



"Coming together is a beginning. Keeping together is progress. Working together is success" Henry Ford

Orono Alpine Ski Team

Welcome Spartan
Skiers and Family

2025 / 2026 Season





Coaches

* Trust your line. Ski your heart out

**Co - Head Coaches ~ Kelly McGoldrick &
Brian McGoldrick**

**Assistant Coaches ~ Dave Carlson
Liz Kiersuk**

PT Drills Coach & Dryland Specialist ~ Ned Pinkse



Captains

* Ski fast, take chances — and cheer for your teammates!

Sofie Dyvek
Katherine Springmeyer
Olive Gladney
Mollie Hollerman

Ethan Tulkki
Koen Holwell
Parker Stevens
Vincent Monico
Danny Kinzer
Connor Lang

"Talent wins games, but teamwork and intelligence wins championships" Michael Jordan



Varsity and Junior Varsity

* Together we ride, together we glide

Varsity will be our top 10 skiers for girls and boys

Weekly Team updates will be sent via email by Sunday evening from Coach Kelly – alpineski@orono.k12.mn.us

The email will include weekly information on practice, race schedules and other important updates and/or changes.

Lift Tickets are included in your registration fee! And if you have a season pass – please let us know – this helps us keep the cost down at races

Important Reminder:

If you are unable to race, you **MUST** notify the coaches. This is your responsibility as a member of our team.



Skier Responsibilities

* Skiing is not just a sport — it's a feeling of freedom

R

- Please be mindful and respect others

E

- Make safe decisions on the hill
- Athletes are expected to help set, slip, & tear down the practice courses

S

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

P

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

E

- Pay attention and be ready in line with all equipment on including buckled boots

C

- Keep the flow going in the practice courses to maximize runs
- Be on time and keep your gear organized

T



What to expect... On Snow Practice

* Courage is what turns a slope into a playground

Location: Hyland Hills – bus provided both ways

Practice: 4 days a week in December – 2-3 days in January depending on our race schedule

Lane time: 3:30 - 5:30pm *Bus leaves Orono AC at 3:10*

- 1st on snow practice: Monday, December 1

SIGN WAIVERS

(www.oronoalpine.com “Resources & Waivers” tab)

Attendance ~ must text Coach Kelly if you cannot practice. You are required to practice the day before races to be eligible to race.

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

Drills

Skiing Development

Gate Training



What to expect on Race Days

* Powder days are better with friends

Location: Bus will leave from and return to the AC

Early Release: Please check email and schedule for exact time

Buck Hill races – release 2:00pm bus leaves at 2:20

Wild Mountain – release at 1:00 – bus leaves at 1:15

Invitationals vary for timing

Race Start Time: 4pm Varsity will go first, Then JV***

****exception is the first race of the year.*

- 1) If you purchase the Jimmy John Meal, food will be provided on the bus
- 2) Varsity will ski 2 runs then JV will ski 2 runs
- 3) Boys & Girls ski same course twice (no switching)
- 4) Results will be emailed from alpineski@orono.k12.mn.us
- 5) Volunteers are needed. Volunteers must sign 1RISK Waiver www.oronoalpine.com
- 6) ALL Racers will help tear down the courses and slip at the end



What to expect on Invitationals

* A great teammate helps others shine

Location: Bus will leave from and return to the AC

O-Lake Invitational: Friday, January 2, 2026 – Wild Mountain

All day – bus will leave from Orono AC around 6:30am

Whole Team can participate

Pioneer Valley Invitational : Monday, January 26, 2026 – Wild Mountain

All day – bus will leave from Orono AC around 6:30am

Top 6 Varsity Boys and Girls



Metro West Conference

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

* Go big, turn sharp, smile wide

Race Dates:

December 15 th	at	Buck Hill
January 5 th	at	Buck Hill
January 9 th	at	Buck Hill
January 12 th	at	Buck Hill *Senior Night – Recognition Between 1 st and 2 nd Runs
January 21 st	at	Wild Mountain
January 28 th	at	Wild Mountain
February 4 th	at	Wild Mountain - Sectionals - Full day event
February 10 th	at	Giant's Ridge - State

Prior to the race starting, everyone will inspect the course

*Varsity takes 2 runs then JV will follow with 2 runs. After the race EVERYONE helps
RIP & SLIP*

Bibs will be handed out on the bus and must be returned in the blue Rubbermaid bin in the finish arena after 2nd run ~ please return them the correct side out!

Schools in our Conference:

BSM, Bloomington Jefferson, Chaska-Chanhassen, Richfield, Benilde St. Margaret





Race Day Meal – Jimmy John's \$108

* No friends on a powder day — unless they can keep up!

Contact: Katie Hollerman
952-232-8524
Katie@hollerman.com



JJ original sandwich choices:

The Pepe, Big John, Turkey Tom, Vito,
The Veggie, JJ B.L.T

Bottle of water
Chips
Treat

\$108

Katie Hollerman

@Katie-Hollerman



venmo

Sign up, pick your sandwich and
pay in full. Cash or Venmo at
Winter Sports Night



Volunteers... We Need YOU!

* Behind every successful ski team is a mountain of amazing 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

Volunteers needed on Race Days:

Duties include gatekeeper, scoreboard, & assistant starter

- December 15 Race #1 – 2 Volunteers needed
- January 5 Race #2 – 6 Volunteers needed – we are the host
- January 9 Race #3 – 2 Volunteers needed
- January 12 Race #4 – 2 Volunteers needed
- January 21 Race #5 – 2 Volunteers needed
- January 28 Race #6 – 2 Volunteers needed



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

THANKS ~ WE COULDN'T DO IT WITHOUT YOU!



Transportation

* Courage at Every Turn

A bus will be provided for practices & races.
Please check the schedule for departure times.



Practices Days – 3:10pm the bus will depart OHS
(In front of the Activity Center)

Lift tickets will be distributed on the bus
If you plan to drive, you must text Coach Kelly to get a lift ticket
If you can not make a practice or race, text coach Kelly. We do not want to pay for unused lift tickets

#1 PRIORITY ~ DRIVE SAFELY & ARRIVE SAFELY!
Team bonding happens on the bus ~ so please ride the bus



Team Training - Lutsen

* Together We Fly Downhill



Save the Date **DECEMBER 12-14, 2025**

Location: Lutsen

Hotel: AmericInn (We have some rooms on hold)

Date: December 12-14

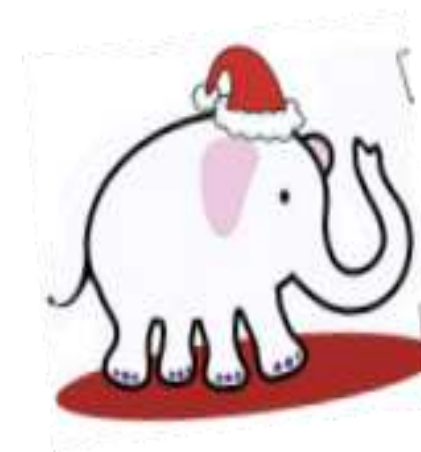
Who: Everyone Welcome - OAST Racers and Families

Friday: Team dinner at the hotel and a White Elephant Gift Exchange

Saturday and Sunday: Training

DEADLINE to REGISTER on the website is December 9th

More information to come





Ski Equipment and Clothing

* Life's Better in the Fast Lane

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!
- Use ski straps and a ski bag when traveling to practices and races
- Helmet and goggles are required - goggles must be worn in the course
- Make sure to have "Choppers" or glove guards for the tow rope
- **Label EVERYTHING** with your name - First & Last name!
- Keep your belongings in your own space at the ski areas
- Wear proper clothing for weather conditions

Gear Guide links on OAST YouTube channel:

<https://www.youtube.com/playlist?list=PLxGfr8TjRWuRK-mPE6SbNDyfOR3O4nB7K>



Storage and Care for your Ski Gear

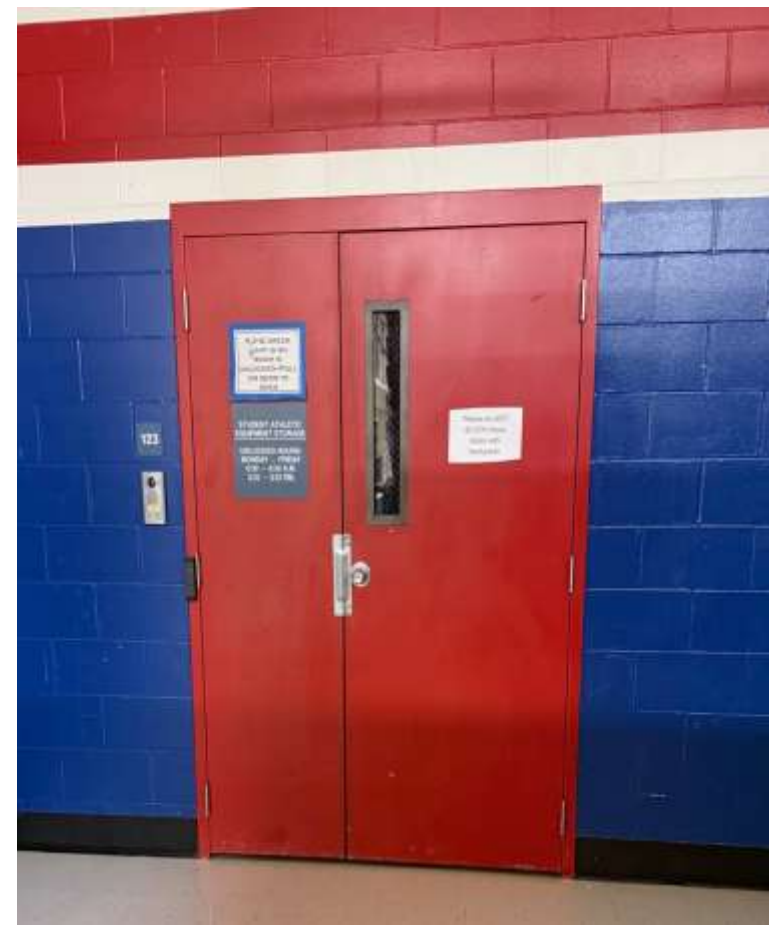
* Turn Heads — and Gate

Red Door Room:

- It is safe locked storage room for your Ski gear
- Door is unlocked before school, locked during school, unlocked after school, locked overnight & during break/no school days.
- You can store your equipment overnight in Red Door Room
- Located in the HS. Enter the H2 doors and walk to the left. During dryland training you will visit the room.
- After school, grab your gear from the Red Door Room & get on the bus! This is a quick process

Equipment care

- Success comes from caring for your equipment
 - ~ Tune your skis for the weekly winter conditions
- Athletes should come prepared with the correct boots, poles and equipment

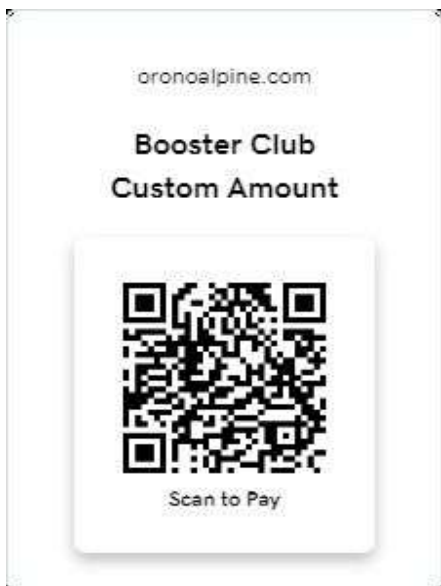




Orono Alpine Ski Team – Booster Club

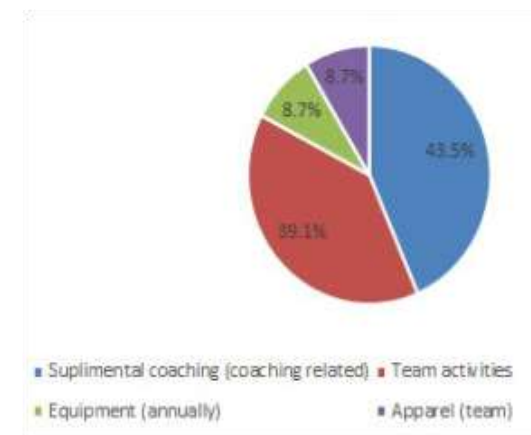
* Precision. Passion. Performance.

Pay Your Dues Today!
\$125 Booster Club donation per athlete



Why Pay your Dues.... It helps pay for the following

Equipment - OUR NEW TENT!
Supplemental coaching & coaches uniforms
Equipment
Team bonding events
Team Starhouse coats
Section & State yard signs
Season-end banquet & awards
And MORE



We are a 501(c)(3) organization

President: Jeff Dankey **Treasurer: Jackie Kyle**
Voting Members: Julie Lang and Patrick Burns

Secretary: Steph Windler





Starhouse Coats

* Snow. Speed. Spirit

Pick Up your Coat Today!

Starhouse Coats have been 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.

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

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

If you forgot your check, mail it to Julie Lang
2651 Woodbridge Road
Wayzata, MN 55391
juliedlang@gmail.com 612-991-0627





OAST Online Apparel Store

* We don't chase perfection — we carve it

Check out our Team Store
www.oronoalpine.com



Team Jacket is not mandatory. If you want a new jacket, you need to order by Monday, November 3rd

Samples of our apparel will be at Winter Sports Night





Apparel Partnership - First Apparel

* The team that trains in the cold stands tallest on the podium



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!

SCAN
ME





Garage Sale – Buy or Sell

* Train hard. Ski harder

Want to sell or buy used
Ski Equipment?



Please go to the STORE TAB at
www.oronoalpine.com





NEW- TeamSnap App

* Every race starts with belief and ends with heart

A collage of three smartphone screens displaying the TeamSnap app interface. The screens show various features like team communication, game details, and a calendar. A large, bold, black "teamsnap" logo is overlaid on the bottom half of the collage. To the left of the logo is an orange circle with a white asterisk. A white starburst sticker with the text "Paid by Booster Club" is placed over the top right of the app screens.

time
cating
team

stay organized
with all the details in
one place

know th
and who

Paid by Booster Club

Game
Availability Statistics
Boulder Strikers
vs. Snap Dragons
Thurs, Sept 20
6:30pm - 8:00pm

Strikers
October
13
14
17
11:00 AM
Tournament vs. Bobcats
Pleasant View Fields

Boulder Strikers
3-
TeamSnap Live!
Boulder Strikers
Lyon Panthers 1
Jan 4 - 10:00 AM

***teamsnap**



Fundraising – Katie Hollerman

*Speed doesn't come from luck — it comes from courage in every turn.

Join us in our FUNdraising events for OAST

December 16th Chipotle 5pm -9pm

November 1- December 31st Otten Brothers

- Please mention OAST at Check Out!



More Fundraising events to come...





Go Orono!

* Fast legs. Brave hearts

- ☐ **REGISTER** via MyPaymentsPlus
- ☐ **SIGN** Liability Waiver in “RESOURCES & WAIVERS”
- ☐ **COMPLETE** Racer Bio Form & give to Coach Kelly
- ☐ **ACCEPT** TeamSnap invite and sync calendar
- ☐ **SYNC** family calendar with TeamSnap and/or from oronoalpine.com
- ☐ **SUPPORT** OAST Booster Club with payment of \$125 for annual dues
- ☐ **VOLUNTEER** to help via the *OAST Sign-Up Genius*



OPTIONAL

- ☐ Purchase Team Jacket (racers only)
- ☐ Purchase Team Apparel
- ☐ Check out and pay \$200 refundable deposit for OAST Starhouse coat
- ☐ Order & pay for “Jimmy John’s Race Dinner Pack”
- ☐ Reservation & payment for OAST Team Training Camp (Dec 12-14 at Lutsen) ~ DEADLINE: Dec 9th



Alpine Contact Information

Apparel Coordinator: Julie Lang juliedlang@gmail.com

Bus Food Coordinator: Katie Hollerman katie@hollerman.com

Equipment & Tent Team: Jeff Dankey jdankey@gmail.com

Fundraising: Katie Hollerman katie@hollerman.com

Photos: Patrick Burns patrick@burnshansen.com

Race Day On-hill volunteer Coordinator: Steph Windler stephanie_windler@yahoo.com

Starhouse Coats: Julie Lang juliedlang@gmail.com

TeamSnap App: Julie Lang juliedlang@gmail.com

Team Training Camp & Special Events Coordinator: Jeff Dankey jdankey@gmail.com

Volunteers: Steph Windler stephanie_windler@yahoo.com

Website: Julie Lang juliedlang@gmail.com

OAST Email: oronoalpineski@gmail.com

OAST Website: www.oronoalpine.com



Driven by Grit. Fueled by Snow. Let's GO!

Looking forward to a great season

