



PRACTICE SCHEDULE

- Racers are encouraged to attend as many practices as they are able at the following times:
 - Saturday, 8:00 – 10:00 AM
 - Tuesday, 7:00 – 8:30 PM
 - Thursday, 7:00 – 8:30 PM

**1ST PRACTICE
DEC. 6TH**

PRE-SEASON DATES

- ☒ AUG 17- Early Bird Registration Opens
- ☒ AUG 31 – Early Bird Registration Closes
- ☒ SEPT 28 – Fall Adopt-a-Trail 9-11 AM
- ☒ OCT 12 – Winter Welcome 12-3 PM
- ☒ NOV 6 – Family Night
- ☒ DEC 6 – First Practice 8-10 AM

RACE SCHEDULE (SEE PG. 3)

PRE & POST SEASON ADOPT-A-TRAIL



- To fulfill our mission of promoting positive and transferable life skills, we have partnered with TRPD to adopt a portion of the Nine Mile Creek Regional Trail!
- Racers will have a Pre (9/28/24) and Post Season (4/26/26) opportunity to give back to the community along side their peers, adults, and coaches!



HIGH SCHOOL COACH PROGRAM

Do you have a High School Racer at home? Do they need a season pass?

- High School aged racers who coach with Lake State will receive full reimbursement for a season pass after coaching 18 practices and 3 Races
- Previous program involvement is not required

18 PRACTICES

+

3 RACES

=

**FREE SEASON
PASS**

COACH WITH US!

- Continued Training in PSIA, Course Setting, and Drills all Season Long!
- Coaches with racers in the program receive \$200 off at registration.
- Ski experience required, coaching and race experience preferred
- Contact ethan@lakestatealpineracing if interested!





WHAT TO EXPECT DURING THE SEASON

▲ Focused Skiing

Intentional skiing with or without coaches

▲ Gate Training

Skiing in full and/or partial courses

▲ Race Experience

Participating in a race



DECEMBER

Goals:

- Racers are able to demonstrate a strong balanced stance while utilizing pole plants to develop a rhythm of skiing safely and confidently.



JANUARY

Goals:

- Racers will be able to utilize edging and pressure to initiate turns to adapt their line to varying conditions and course sets.
- Racers will understand inspection protocols, the importance of race starts and finishes, and how to support others to be prepared for race day.



FEBRUARY

Goals:

- Racers will be able to utilize fast transitions, rotary, edging, and pressure to develop a faster line and comfort in the course.

REGISTRATION DETAILS

Due to the reality of the terrain available to us for practice it is imperative that racers joining the program have adequate ski experience (1 year of lessons AND/OR 2 years ski experience) that enables them to do the following independently:

Put on and take off
skis and poles

Load and unload
the chairlift safely

Ski the north side of Hyland
in control with turns

- A link to registration will be emailed on the morning of Sunday, Aug. 17th.
- The Early Bird Discount will automatically apply to all registrations made between 8/17/25 - 8/31/25
- If you have questions regarding your racer's ability or anything else, please reach out to: ethan@lakestatealpineracing.com

REGULAR
\$800

EARLY BIRD
\$720

Full Refunds less \$50 available through October.
Partial Refunds available through December



RACE SCHEDULE

- All racers may attend as many race dates as they would like.
- The majority of races will occur on Saturdays with options for Sundays and one Friday Night Race
- Families will sign-up for each race throughout the season as they would like.

SEPTEMBER

28 Fall Adopt-a-Trail **9 am - 11 am**

OCTOBER

12 Winter Welcome **12 - 3 pm**

28 Coach & Wrangler Training

NOVEMBER

6 Parent Meeting **7 - 8 pm**

DECEMBER

6 First Practice

21-31 No Practice

JANUARY

24 RACE: Detroit Mountain

31 RACE: Afton Alps

FEBRUARY

1 RACE: Afton Alps

14 RACE: Coffee Mill

20 RACE: Hyland Hills

21 RACE: Afton Alps

22 RACE: Afton Alps

MARCH

7 FUN DAY

APRIL

26 Spring Adopt-a-Trail **9 am - 11 am**

DECEMBER

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
Practice		Race				FUN DAY