



# Athlete Handbook

Prior Lake High School  
Alpine Ski Team

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2023-24

# Mission Statement

- To teach self discipline and commitment to a team.
- To learn to be selfless and respect both teammates and fellow competitors while participating in a lifetime sport.

## Season Goals

- Train and race to win, but winning is not the ultimate goal.
- Go Fast - learn by practicing like you race!
- Grow as a team and support one another



# Team Overview and Contact Info

## Coach Dave Everson

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## Coach Anea Hedin

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## PLHS Activities Page

**[www.plhsactivities.org](http://www.plhsactivities.org)**

Click on Athletics -> Winter Sports -> Alpine skiing

**Facebook Group**

Prior Lake High School Alpine Ski Team

# Policies

## **Attendance**

- Student athletes are expected to participate at all practices (with coach approved exceptions), both dry land and on the hill.
- Student athletes are expected to give notice to coaches for any absences.
- Unexcused absences will be considered during run order placement, and may affect participation.
- School comes first - but don't abuse using studying to miss practices. Effective time management is part of being on a team.
- Make time for the team, not just Netflix, PlayStation, Tick-Tock etc.

## **Academics**

- Students will be expected to maintain a GPA of 2.0 or higher.
- Any student with a failing grade at midterm will not be allowed to participate until issue is remedied.

## **Physicals and concussion testing**

- All students will need an updated physical every three years and baseline concussion testing every two years.
- Information on this can be found on PLHS Activities Website

## **Chemical Violations**

- The Alpine Team follows the PLHS policy. Refer to the Prior Lake Activities website page.
- Be good Kids! - Be good examples!

## **Transportation**

- All student athletes are responsible for finding their own rides to and from practice and races.
- Carpooling with older teammates or taking turns with other families is highly encouraged.
- Ride shares can be formed via the team Facebook page or through email.

## **Dress code**

- All student athletes are expected to have acceptable outdoor weather clothing and equipment.
- Required equipment includes skis, boots, poles, helmet, chin guard and goggles.
- Optional equipment includes ski racing suits, pole guards, and shin guards.
- Race bibs will be distributed and collected at each race.
- Be prepared for practices and race days!

## **Lettering**

- Athletes can receive a varsity letter by (1) scoring in three or more Varsity races during a season.
- Scoring is defined by finishing a race and scoring at least one point for your team. Both runs must be finished to score a point. Or (2) be a contributing member of the Alpine team for three seasons.

## **Practice**

- Practices are held every Monday, Tuesday, Thursday, and Friday. Except on Race Days. Athletes not competing in a particular race are encourage to come and cheer their teammates on.
- Any cancellation of practice will be communicated in advance through our team Facebook page, email list, and webpage (calendar).
- If school is canceled due to weather, practice will also be canceled.

## **Captain Selection**

- Captains will be voted on by team members for the next season at or around the time of the end of year banquet.
- One boy and one girl captain will be chosen.

## **Team Costs**

- There is a \$225 registration fee, paid through the High School activities office.
- Additionally, there is a \$50 fee to cover Lane Fees at Buck Hill
- Lift tickets or season passes to Buck Hill will need to be purchased by each athlete.
- The end of year banquet will cost approximately \$20 per person to attend.
- Equipment costs are the responsibility of each athlete.

# Parent Volunteers

## We need help from parents.

- For each race, we ask parents to help out with duties such as gate keeping, scoreboards, jacket collection, bib collection, food/snack coordinating and contributions, tent set up (for Sections and Buck Hill Invite), as well as other duties as they arise.
- A sign up sheet will be available on-line for each event.

# Equipment

**There will be no equipment provided to the Athletes.**

## Skis

- It isn't necessary to purchase brand new slalom race skis to begin with.
- An athlete can use their current skis to start.
- As they progress, there may be a need to upgrade skis.

## Poles and Guards

- Pole guards are not necessary until the racer starts to cross block the gates.
- Pole guards can be attached to existing poles and can be found at various ski shops.

## Helmet with Face Guard

- Helmets with face guards are required by the State High School League.
- Face Guards can be purchased at many ski shops.
- Face guards only attach to certain types of helmets, so a new helmet may be necessary.

## Shin Guards

- Shin guards are not necessary until the racer starts to get closer to the gates, but are recommended for protection from gates & ski edges

## GS Suits

GS Suits are not required, but many of the racers wear them.

All equipment can be purchased at local ski race shops. Used equipment is also a good option and can be found at various ski swaps and sometimes on line on our Facebook page. Coaches can also help athletes figure out what is the best equipment for their ability and race level.