

Orono Alpine Ski Team

Welcome Spartan
Skiers and Parents

2024 / 2025 Season



Coaches & Captains

Co - Head Coaches ~ Kelly McGoldrick and Brian McGoldrick

Assistant Coaches ~ Dave Carlson

PT Drills Coach & Dryland Specialist ~ Ned Pinske

~ Captains ~

Trey Babitt

JT Burns

Jack Windler

Deliha Tate

Eli Trongard Will Riley Eliza Hanson Hide Brady Trok Nico Andrade

Teams

Varsity
&
Junior Varsity



Teams will fluctuate throughout the season based upon time trials and race results.

Weekly team updates will be sent via email by **SUNDAY** evenings from Coach Kelly ~ this will include weekly information on practice & race schedules & other details or changes. Also, visit the website for schedules and Information and more.

If you are unable to race ~ you **MUST** notify Coach Kelly at least 1 day prior!

Kelly mobile: 612-670-6887

Your Ski Gear

Storing and taking care of your ski equipment:

- Morning of practice: drop off your equipment in the **Red Door Room** - located on the south wall of the OHS mezzanine (we will go thru this at dryland too). Door is unlocked before school, locked during school, unlocked after school, locked overnight & during break/no school days.
- After school, grab gear & get on the bus! This is a quick process
- You can store your equipment overnight in Red Door Room
- Take care of your equipment ~ Tune your skis for the weekly conditions!

What to Expect... On-Snow Practice



Practice: Varies~ 2-3 Days per week

Lane time: 3:30 - 5:30pm (*on snow by 3:30pm*)

- 1st on snow practice: Monday December 2, 3:30-5:30
- Time Trials ~ TBD

IMPORTANT

Must SIGN WAIVERS (*go to www.oronoalpine.com "Resources & Waivers" tab*)

Attendance & Lift tickets ~ must text Coach Kelly if you cannot practice by 2:30 day of.

What we'll be doing at practice... besides having fun!

Metro West Conference

Everyone inspects the courses at the beginning Varsity takes 2 runs then JV take 2 runs ~ After EVERYONE helps RIP & SLIP



Races at Buck Hill & Wild Mtn

Bibs will be handed out on the bus and must be returned in bright green bib bag in finish arena after 2nd run ~ please return them the correct side out!

Schools in our Conference:

BSM, Bloomington Jefferson, Chaska-Chan, Richfield

What to Expect... at a Varsity & JV Ski Race



Students will be excused early from school for races

Volunteers will be needed to gate keep & other duties at certain races

Volunteers must sign 1RISK Waiver www.oronoalpine.com

Boys & Girls ski same course twice (no switching)

All races start @ 4:00 * Results sent out via email after race

ALL Racers will help tear down the courses and slip at the end



Transportation

Practice & Race bus will be provided. Please check schedule for depart times.
Practice bus leaves OHS (pick up in front of the ACTIVITIES CENTER) at 3:10PM

If you plan to drive, you must text Coach Kelly to get in for lift ticket count



#1 PRIORITY ~ DRIVE SAFELY & ARRIVE SAFELY!

Ya know..Team Bonding happens on the bus ~ so please ride the bus!

Skier Responsibility



R E S P E C T

Please be mindful & respectful to others & for the safety of all on the hill.

Athletes will be expected to help set, slip, & tear down the practice courses.

Take some free-runs & work on drills before jumping in a practice &/or race course.

Do not ski across any other school's lane - ski all the way to the bottom before heading to lift or rope tow.

Pay attention & be ready in practice course line with boots buckled & goggles down! Keep the flow going in the practice courses to keep from line getting long

Equipment & Clothing

**Having the proper equipment is essential for success!
Feel free to ask one of the Coaches before you buy!**

- Well-maintained skis will allow you to ski faster! And, it's easier!
- Keep a sharp edge on your skis when its cold out
- Use ski straps and a ski bag when traveling to practices and races
- Helmet and goggles are required - goggles must be worn in course
- Make sure to have “Choppers” or glove guards for rope tow days
- Label **EVERYTHING** with your name - First & Last name!
- Keep your belongings in your own space at the ski areas

Gear Guide links on OAST Youtube channel:

<https://www.youtube.com/playlist?list=PLxGfr8TiRWuRK-mPE6SbNDvfOR3O4nB7K>

OAST “Garage Sale” Board:

<https://docs.google.com/spreadsheets/d/1yIX-VTloPcaxWG-N5subbyxhV16egzvVTc3zQ4dSgo/edit?usp=sharing>



Starhouse Coats

Purchased and maintained by the OAST Booster Club. Each team member may (but is not required to) check one out at the beginning of the season and care for it until we collect them back at the season-end banquet.

\$200 Refundable Deposit
(payable by check to OAST)

SEND TO: Dean Trongard
6525 Franklin Hills Rd.
Independence, MN 55359

Checks will be returned when coat is collected back at the end of the season. Any lost or damaged coats will forfeit their deposit.

OAST Starhouse Coat Contact:
Dean Trongard

trongard@gmail.com



Winter Break Training, Alumni Race, & More...

Winter Break Training at Hyland Hills (NO BUS)

- December 30 : 10:00am-12:00

7th Annual Athlete, Alumni, & Family Race (Hyland Hills)

- December 31 : 10:00 am practice 11:00am Race **SPREAD THE WORD!**
- January 2 4:00pm-5:30
- January 3 4:00pm-5:30

Orono Alpine Ski Team ~ Booster Club

We are a 501(c)(3) organization

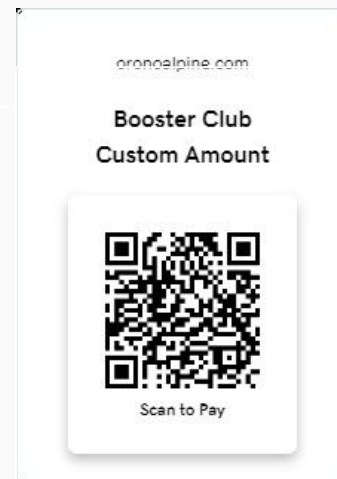
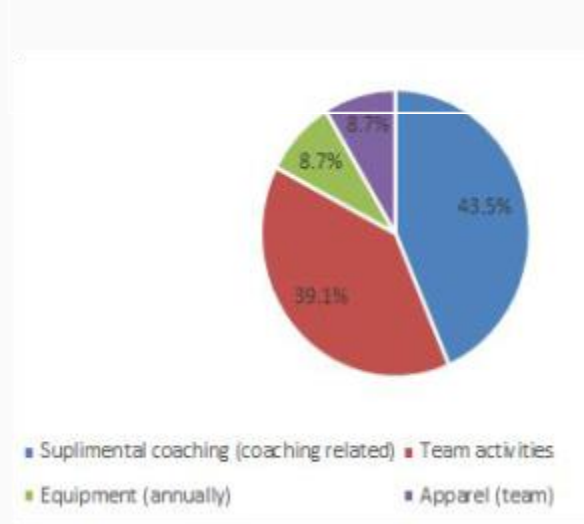
Booster Club Contact: John & Martha Babitt
mbabitt@aol.com

There is a \$100 Booster Club donation per athlete.

Your Booster Club donation helps cover the costs of:

OUR NEW TENT!!!!!!!!!!!!!!

- Supplemental coaching & coaches uniforms
- Equipment
- Team bonding events
- Team Starhouse coats
- Section & State yard signs
- Season-end banquet & awards



President: John Babitt

Treasurer: Jackie Kyle

Secretary: Martha Babitt





Otten Bros. Garden Center & Landscaping is proud to present our community fundraising program called **GIVE & GROW**. Our goal is to provide an easy way to help local clubs, schools, churches and other community organizations earn money.

Shop with us November 1st through December 31st and 10% of each pre-taxed dollar you spend at any of our **two locations**

Orono Alpine Ski Team

It is an easy way to raise funds for your group. Present this flyer to our cashiers upon checking out. We take care of the rest.

Take advantage of the **GIVE & GROW** program as many times as you like until December 31st.

INSPIRATION FROM THE GROUND UP



OTTEN BROS.

Garden Center & Landscaping

2350 West Wayzata Blvd., Long Lake, MN 55356

952-473-5425 www.ottenbros.com

The

Flower Farm

Garden Center
& Greenhouse

3435 US Highway 12 SE, Delano, MN 55328 | 763-972-2311

Must present flyer at time of purchase.
Discount customer's purchases not eligible
for the Give & Grow Program 80GIVE061

FUNdraising Opportunity

Spread the word about Otten Brother's
Amazing contribution to Orono Alpine.

November 1st through December 31st
Otten Brothers and Flower Farm will
donate to Orono Alpine.

At Check out, you **NEED** to mention
ORONO ALPINE for their **DONATION**

Team Training Camp @ Lutsen!



OAST racers & families mark your calendars to join us up at Lutsen

DECEMBER 13-15, 2024

**Come for the White Elephant Gift Exchange
&
Stay for the Skiing!**

DEADLINE to REGISTER: December 9th



Let's Get Social!

OAST Team & Family Bonfire

THURSDAY, NOVEMBER 7th
5:00-8:00pm

@ The Babitt's home: 125 Kintyre Lane
Orono, MN 55356



Ski Racing Needs Parent Volunteers!

OAST Volunteers Contact: Steph Windler

No experience needed! Races will not happen if we do not supply helpers!

See “MSHSL Gatekeeping Duties” pdf on the OAST website -

Duties include gatekeeper, scoreboard, & assistant starter

Volunteer Opportunities:

- Dec 16th: Race #1 Buck Hill
- Dec 31st: Athlete, Alumni, & Family Race
- Jan 6th : Race #2 Buck Hill
- Jan 13th : Race #3 Buck Hill
- Jan 17th : Race #4 Buck Hill – Senior Night
- Jan 22: Race #5 at Wild Mtn
- Jan 29: : Race #6 at Wild Mtn
- All Conference Races: 3-4 Gatekeepers
- *ORONO HOSTS: Jan 6th race at Buck Hill & 1/29 at Wild Mtn. Will need more helpers!*



THANKS ~ WE COULDN'T DO IT WITHOUT YOU!

Stay tuned for updates to the OAST **SIGN-UP GENIUS** for volunteer positions

Volunteers Coordinators

- **Apparel Coordinator:** Julie Lang juliedlang@gmail.com
- **Bus Food & Carbo loads Coordinator:** Kristine Stehly Kristine_stehly@yahoo.com
- **Communications Coordinator:** Steph Windler stephanie_windler@yahoo.com
- **Captains Liaison:** (A Senior Captain to be appointed by OAST)
- **Captains Parents Liaison:** Martha Babitt mbabitt@aol.com
- **Equipment & Tent Team:** John Babitt john.babitt@ey.com
- **Photos:** Patrick Burns patrick@burnshansen.com
- **Race Day On-hill Coordinator:** Steph Windler (& Jess Barkley) stephanie_windler@yahoo.com
- **Starhouse Coats:** Susan & Dean Trongard trongard@gmail.com
- **Team Training Camp & Special Events Coordinator:** Martha Babitt mbabitt@aol.com
- **Volunteers:** Steph Windler stephanie_windler@yahoo.com
- **Website:** Julie Lang juliedlang@gmail.com
- **Fundraising:** Martha Babitt mbabitt@aol.com

Team Jacket and Spiritwear

Check out our Team Store www.oronoalpine.com



Jackets need to be ordered ASAP!

Deadline for other apparel is Friday, November 25th

Purchase at Winter Sports Night Apparel Table or Online



New Team Jacket



Partnership with First Apparel



New Year New Apparel

Orono Alpine Ski Team and fan apparel is available for purchase **24 hours a day, 7 days a week, 365 days a year**, and is delivered right to your front door. Scan or click now and support your Spartans!



Captains Pick!

Designed by your 2024/2025 Captains



This item can be purchased through the Captains

Garage Sale - Used Ski Equipment



Want to sell or buy used
Ski Equipment?

Please go to the STORE TAB at
[www. oronoalpine.com](http://www.oronoalpine.com)



Jimmy John's on Race Days

**Jimmy John's
original sub
sandwich dinner
pack**

\$60

Please pay the full amount at
sign up. Cash or Venmo at
Winter Sports Night

Venmo: @Kristine-Stehly
612.968.6162

Please reach out with any
questions

Kristine Stehly at
612-986-6162

Kristine_Stehly@yahoo.com

Contact: Kristine Stehly
Kristine_Stehly@yahoo.com



JJ original sandwich choices:
The Pepe, Big John, Turkey Tom, Vito, The
Veggie, JJ B.L.T

Bottle of water
Chips
Treat



KS

Kristine Stehly

@Kristine-Stehly



venmo

Scan this code to pay

OAST Season Checklist

- ☐ **REGISTER** via MyPaymentsPlus (\$350 activities fee & provide Sports Physical Exam record to OHS office)

On the Oronoalpine.com website

- ☐ **SIGN** resort liability waiver in “RESOURCES & WAIVERS”
- ☐ **Fill out** Racer Bio Form & give to Coach Kelly
- ☐ **SYNC** family calendar with OAST “CALENDAR”
- ☐ **SUPPORT** OAST Booster Club with payment of \$100 for annual dues
- ☐ **VOLUNTEER** to help via the *OAST Sign-Up Genius*

OPTIONAL

- ☐ Orono Ski Team Jacket (racers only)
- ☐ Orono Alpine Team Apparel (racers & families)
- ☐ New- First Apparel Teamwear (racers & families)
- ☐ OAST Patches, Decals (racers & families)
- ☐ “Captains Pick” Spiritwear (racers & families)
- ☐ Order & pay \$200 refundable deposit for OAST Starhouse coat
- ☐ Order & pay \$60 for “Race Night Dinner Pack” by Dec 15th
- ☐ Reservation & payment for OAST Team Training Camp (Dec 13-15 at Lutsen) ~ DEADLINE: Dec 9st



DEADLINE for all Apparel Orders
Thursday, November 24th at 12:00
midnight

IMPORTANT OAST RESOURCES

HEAD COACH: Kelly McGoldrich
mcgo0043@gmail.com

Xxx vvv tttt

Website: www.oronoalpine.com (when in doubt, check the website)

OAST Email address: oronoalpineski@gmail.com

West Metro Conference: <https://www.metrowestconference.org>

OAST Email Communication - Sunday

Communication for the team is done through the email oronalplineski@gmail.com
On Sunday, Look for an email to highlight important information for the upcoming week
Including;

- Messages and information from the coaches
- Schedule changes
- Team Events

The OAST email should be used for all questions, comments, concerns, and other communication for the team.

The communication coordinator will forward your questions &/or concerns to the appropriate person.

For last minute and time sensitive changes, SKIERS should direct their communication to the coaches. (For Example: **Absent** for practice or races, **Late** for practice or race)

Looking forward to a great season

