Orono Alpine Ski Team

Welcome Spartan Skiers and Family

2026 / 2027 Season

Coaches

* Trust your line. Ski your heart out

Head Coaches ~ Kelly McGoldrick
Assistant Coaches ~ Dave Carlson

Assistant Coach Position Available!

PT Drills Coach & Dryland Specialist ~ Ned Pinkse

Varsity and Junior Varsity

* Together we ride, together we glide

Varsity & JV Teams

- Varsity: Top 10 girls and top 10 boys.
- Junior Varsity (JV): All remaining racers.

Weekly Team Communications

- Coach Kelly will email weekly updates by Sunday evening.
- Updates include practice schedules, races, important announcements, and changes.
- Email: alpineski@orono.k12.mn.us

Lift Tickets

- Lift tickets included in registration fees.
- Hyland Hills season pass included.
- Already have a season pass? Please let us know!

Dryland Training and Races

Dryland Practice

- Attendance required.
- Builds team unity, improves fitness, and prepares athletes for the racing season.
- Absences may affect Varsity racing eligibility.

Race Information

- Individual racer points contribute to the overall team score.
- All 10 Varsity racers contribute to the team score.
- Substitute racers will fill the absent racer's starting position, which may impact the team's overall race order.

Practice Attendance & Race Eligibility

- Mandatory RSVP on TeamSnap
- If unable to attend practice or a race, racers MUST Email Coach Kelly and RSVP on TeamSnap.
- Racers MUST attend practice the day before a race to be eligible to compete.
- Practice attendance may affect Varsity racing eligibility.
- Communication is the racer's responsibility, not the parent.

Team Captain Selection & Responsibilities

Selection Process

- Athletes interested in becoming a captain must apply for the position
- Candidates give a brief introduction and explain why they would be a good captain
- Team members vote for captains
- Head coach makes final selections
- Up to 3 female and 3 male captains

Captain Responsibilities

- Ride the team bus
- Help set courses at practice
- Get racers from the chalet to practice
- Buddy up for course inspection
- Help with race readiness
- Assist with ripping and slipping practice and race courses

Skier Responsibilities

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

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- Each racer will receive season pass
- Please be mindful and respect others
- Make safe decisions on the hill
- Athletes are expected to help set, slip, & tear down the practice courses
- Take some free-runs & work on drills before jumping in a practice and/or race course
- Do not ski across any other school's lane - ski all the way to the bottom before heading to lift or tow rope.
- Pay attention and be ready in line with all equipment on including buckled boots
- Keep the flow going in the practice courses to maximize runs
- Be on time and keep your gear organized

On-Snow Practice

* Courage is what turns a slope into a playground

Location:
- Hyland Hills
- Bus transportation provided both ways.

Practice Days
- Monday - Thursday (4 days per week)
- Lane Time: 3:30–5:30 PM
- Bus Departure: 3:10 PM from Orono High School Activity Center

First On-Snow Practice
- December 1, weather permitting

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

Drills Ski Development Gate Training

Transportation

* Courage at Every Turn



- Bus provided for practices and races
- Practice bus departs OHS at 3:10 PM (Activity Center)
- Check the schedule for race-day departure times
- Team bonding happens on the bus — please ride!

#1 PRIORITY ~ DRIVE SAFELY & ARRIVE SAFELY!

Bus Chaperones



Your support helps keep our team running smoothly. Thank you!

What to expect on Race Days

* Powder days are better with friends

Transportation & Early Release

- Bus departs from and returns to the AC (times TBD 1-2pm).
- Check weekly emails for exact release and departure times.

Races

- Course inspections 3:00 - 3:30pm
- Races begin at 4:00 PM.
- Varsity completes 2 runs, followed by JV with 2 runs.
- Boys and girls race the same course twice.

Race Day Reminders

- Preordered Jimmy John's meals will be provided on the bus for those who purchased them.
- Race results will be emailed from alpineski@orono.k12.mn.us.
- Volunteers are needed!
- ALL racers must help with course teardown and slipping at the end of the race.

Metro West Conference

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

* Go big, turn sharp, smile wide

Race Dates

- December 14th - Buck Hill (Bloomington Jefferson)
  - *Scrimmage; Does not count for conference standings or awards.*
- January 1st - Wild Mountain
- January 4th - Buck Hill - (Chaska/Chan)
- January 11th - Buck Hill - (St. Louis Park)
- January 15th - Buck Hill (Benilde)
  - *Senior Night; Recognition between 1st and 2nd runs.*
- January 20th - Wild Mountain (Bloomington Jefferson)
- January 27th - Wild Mountain (Orono)
- February 3rd - Sections Wild Mountain (only varisty)
- February 9th - State Giants Ridge (qualifiers)



Race Procedures & Expectations

Before the Race
- All racers must inspect the course before racing.

Race Format
- Varsity completes 2 runs, followed by JV with 2 runs.
- ALL racers help rip and slip the course after racing.

Race Bibs
- Bibs will be distributed on the bus.
- Return bibs to the blue bin after your second run.
- Please return bibs right side out.

Metro West Conference Schools
Benilde-St. Margaret's (BSM),Bloomington Jefferson, Chaska/Chanhassen, Richfield

What to expect on Invitationals

* A great teammate helps others shine

O'Lakes Invitational:

Friday, January 1, 2027 – Wild Mountain - No school
All day – bus will leave from Orono AC around 6:30am
Whole team can participate

Pioneer Valley Invitational :

Monday, January 27, 2027 - Wild Mountain – No school
All day – bus will leave from Orono AC around 6:30am
Top 6 Varsity boys and girls

Race Day Meal – Jimmy John's $114

* 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

$114

Katie Hollerman

@Katie-Hollerman

KH

venmo

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

Race Volunteers… We Need YOU!

* Behind every successful ski team is a mountain of amazing volunteers

No experience needed!
See "MSHSL Gatekeeping Duties" pdf on the OAST website

Volunteers needed on Race Days:
Gate Judge & Assistant Starter

- December 14 = 2 Volunteers
- January 1 = 2 Volunteers
- January 4 = 2 Volunteers
- January 11 = 2 Volunteers
- January 15 = 2 Volunteers
- January 20 = 2 Volunteers
- January 27 = 2 Volunteers
- February 3 Sections – 2 Volunteers



Stay tuned for updates to the OAST ***SIGN-UP GENIUS*** for volunteer positions
THANKS ~ WE COULDN'T DO IT WITHOUT YOU!

Volunteers… We Need YOU!



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

Gear West Night

October 28th 4:00 -7:00 PM

Location: Gear West - Long Lake, MN

- Special discounts on ski gear and equipment.
- Knowledgeable Gear West staff available to help with equipment selection and fittings.
- Try on boots, helmets, and other ski gear to ensure the proper fit.

Get geared up for ski season!



Ski Gear Storage

* Turn Heads — and Gates

Red Door Storage Room

- Locked storage room for ski equipment. Open before and after school.
- Locked during school hours, overnight, weekends, and school breaks.
- Gear may be stored overnight.



Location

- Located inside Orono High School by the gym.

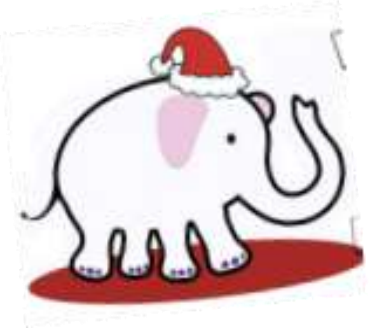
Practice and Race Days

- Pick up your ski gear from the Red Door Room.
- Head directly to the team bus.
- Be prepared and move quickly to ensure an on-time departure!

Team Training

* Together We Fly Downhill

Save the Date
December 11-13, 2026



Trip Details

- Who: All OAST racers and families are welcome!
- Location: Lutsen (training location TBD)
- Hotel: AmericInn in Tofte

Weekend Schedule

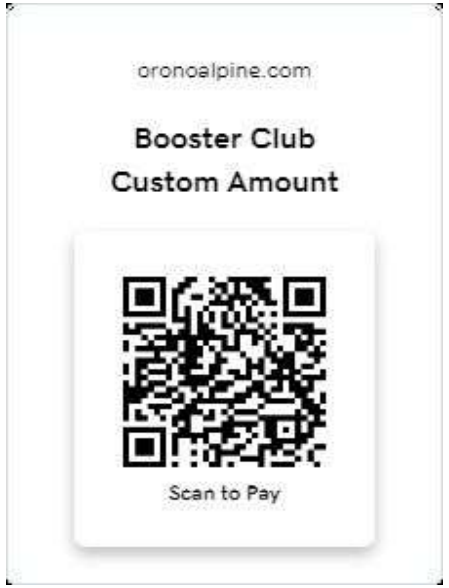
- Friday: Team dinner at the hotel & white elephant gift exchange
- Saturday & Sunday: On-snow training

More details to come!

Orono Alpine Ski Team – Booster Club

* Precision. Passion. Performance.

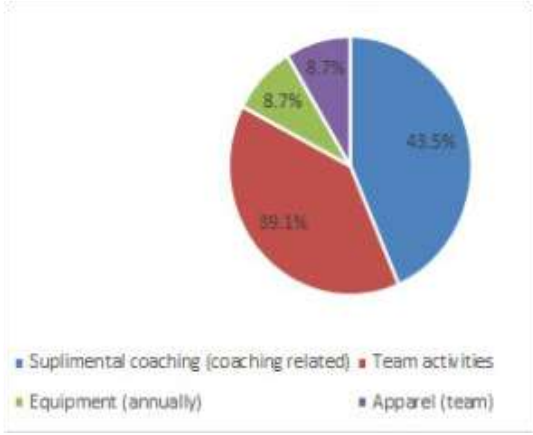
Pay Your Dues Today!
$125 Booster Club donation per athlete



We are a 501(c)(3) organization

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

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



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


ORONO
ALPINE SKI TEAM
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Starthouse Coats

* Snow. Speed. Spirit



Starthouse Coat Program

- Coats are purchased and maintained by the OAST Booster Club.
- All team members have the option to check out a coat for the season.
- Coats are optional but must be properly cared for.
- Coats must be returned at the end-of-season banquet.

Coat Deposit

- A $200 refundable deposit is required. Checks payable to OAST.
- Deposit checks will be returned when coats are collected at the banquet.
- Lost or damaged coats will result in forfeiture of the 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

Samples of our apparel will be at Winter Sports Night

Store link







Apparel Partnership with 24/7 Active

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

OAST Team Apparel – 24/7 Wayzata

- We are partnering with 24/7 in Wayzata for team apparel this season!
- An online store is being created featuring all available apparel.
- The store link will be posted under the Store tab at oronoalpine.com.
- Orders can be picked up in-store or shipped directly to your home.

TeamSnap App

* Every race starts with belief and ends with heart



FUNdraising Events!



ORONO FOOTBALL

Concession Stand Fundraiser

OCTOBER 31

12:15–3:15 PM

VOLUNTEERS NEEDED!

Contact Jeff Dankey
Help support the Orono Alpine Ski Team!

More FUNdraising opportunities coming soon — stay tuned!

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



Go Orono!

* Fast Legs Brave Heart

- ❑ **REGISTER** via MyPaymentsPlus
- ❑ **SIGN** Liability Waiver in “RESOURCES & WAIVERS”
- ❑ **COMPLETE** Racer Bio Form
- ❑ **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** We Need You!



OPTIONAL

- ❑ Purchase Team Apparel
- ❑ Check out and pay $200 refundable deposit for OAST Starthouse coat
- ❑ Order & pay for “Jimmy John’s Race Dinner Pack”
- ❑ Make reservations for OAST Team Training Camp

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
Starthouse Coats: Julie Lang juliedlang@gmail.com
TeamSnap App: Julie Lang juliedlang@gmail.com
Team Training Camp & Special Events Coordinator: Scott Yokiel scott@yokiel.com
Volunteer Coordinator Race Day On Hill:
Volunteers:
Website: Julie Lang juliedlang@gmail.com
President: Jeff Dankey
Treasurer: Jackie Kyle
Secretary: Steph Windler
Voting Members: Julie Lang and Patrick Burns

OAST Email: alpineski@orono.k12.mn.us
OAST Website: www.oronoalpine.com

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

Looking forward to a great season

ORONO
ALPINE SKI TEAM



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