

# Orono Alpine Ski Team

Welcome Spartan  
Skiers and Parents

*2023 / 2024 Season*



# Coaches & Captains

**Head Coach** ~ Heidi Butler

**Assistant Coaches** ~ John Koch & Anna Trenary

**PT Drills Coach & Dryland Specialist** ~ Ned Pinske

## ~ Captains ~

Jack Shideman   Elliott Randolph   Luke Tufvander   Alfie Bolgar

Grace Johnson   Ellery Rohrer   Leah Barry   Lydia Muldoon   Carys Summers

# 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 Heidi ~ this will include weekly information on practice & race schedules & other details or changes

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



# What do I do with my equipment ?

Steps to follow for storing & 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 to the bus! Not a lot of time to spare in between!
- You can store your equipment overnight in room
- Keep up & take care of your equipment ~ Tune your skis for the weekly conditions!

# What to Expect... at an On-Snow Practice



**Practice:** 2x/week in Jan ~ Days vary

**Lane time:** 3:00 - 5:30pm (*on snow by 3:15pm*)

- 1st on snow practice: Tuesday, November 27th ~ 3:30 - 5:30pm
- Time Trials ~ December 15th & Jan 3rd 3:00 - 5:30pm

## **IMPORTANT**

**Must SIGN 1 RISK LIABILITY WAIVER** (on [oronoalpine.com](http://oronoalpine.com) website "Resources & Waivers" tab)  
Attendance & Lift tickets ~ must text Coach Heidi if you cannot practice by 2:30 day of.

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

Drills

Skiing Development

Gate Training

# Metro West Conference

Everyone inspects the courses at the beginning then Varsity takes 2 runs, then JV racers take 2 runs ~ Then EVERYONE helps RIP & SLIP at the end



## Races at Buck Hill, Wild Mtn, & Powder Ridge

**Bibs** will be handed out on the bus and must be returned in bright green bib bag in finish arena after 2nd run ~ please make sure to turn them right 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 ~ Volunteer through *Sign Up Genius* ~

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 2:50PM

If you plan to drive, you must text Coach Heidi 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!**

Also:

- 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=PLxGfr8TjRWuRK-mPE6SbNDyfOR3O4nB7K>

**OAST “Garage Sale” Board:**

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



# Starthouse 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 Starthouse Coat Contact: Dean Trongard**  
[trongard@gmail.com](mailto:trongard@gmail.com)



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

## Winter Break Training at Hyland Hills (NO BUS)

- December 20 & 21st : 8:00am-10:00am
- December 26-28th : 8:00am-10:00am

## 6th Annual Athlete, Alumni, & Family Race (Hyland Hills)

- December 26th: 8:00 - 10:00am Training / 11:00am Race **SPREAD THE WORD!**

O' Lake Invite Race (Varsity & JV): Friday, January 5th ~ All-day event @ Wild Mtn

Hill Murray/Wild Invite (top 6 boys & top 6 girls): Friday, January 26th ~ all-day event @ Wild Mtn

Section 5 Race : Tuesday Feb 6th ~ Wild Mtn: Top 7 boys & 7 girls will represent Orono Alpine

MSHSL State Meet: Tuesday Feb 13th ~ Giants Ridge: Must qualify

# Orono Alpine Ski Team ~ Booster Club

We are a 501(c)(3) organization

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

Your Booster Club donation helps cover the costs of:

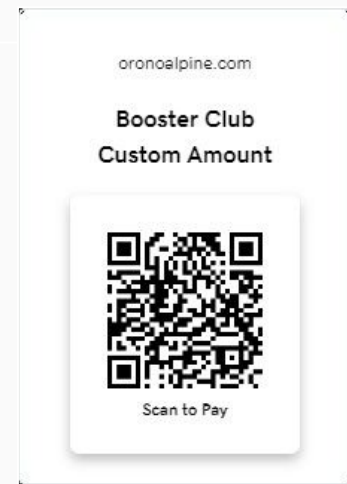
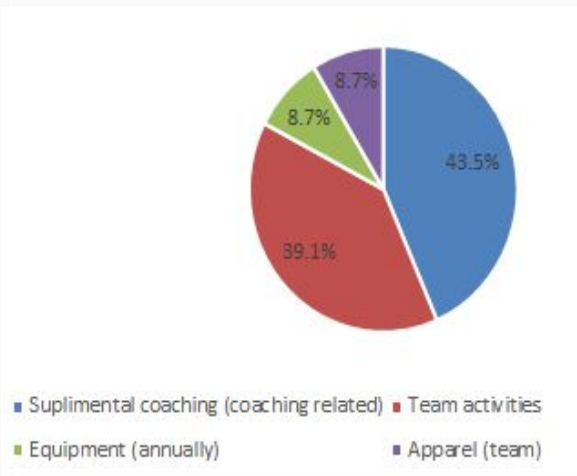
- Supplemental coaching & coaches uniforms
- Equipment
- Team bonding events
- Team Starhouse coats
- Section & State yard signs
- Season-end banquet & awards

**President: Elliott Randolph**

**Treasurer: Jamie Windler**

**Secretary: Martha Babitt**

**Booster Club Contact: Elliott Randolph**  
[elliotttrandolph@gmail.com](mailto:elliotttrandolph@gmail.com)



# Team Training Camp @ Lutsen!



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

**DECEMBER 8-10, 2023**

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



DEADLINE to REGISTER: December 1st



# Let's Get Social!

## OAST Team & Family Bonfire

**THURSDAY, NOVEMBER 16th**

**4:45** (right after dryland) - **7:00pm**

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



Potluck Sign-Up Genius link is on the [oronoalpine.com](http://oronoalpine.com) ~HOME page



# 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 12th & 13th : Time Trial helper
- Dec 26th: Athlete, Alumni, & Family Race
- Jan 5th : O'Lake Invitational
- Jan 26th : Hill Murray/Wild Invite
- All Conference Races: 3-4 Gatekeepers
  - *ORONO HOSTS: Jan 17th Conference race at Powder Ridge. 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](mailto:juliedlang@gmail.com)
- **Bus Food & CarboLoads Coordinator:** Elizabeth Monico [Emonico@monico.com](mailto:Emonico@monico.com)
- **Communications Coordinator:** Steph Windler [stephanie\\_windler@yahoo.com](mailto:stephanie_windler@yahoo.com)
- **Captains Liaison:** *(A Senior Captain to be appointed by OAST Head Coach)*
- **Captains Parents Liaison:** Rebecca Bolgar [thebolgars@msn.com](mailto:thebolgars@msn.com)
- **Equipment & Tent Team:** John Babitt [john.babitt@ey.com](mailto:john.babitt@ey.com)
- **Photos:** Patrick Burns [patrick@burnshansen.com](mailto:patrick@burnshansen.com)
- **Race Day On-hill Coordinator:** Steph Windler (& Jess Barkley) [stephanie\\_windler@yahoo.com](mailto:stephanie_windler@yahoo.com)
- **Starhouse Coats:** Susan & Dean Trongard [trongard@gmail.com](mailto:trongard@gmail.com)
- **Team Training Camp & Special Events Coordinator:** Martha Babitt [mbabitt@aol.com](mailto:mbabitt@aol.com)
- **Volunteers:** Steph Windler [stephanie\\_windler@yahoo.com](mailto:stephanie_windler@yahoo.com)
- **Website:** Julie Lang [juliedlang@gmail.com](mailto:juliedlang@gmail.com)
- **Fundraising:** Martha Babitt [mbabitt@aol.com](mailto:mbabitt@aol.com)

# Team Jacket and Spiritwear

Check out our NEW website and store online

**Deadline for orders Friday, November 24th at 12:00am**

Purchase at Winter Sports Night Apparel Table or Online  
[www. oronoalpine.com](http://www.oronoalpine.com)



New Team Jacket



# Captains Pick!

Designed by your 2023/2024 Captains

**Deadline for Orders and Payments Friday, November 24th at 12:00am**

Purchase at Winter Sports Night or contact  
Captain Grace Johnson 612-346-0319



# 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!

SCAN  
ME



# Garage Sale - Used Ski Equipment



Want to sell or buy used  
Ski Equipment?

Please go to the Store at

[www.oronoalpine.com](http://www.oronoalpine.com)



# Jimmy John's on Race Days

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

**\$50**

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

Venmo: @Elizabeth-Monico-2

Please reach out to Elizabeth  
Monico with any questions  
612-247-6857  
[emonico@monico.com](mailto:emonico@monico.com)

**Contact: Elizabeth Monico**

[emonico@monico.com](mailto:emonico@monico.com)



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

Bottle of water  
Chips  
Treat



# OAST Season Checklist

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

## On the [Oronoalpine.com](http://Oronoalpine.com) website

- SIGN resort liability waiver in “RESOURCES & WAIVERS”
- Fill out Racer Bio Form & give to Coach Heidi
- SYNC family calendar with OAST “CALENDAR”
- SUPPORT OAST Booster Club with payment of 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 \$50 for “Race Night Dinner Pack” by Dec 15th
- Reservation & payment for OAST Team Training Camp (Dec 8-10 at Lutsen) ~ DEADLINE: Dec 1st

## IMPORTANT OAST RESOURCES

HEAD COACH: HEIDI BUTLER

[heidiabutler@gmail.com](mailto:heidiabutler@gmail.com)

952-200-0309

Website: [www.oronoalpine.com](http://www.oronoalpine.com) (when in doubt, check the website)

OAST Email address: [oronoalpineski@gmail.com](mailto:oronoalpineski@gmail.com)

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



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

# OAST Sunday Emails

Every Sunday an email will go out with the week's schedule from Coach Heidi:

**[oronoalpineski@gmail.com](mailto:oronoalpineski@gmail.com)**

**This email is monitored by volunteer parent, Steph Windler.  
For immediate response or questions please reach out to Coach Heidi  
~Text, call 952-200-0309 or email [heidiabutler@gmail.com](mailto:heidiabutler@gmail.com)**

**Please email [oronoalpineski@gmail.com](mailto:oronoalpineski@gmail.com) to be added.**