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THE GRIND

Building champions in life through ski racing





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IMPORTANT DATES!

3/3/24	Team Cookout/GP passholder appreciation day and Club Race (Kombi)
3/9/2024	Badger State Games
3/16/24- 3/17/24	Brule Central Finale-Granite Peak Cup
3/20/24	Moms night with Coach Ron
4/6/24-4/7/24	Skills and Thrills Camp
4/7/24	BNET REMOVAL
4/21/24- 4/25/24	Spring Colorado Camps with Coach Ron



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

MARCH 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 3/11/24. 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-MARCH



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.

REMINDER!!!

WE ARE NOW TAKING NOMINATIONS FOR OUR UPCOMING BOARD MEMBER VOTE! 3 SEATS WILL NEED TO BE FILLED. PLEASE NOMINATE SOMEONE WHOM YOU THINK WOULD BE A GREAT ADDITION TO THE GPST BOARD! VOTE WILL TAKE PLACE THE END OF MARCH AND MEMBERS WILL BE SEATED IN APRIL. REACH OUT TO MICHAEL BAUTSCH OR ANY BOARD MEMBER!





CONGRATULATIONS TO ALL OF THE ATHLETES THAT COMPETED RECENTLY AT THE BOB HOSKINS QUALIFIER EVENT! YOUR HARD WORK DID NOT GO UNNOTICED!

THE FOLLOWING ATHLETES QUALIFIED FOR THE RC CHAMPIONSHIPS IN COLORADO:

U14: AIMEE DERNER, KATHRYN FLOYD, CYRUS LAUDENBACH & CHLOE MARTI

U16: SAM DERNER, ALBER HAYEK, GAVIN HRISTOV, GRACE KALLIO, ALLI MARTI, EMMA SICAR & PETER WATERMAN

WAY TO GO!





MEET KATE HOSTETLER! (ALSO PICTURED WITH SISTER EMILY)

- 1.) How old were you when you started skiing? I started skiing at 2 years old when we first moved to Wausau.
- 2.) When did you start ski racing and what do you like about it? I started Racer Development when I was 5 years old and passed it when I was 7 or 8 years old, but there was no Home Team yet. So, I took a break and rejoined in March of my 4th grade year. I really enjoy the variety of drills and how we eventually apply that drill directly onto the course so even if something feels silly at first, you know it will be built-on and become more useful later. I also really enjoy the team environment. Everyone cheers on everyone else no matter their age or ability. We all want each other to do their very best.
- 3.) What keeps you coming back each year? Friends and the positive environment because we are one strong team and all cheer each other on and push each other to be our best. The U14 girls are an especially cool group because there are so many of us and when we show up at races, we are united as one and want each other to help represent GPST the very best!
- 4.) Do you have a coach or professional skier/snowboarder that you look up to and why? I'm so grateful for all the GPST coaches and I have learned so much from each of them.



5.) Is there any special thing you do for good luck/motivation? I eat pepperoni pizza for breakfast and an avocado wrap for lunch every weekend I have to travel for a race. I don't like eating a lot in the morning, so if I can eat a small something with a lot of protein that will hold me until lunch, that is ideal. Pizza is super easy to bring with and works super well!

6.) What other hobbies/sports do you enjoy? I run Cross Country for school, play the piano for Solo and Ensemble, ride the unicycle for my school's Talent Show, and enjoy traveling to National Parks.





MEET CYRUS LAUDENBACH!

- 1. How old were you when you started skiing? I was 2 years old when I started skiing.
- 2. When did you start ski racing and what do you like about it? I started ski racing 7 years ago. I like it because you can hang out with friends more than other sports.
- 3. What keeps you coming back each year? My friends keep me coming back each year. I really enjoy skiing and I have trained a lot for it.
- 4.Do you have a coach or professional skier/snowboarder that you look up to and why? I look up to Mikaela Shiffrin because she has the most World Cup wins.
- 5. Is there any special thing you do for good luck/motivation? When I inspect the course, I have my left ski on the right side and my Right ski on the left side. When it comes time to race, I switch my skis so that the Left Ski is on the left and the Right Ski is on the Right.
- 6. What other hobbies/sports do you enjoy? I enjoy Water Skiing and Golf.



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

CLICK HERE!

- Bnet-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!
- Registration for the '24-'25 season will be open earlier next year with a new fee structure (fees will remain the same, but a lower fee incentive for registering early).
- Looking at a multi-tier pricing system for planning and budgeting purposes. Having registrations in before the season starts helps our team plan ahead fiscally.
- More info on this is forthcoming.



>>> ODDS & ENDS



A BIG THANK YOU TO ALL OF THOSE WHO STEPPED UP AND TOOK THE TIME TO LEARN A NEW VOLUNTEER ROLE OR BECOME A CERTIFIED OFFICIAL. THANK YOU ALSO FOR ANY VOLUNTEER WORK THAT YOU'VE DONE OVER THE SEASON! IT IS GREATLY APPRECIATED! ALL OF OUR ATHLETES BENEFIT FROM ALL OF THIS WORK YOU ARE DOING! WE COULDN'T DO IT WITHOUT YOU!

ALSO-ANOTHER BIG THANK YOU TO ALL OF THOSE THAT HAVE HELPED WITH CLEANING THE PERFORMANCE CENTER! WE GREATLY APPRECIATE IT EACH AND EVERY ONE OF YOU THAT HAS HELPED THIS SEASON!





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/OUESTIONS?

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