Edition # 9 April 2024



# THE GRIND

Building champions in life through ski racing





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## **IMPORTANT DATES!**

4/6/24- 4/7/24	Skills and Thrills Camp
4/6/2024	GPST End of Year Banquet (time TBD)
4/7/24	BNET REMOVAL (time TBD)
4/8/2024	Start cleaning out performance center
4/21/24- 4/25/24	Spring Colorado Camps with Coach Ron
5/1/2024	Early Registration Opens!!!!!
6/10/2024	GPST GOLF OUTING! (We NEED Sponsors-overall event and each hole) Please reach out to taitstrand@gmail.com



PLEASE CHECK THE GPST CALENDAR LINK
FOR THE MOST UPDATED SCHEDULE FOR
PRACTICES AND EVENTS!

**APRIL SCHEDULE** 

### >>> PERFORMANCE CENTER INFO

PLEASE SEE THE DIBS PAGE TO SIGN UP FOR CLEANING SPOTS. WE ESPCIALLY NEED IT CLEANED UP NICELY PRIOR TO A DNR BOARD MEETING ON THE EVENING OF 4/8/24. IF YOU CAN HELP, PLEASE SIGN UP! ALSO, IF YOU DO CLEAN, MAKE SURE YOU ARE SIGNING UP ON DIBS SO OTHERS KNOW IT'S BEEN CLEANED RECENTLY. ALSO-NO MORE MOPPING. QUESTIONS-ASK AUBREY. CLEANING DIBS-APRIL

PLEASE REMIND ALL ATHLETES TO CLEAN UP AFTER THEMSELVES. THIS MEANS FOOD/WRAPPERS OFF THE FLOOR, LUNCHES PUT AWAY, TABLES CLEANED UP BEFORE HEADING BACK OUT ON THE HILL. ALSO, GENERAL TIDYNESS OF THE WHOLE FACILITY, INCLUDING PUSHING IN CHAIRS, ETC.



Thank you to the following people (and family members!)
for helping or offering to clean the performance center all season!

- Michael & Sandy Bautsch
- Jeff and Aubrey Brill
- Tina Derner
- Sarah & Patrick Floyd
- Dia Forman (Mason M)
- Nanette Hayek
- · Laura Houlihan
- Wayne Kallio
- Scott Schippers & Mandy Kipp (Schippers)
- Darci Laundenbach
- John Loth
- Jodi Radar
- Audrey Wittry





#### MEET KATHRYN FLOYD!

- 1.) How old were you when you started skiing? My parents use to ski with me in a baby carrier on side country, upper bowls and traverses at Solitude and Snowbird starting at 6 months old until I was 2. I started skiing on my own at 2.
- 2.) When did you start ski racing and what do you like about it? I started racing when I was 8. I just love skiing.
- 3.) What keeps you coming back each year? I always want to improve and skiing is so much fun.
- 4.) Do you have a coach or professional skier/snowboarder that you look up to and why? I look up to coach Ron because he still gets excited about and loves skiing even though he has been doing it forever. I want to still be enjoying skiing just as much as I am now when I am old.
- 5.) Is there any special thing you do for good luck/motivation? I listen to music.
- 6.) What other hobbies/sports do you enjoy? I love mountain biking, bike packing and rock climbing.







MEET CONNOR WITTRY!

- 1. How old were you when you started skiing? I was three years old when I started skiing. My dad taught me at Granite Peak.
- 2. When did you start ski racing and what do you like about it? I love the thrill of racing. I joined racer development in 2018. We covered the basics that you needed to know to prepare for the higher levels of racing. The next year, I was able to join the home team.
- 3. What keeps you coming back each year? I like the adrenaline and the thrill of racing.
- 4.Do you have a coach or professional skier/snowboarder that you look up to and why? I really liked working with Coach Atanas. He was a good coach. He told me what I needed to know and helped me to figure out what I needed to do to get better. It's fun to run into him at the hill.
- 5. Is there any special thing you do for good luck/motivation? No
- 6. What other hobbies/sports do you enjoy? I really love riding my bike up north. I also enjoy running, boating, and playing board games and video games. I've been playing the drums since I was in kindergarten. I play in the John Muir Band and Rock Band.



### DON'T FORGET ABOUT COACH RON'S SPRING COLORADO CAMP!

**CLICK HERE!** 



#### **B-NET REMOVAL!!!! 4/7/24**

Please be ready as the GP ops team will do what they can to remain open til mid April, but it is a fluid process and things can change quickly. We will need your help!

### Fees for the '24-'25 season as follows:

- Development fees \$300 per session
- Team fees for the '24-'25 season:
  - May 1-June30...... \$900
  - July 1-Oct 15.....\$1100
  - Oct 16 & forward......\$1300
- We are working on a monthly payment option (possibly over 3-4 months total). More to come on that.
- Please note-there will no longer be a seperate \$100 "fundraiser fee"



LET'S HEAR IT FOR ALL OF OUR ATHLETES
THIS CHAMPIONSHIP SEASON! ALL OF
YOUR HARD WORK IS DEFINITELY PAYING
OFF! GPST DEFINITELY KNOWS HOW TO
REPRESENT! WE ARE SO PROUD OF ALL OF
THE ATHLETES THIS YEAR! WAY TO GO!!!!!

• <u>U16 Rocky Central Athletes:</u> Alli, Emma, Grace, Alber, Gavin, Peter, and Sam (all earned a spot in the top 50 racers in the Rocky Central Region!) Alli and Peter finished in the top 15 and earned an invite to the U16 Nationals in Vail, CO!





### • **U14 Rockey Central Athletes:**

Chloe Marti-1st, 1st, 1st, 4th and 2nd place finishes (qualified for the Can Am races!)

Aimee Derner- 33rd, 23rd, 16th and 7th place finishes

Kathryn Floyd-93rd, 37th, 42nd, 40th, 56th, and 39th place finishes

Cyrus Laudenbach-77th, 66th, 62nd and 55th place finishes



### • Brule Central Championships:

### Athletes Leaving with top 10 medals:

Morgan (U8): 1st in SL1, SL2, GS1, GS2

Cadence (U10): 8th-SL1, 6th-GS1, 7th-GS2

Adeline: (U10): 10th-GS1, 10th-GS2

Sophia (U12): 9th-SL1

Emily (U12): 9th-GS2, 9th-KK

Abby (U14): 3rd-SL1, 9th-GS1, 10th-KK

Olivia (U14): 10th-SL1, 8th-SL2, 10th-GS1, 9th-GS2

Kate (U14): 5th-SL2, 4th-GS1, 4th-GS2, 5th-KK

Ryan (U10): 6th-SL2, 4th-KK, 6th-GS1, 6th-GS2

Anders (U10): 10th-SL1





Interested in continuing CrossFit?
Adventure Awaits Crossfit is
offering the following: for \$60/mo
you can attend ANY class they
have! Give Andy a call/text at
715-573-2401! (fyi-moving to new
building end of April)



SPORTS ENGINE APP-THIS IS A GREAT TOOL TO SEE OUR CALENDAR UPDATES AS WELL AS COMMUNICATE WITH OTHER TEAM MEMBERS/PARENTS. PLEASE DOWLOAD THE APP FOR YOUR MOBILE DEVICE. PLEASE TRY TO RSVP FOR PRACTICES ETC TO GIVE COACHING STAFF AN IDEA OF NUMBERS.



- TEAM JACKETS-Coach Ron has a number of GPST jackets for sale in various sizes. Youth: size S (1), M (4), XL (1). Mens: XS (1) and Women: Med (1). We would really like to sell these and proceeds will go directly to the team. If interested, please reach out to coach Ron at 906-282-6001.
- BOOKKEEPER-Our team is in need of a bookkeeper to help manage invoices/payments etc. If you can spare some time and help the team out, please send an email to info@gpst.org.







### FEEDBACK/QUESTIONS?

We need your feedback! If you have an idea/suggestion to bring forward please email: info@qpst.org