-7:30pm and Tuesday from 5-7pm. Instruction will run mid-December through the first week in March (if conditions allow). The Training Program does not include coaching at any races.

Training Lite Program \$425

The Training Lite is the same as our Training Program, but offers the option for instruction on only 2 nights each week. Instruction is on Tuesdays from 5-7pm and Thursdays from 5:30-7:30pm.

High School Bonus Training Program \$300 / \$150

The High School Bonus Training is open to any high school racer who would like to gain additional training throughout the season. There are two options offered:

- Training with MLST on Monday & Wednesday from 6:30-7:30pm, Tuesday from 6:30-7pm and Thursday from 5:30-7:30pm - **\$300**
- Training with MLST on Thursdays only 5:30 -7:30pm - **\$150**

Traveling Program **New lower price \$1,350**

Our Traveling Program is open to experienced racers interested in ski racing competitively at US Ski and Snowboard (USS&S) sanctioned events. The Traveling Program includes instruction Monday, Wednesday & Thursday from 5:30-7:30pm and Tuesday from 5-7pm. Instruction will run mid-December through the first week in March (if conditions allow). Coaching for the following USS&S sanctioned ski races listed below is included - *PLUS* racers will automatically be entered into The Pinski/Benjamin Cup which includes coaching fees for Spring Fling, Brule and more (a \$150 value).

- Dec 14 -15 Afton Alps, MN - (2 SL & 2GS)
- Dec 21-22 Granite Peak, WI - (GS)
- Dec 23 Buck Hill Invite, MN - (SL) U14 or older
- Jan 4 Buck Hill, MN - (4 Dual SL races)
- Jan 11-12 Lutsen, MN - (SL & GS)
- Jan 17-19 Marquette, MI - (1 SG & 2 SL)
- Jan 25 - 26 Mt. La Crosse, WI - (2 SL)
- Jan 31- Feb 2 Indianhead, MI - (SG) Speed Camp U14/U16
- Feb 21 - 23 Marquette, MI - (SL & GS) Hosking's qualifier U14/16
- Feb 29 - Mar 1 Tyrol Duals, WI - (4 SL)

Hybrid Traveling Program **\$990**

Our Hybrid Traveling Program is an option for experienced skiers who are interested in ski racing at some of the regions USS&S sanctioned events. Athletes and their families choose *three* races from our Traveling Program schedule they wish to attend. Coaching for the three USS&S races is included - *PLUS* racers will automatically be entered into The Pinski/Benjamin Cup which includes coaching fees for Spring Fling, Brule and more (a \$150 value). If an athlete chooses to participate in additional USS&S races a \$100 coaching fee per weekend of racing will apply.

- Weekly instruction is the same as our Traveling and Training Programs.
- Coaches will be happy to answer questions about the different race venues before you choose.
- Please Note: A current USS&S license is required to participate. Parents are responsible for registering and paying race entrance fees.

F.I.S. Racing **\$1950**

Central Division FIS Mid-America Series, U16 or older

All Mt. La Crosse Ski Team fees are due on Monday, November 18th

For current members a \$100 late fee will be added to payments received after Monday, Nov 18th

Please see MLST registration forms for further detail



Additional Ski Racing Opportunities



Athletes on the Mt. La Crosse Ski Team are encouraged to put their skills to the test by competing in these exciting events:

The Pinski/Benjamin Cup _____ **\$150**

This is a traditional annual tournament providing racers of all levels (U14 or under) a super fun competition that goes throughout the season. At seasons end, we get together for a potluck celebration with medals awarded to the top 9 racers and the Pinski Cup awarded to the very top racer, which is then passed on year after year. Racers participate in a compilation of races throughout the season – coaching is provided:

- Three Thursday races, Mt. La Crosse: 7:30pm on Jan 23rd, Feb 13th, Mar 5th
- Two Sunday Slalom races, Mt. La Crosse: Jan 5th & Feb 23rd
- Mt. La Crosse Championship, Mt. La Crosse: Date TBD
- Spring Fling, Mt. La Crosse: March 7th & 8th
- Brule Central Finale, Brule, MI: March 14th & 15th

**Athletes are NOT required to participate in all races to compete in The Pinski/Benjamin Cup.*

***A USS&S license is NOT required to participate.*

The Spring Fling _____ **\$50**

Held at Mt. La Crosse, this is a family-oriented event and an encouraging race for *all* athletes. It also serves as an important fundraiser for our Mt. La Crosse Ski Team. It is typically held over the first weekend in March. (4 races over two days)

The Brule Central Finale _____ **\$50**

This is another fun event held at Ski Brule, MI that provides a great opportunity for teammates and their families to get together and celebrate our accomplishments at seasons end. It is typically held over a weekend in mid-March. (5 races over two days)

Note: This race is only open to racers U14 and under.

-Please Note: In addition to the coaching fees listed above parents are responsible for registering and paying race entrance fees. If you have any questions before registering please feel free to reach out to our head coach, Steve Mikkelson.



**Mt. La Crosse Ski Team
2019-2020 Season
Important Information & Deadlines**

October 15th

USS&S License and Central Region 2 Registration Fees Due
((\$25 late fee will apply, for renewing members))

October 28th

Equipment Night at Mt. La Crosse Ski Shop, 5-8pm

November 2-3rd

Mt. La Crosse Ski Patrol Swap
(For equipment drop off dates check Mt. La Crosse website)

November 18th

Mt. La Crosse Ski Team (MLST) Fees Due
((\$100 late fee will apply, for renewing members))

To Be Determined

Mt. La Crosse Holiday Race Camp at Mt. La Crosse
(Typically held over Christmas vacation)

US Ski and Snowboard License:

A current US Ski and Snowboard license and Central Region 2 registration is required to participate in any USS&S event. To obtain a license and register visit: <http://my.ussa.org>

Note: When registering use the name of our local organization:

La Crosse Area Youth Ski Association (LAYSAs)

Questions or additional race opportunity inquiries:

Contact:

Head Coach Steve Mikkelson

Phone: (608) 792-4729

email: steve.mikkelson08@gmail.com