



## OAST Season Checklist

- REGISTER** at <https://spartans.oronoschools.org/register>  
(Important Note: \$350 activities fee & sport/health summary is due for all athletes upon registration)
- SIGN** MN Ski Area HS Race/Competition liability waiver ~ [skiandboardmn.com/2223hsrace](http://skiandboardmn.com/2223hsrace)  
& posted in "Resources & Waivers" at [oronoalpine.com](http://oronoalpine.com)
- SYNC** your family calendar with the OAST "CALENDAR" at [oronoalpine.com](http://oronoalpine.com) ~ stay tuned!!
- SUPPORT** OAST Booster Club ~ by check -or- online in the "STORE" at [oronoalpine.com](http://oronoalpine.com) (\$100/racer recommended)
- VOLUNTEER** to help at practices &/or races &... via OAST Sign-Up Genius ~ stay tuned for details

### OPTIONAL

Order/pay for OAST apparel & "Captains Pick" Spiritwear (**DEADLINE: Thursday, November 17<sup>th</sup> at 12:00midnight**)  
On the OAST website under "Store"

- Orono Ski Team Jacket (RACERS ONLY)
- Patagonia OAST Teamwear (Racers & families)
- Orono Team knit hats, Patches, & Decals (Racers & families)
- "Captains Pick" Spiritwear (Racers, families, & Superfans!)  
Copy this link into your browser: <https://oronoalpineskiteamfall2022.itemorder.com/>
- Order & pay deposit for OAST Starhouse coat (on loan from the OAST Booster Club for the season)  
Refundable check for \$200 payable to OAST *Send to: Dean Trongard 6525 Franklin Hills Rd, Independence MN 55359*
- Order & pay for the "Race Night Dinner Pack" by Dec 16<sup>th</sup> ~ contact Elizabeth Monico [Emonico@monico.com](mailto:Emonico@monico.com)
- Reserve & pay for OAST Team Training Camp (Dec. 9-11, 2022 at Lutsen) ~ This fun weekend of training and community welcomes all OAST racers and their families! Info & reservation link on OAST website under "Training Camp". **Registration deadline: Dec 2<sup>nd</sup>** Questions: Martha Babitt [mbabitt@aol.com](mailto:mbabitt@aol.com)

### IMPORTANT OAST RESOURCES

Website: [oronoalpine.com](http://oronoalpine.com) (when in doubt, check the website 😊)  
OAST Email address: [oronoalpineski@gmail.com](mailto:oronoalpineski@gmail.com)



**HEAD COACH**  
**HEIDI BUTLER**

[heidibutler@gmail.com](mailto:heidibutler@gmail.com) cell: 952-200-0309

West Metro Conference: <https://www.metrowestconference.org/>  
MN State High School League: <https://www.mshsl.org/>

OAST Family "Garage Sale" ~ <https://docs.google.com/spreadsheets/d/1yJX-VTloPcaxWG-N5subbyxhV16egzvVTc3zQ4dSgo/edit?usp=sharing>  
OAST family google board to sell or purchase previously-loved equipment & clothing