



# JOIN MIDWEST'S #1 TEAM

## CALLING ALL SNOWBOARDERS & FREESKIERS

### G\*TEAM 2023-2024

G Team provides the opportunity for snowboarders and freeskiers (K-12) who have acquired their basic skills to train with experienced coaches. The team gives opportunity for riders of various skill levels, including the recreational and competitive riders to train in a structured team environment. G Team also offers training in a camp environment for non team members.

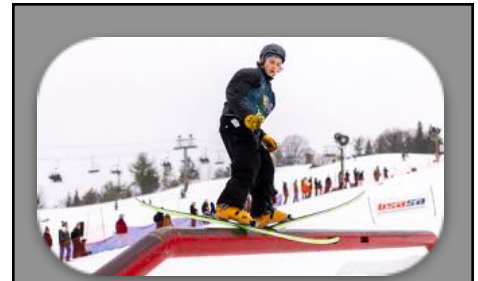


**CONTACT G\*TEAM FOR MORE INFO**

**WWW.THEGTEAM.COM  
COACH@THEGTEAM.COM  
952.846.4317**

**REGISTRATION IS OPEN!**

**OUR MISSION** is to help young men and women achieve their personal goals and become successful individuals through participation in snowboarding and freeskiing. Riders and skiers seeking an introduction to snowboarding are encouraged to register for lessons through their local ski area!



## 2023 SKI & SNOWBOARD SWAP!

**NOV 4 - 9AM-3PM**

**TONS OF NEW & USED GEAR AT LOW PRICES!**

**ELM CREEK WINTER RECREATION AREA  
MAPLE GROVE, MN**

**WWW.THEGTEAM.COM**

**REGISTER BY OCT 1 TO RECEIVE A FREE HOODIE & T-SHIRT!**

**LEARN MORE ABOUT G TEAM!**

**INFO NIGHTS \* 4:30-6:00PM**

**OCT 12 @ HYLAND HILLS**

**OCT 16 @ BUCK HILL**

# G\*TEAM 2023-2024

G Team is being offered at various ski areas in coordination with Three Rivers Park District & Buck Hill. The G Team has been the leader in snowboard development since 1992. The G Team snowboarders & freeskiers interested in progressing their skills to the next level! Current & former G team members have achieved greatness in snowboarding, which includes participation on the US Snowboard Team, championship wins at the X Games, Olympic appearances and USASA National Championships. G Team provides the opportunity for motivated riders and skiers, who have acquired their basic skills all the way to advanced levels, to train under the direction of experienced and professional coaches. The program is geared towards recreational and competitive snowboarders and skiers of all ages. G Team provides a "structured team" experience in an alcohol, tobacco and drug free environment.

Riders and skiers train in a small group setting and placed in a group based on their age, desired discipline (freeriding, freestyle, alpine) and by skill level. The team member to coach ratio is maintained at approximately 8:1 or less and there is no set requirement for attendance. Our goal as a program is not only to help riders and skiers reach their personal goals, but to also create a unique team experience.

Your rider or skier will train under the direction of experienced, professional and National champion coaches. Our Executive Team Director, Jessica Zalusky, is a former professional snowboarder and Junior National Team Coach and has decades of experience coaching. Our coaches have a tremendous amount of experience coaching children of all ages and abilities. All coaches are highly qualified and exceed our high standards to coach.

## **TEAM LOCATIONS & PROGRAMS OFFERED SEE TEAM DESCRIPTIONS BELOW**

**Hyland Snowboard & Freeski** - G "Fun" Team, ShredX, G Team Development & Competition

**Buck Hill Snowboard & Freeski** - G "Fun" Team, ShredX, G Team Development & Competition

**Elm Creek Snowboard** - G "Fun" Team, G Team Development & Competition



**HYLAND HILLS**  
SKI AREA



**BUCK HILL**



## **G "FUN" TEAM SNOWBOARD & FREESKI TEAMS**

This division offers the intensity and camaraderie of the G Team with a lesser commitment but with all the "fun." G "Fun" Team is open to K-12 and will focus on on-hill safety, basic fundamentals to advanced techniques while improving their skills. This division is designed for riders and skiers who have acquired their basic skills through advanced, to train once per week throughout the winter (except holiday weeks) on Tuesday, Thursday, Saturday or Sunday at Hyland (skiing is only Tuesdays) and Monday or Wednesday at Buck Hill.

3:30 Buck Hill G "Fun" Teams offers bussing from St. Michael Catholic School in Prior Lake for a nominal fee.

## **SHRED X SNOWBOARD & FREESKI TEAM**

This division offers snowboarders in grades 4-12 to train with G Fun Team once per week, plus an additional 4 competition practices with competition coaches to prepare athletes for Slopestyle competitions. Shred X riders and skiers are also supported with coaching at 3-4 local Slopestyle Competitions.

## **G TEAM DEVELOPMENT SNOWBOARD & FREESKI TEAMS**

The G Team Development Team is for riders in grades, K-12. Riders and skiers of various levels have the option to train 2- 3 times per week, plus 3 scheduled Saturdays. G Team Development Division is a non-competitive program and are geared towards the recreational snowboarder or skier who enjoys practicing and achieving their potential without the focus of competing. Training begins with dryland in September and will consist of strength training, cardio, cross-training and team building. On-snow training begins in late November, snow permitting.

## **G TEAM COMPETITION SNOWBOARD & FREESKI TEAMS**

The Competition Team is for riders and skiers in grades, K-12. Riders and skiers of various levels have the option to train 2- 3 times per week, plus 3 scheduled Saturdays. Additionally, they have opportunities to compete in our local USASA competitions. Competition and training opportunities are offered for Slopestyle, Rail Jam, Boardercross, Halfpipe and Alpine (alpine racing is only offered to snowboarders).

### **MULTIPLE DISCIPLINES FOR SNOWBOARDERS**

G Team Development & Competition snowboarders will chose a Primary Team: Freestyle/Slopestyle or Alpine (riders may select both primary teams for an additional fee). Secondary teams include Boardercross, Halfpipe and Rail Jam. Any secondary teams will have an additional fee, except riders can choose to be on the Rail Jam Team at no additional cost. All additional disciplines offer additional training in the selected discipline. You may try out any discipline once with no additional fee.

### **COMPETITION OPPORTUNITIES**

Competition Team members and Shred X have the option to compete (not required to participate in competitions). The team has many riders who enjoy practicing and achieving their potential in snowboarding without pursuing the competitive aspect of snowboarding. Riders who want to compete have the option to compete in local competitions at the USASA Upper Midwest Snow Series events on weekends. Coaches will prepare athletes for competitions and will be on-hand at the competitions to assist our riders in achieving their potential!

### **HIGH SCHOOL LETTERING**

Earn your High School Letter through participation on G Team! Many schools around the metro offer lettering opportunities to riders and skiers who qualify based on a set of criteria. Team members in grades 7-12 may be eligible! More info: [www.thegteam.com/lettering](http://www.thegteam.com/lettering)



**JOIN G TEAM RIDERS, SKIERS & COACHES AS  
WE SHRED VARIOUS SKI RESORTS!  
CAMPS ARE OPEN TO ALL AGES & NON-G TEAM MEMBERS**

### **ROAD TRIPS**

Martin Luther King Day, January 15, Trollhaugen  
Presidents Day, February 19, Spirit Mountain  
March 16, Spirit Mountain

### **LOCAL CAMPS**

Hyland 2-day camps - Dec 21-22, 26-27, 28-29 & Buck 2-day camp - Dec 21-22

**WWW.SHREDDERSCAMP.COM**

## ON SNOW SCHEDULES & COST HYLAND TEAM



### G Team Development & Competition Snowboard Team

(Primary Team - Freestyle/Slopestyle or Alpine)

Grades 7-12 - Monday, Tuesday, Thursday

Weekday Practice 5:15-7:00pm & 3 scheduled Saturdays 9:30-11:30am

Team Fees:

-Development: \$1250 before Oct 14 ; \$1350 after Oct 16

-Competition: \$1450 before Oct 14 ; \$1550 after Oct 16

Grades 6 & under - Tuesday, Thursday

Weekday Practice 5:30-7:15pm & 3 scheduled Saturdays 9:30-11:30am

Team Fees:

-Development : \$975 before Oct 16 ; \$1075 after Oct 16

-Competition : \$1175 before Oct 16 ; \$1275 after Oct 16

Add a 2nd Primary Team \$195

Add each additional Secondary Discipline \$150

### G Team Development & Competition Freeski Team

Weekday Practice Tuesday, Thursday 5:30-7:15pm and 3 scheduled

Saturdays, 9:30-11:30am

Team Fees:

-Development: \$975 before Oct 16 ; \$1075 after Oct 16

-Competition: \$1175 before Oct 16 ; \$1275 after Oct 16

Add each additional Secondary Discipline \$150

### G "Fun" Team & Shred X Schedule for Freeski\* & Snowboard Teams:

Tuesdays\* 5:30-7:15pm: Dec 5, 12, 19, Jan 9, 23, 30, Feb 6, 13, 27

Thursdays 5:30-7:15pm: Nov 30, 7, 14, Jan 4, 18, 25, Feb 1, 8, 22

Saturdays 9:30-11:15am: Dec 2, 9, 16, Jan 6, 20, 27, Feb 3, 10, 24

Sundays 1:00-2:45pm: Dec 3, 10, 17, Jan 7, 21, 28, Feb 4, 11, 25

\*Freeski is only offered on Tuesday

Team Fees:

-G "Fun" Team \$399 before Oct 16 ; \$449 after Oct 16

-Shred X \$725 before Oct 16 ; \$775 after Oct 16

-Select additional Team & save 20% on each additional team!

## ON SNOW SCHEDULES & COST BUCK HILL TEAM



### G Team Development & Competition Snowboard & Freeski Team

Monday, Thursday 5:30-7:15pm & 3 scheduled Saturdays 9:30-11:30am

Team Fees:

-Development: \$1025 before Oct 16 ; \$1125 after Oct 16

-Competition: \$1325 before Oct 16 ; \$1425 after Oct 16

-Add each additional Secondary Discipline \$150

### G "Fun" Team & Shred X Schedule for Freeski & Snowboard

Mondays 3:30-5:15pm or 5:45-7:30pm:

Nov 27, Dec 4, 11, 18, Jan 8, 22, 29, Feb 5, 12

Wednesdays 3:30-5:15pm:

Nov 29, Dec 13, 20, Jan 3, 17, 24, 31 Feb 14, 21

G "Fun" Team Fees:

-Mondays or Wednesdays \$399 before Oct 16 ; \$449 after Oct 16

-Mondays and Wednesdays \$725 before Oct 14 ; \$775 after Oct 16

Shred X Team Fees (includes competition coaching & adtl practices):

-Mondays or Wednesdays \$725 before Oct 16 ; \$775 after Oct 16

-Mondays and Wednesdays \$975 before Oct 16 ; \$1025 after Oct 16

### G Team Masters (Adults)

Wednesdays 5:30-7:30pm:

Dec 6, 20, 27, Jan 10, 24 Feb 7, 28, March 6

G Team Fees: Development Team \$395 Competition Team \$595

## ON SNOW SCHEDULES & COST ELM CREEK TEAM

### G "Fun" Team Snowboard Schedule

Tuesdays 5:30-7:15pm: Dec 19, Jan 9, 16, 23, 30, Feb 6, 13, 20, 27

Team Fee:

G "Fun" Team \$399 before Oct 16 ; \$449 after Oct 16

### G Team Development & Competition Snowboard Team

Tuesdays 5:30-7:15pm & 3 scheduled Saturdays 1:00-3:00pm

Team Fees:

Development: \$525 before Oct 16 : \$565 after Oct 16

Competition: \$845 before Oct 16 : \$885 after Oct 16



## DRYLAND SCHEDULES

This is an opportunity for our Development and Competition Teams to prepare for the winter season. Training consists of cross-training practices including fitness, strength training, cardio and team building all outdoors. Dryland training is optional and begins on September 18 and is held outdoors until October 28.

### Hyland Schedule (Normandale Lake in Bloomington)

G Team Dev/Comp (13\* & older): Monday, Tuesday, Thursday 4-5:10pm and Saturday 10:30am-12pm

G Team Dev/Comp (13\* & under): Monday, Tuesday, Thursday 5:10-6:10pm and Saturday 9:00-10:30am

### Buck Schedule (Lakefront Park in Prior Lake)

G Team Dev/Comp (13\* & older): Tuesdays and Thursdays, 4-5:10pm and Saturdays, 10:30am-12pm

G Team Dev/Comp (13\* & under): Tuesdays and Thursdays, 5:10-6:10pm and Saturdays, 9-10:30am

### Elm Creek Schedule (Elm Creek in Maple Grove)

3 Select Saturdays, 1:00-2:45pm

\*If you are 13 years old, you may go to either time!

**ALL Schedules are subject to change.**

**Membership includes the following :**

1. On-snow practice and coaching
2. Dryland training for Fall (additional fee for G "Fun" Team & Shred X)
3. Hillside coaching for all practices (approximately 8:1 or less athlete to overall coach ratio)
4. Regional Event Coaching (except G "Fun" Team & Development Team)
5. Regular Updates on our TeamApp
6. Fall parent & athlete orientation
7. Discounts at snowboard shops
8. A safe, tobacco free, alcohol free, and drug free environment
9. T-shirt while supplies last
10. Fully paid registration by October 1 includes a complimentary team hoodie!

**Membership does not include the following:**

1. A season pass or daily lift tickets.
2. For riders or skiers competing in the USASA regional series, a USASA membership is required.
3. Regional competition fees (average \$15-40 per event), plus lift tickets, travel, lodging, and meals.
4. Camps elected by the athletes.
5. Personal Equipment
6. For riders who qualify and compete in the USASA National Championships pay a coaching fee (fee may vary and is based on venue, number of riders, other expenses; as a reference, fees in 2023 were \$325+).

**REQUIRED VOLUNTEER DEPOSIT FOR ALL TEAM MEMBERS:**

Fun Team \$35, Development Team \$80, Competition Team \$100

The *volunteer deposit* is required and paid in addition to the program fee at the time of registration. The purpose of this program is to ensure that volunteers are available to assist the G Team with team and special events as needed. One deposit only for families with multiple members.

The volunteer deposit is paid in addition to the program fee at the time of registration.

**Payment/Refunds/Credit Info:** No refunds or credits will be given for G Team registration fees at anytime throughout the season for any reason including but no limited to injury, COVID-19, grades or scheduling; there are no (zero) exceptions to this policy. Fees paid by credit card throughout the season incur an additional fee of 3% plus \$1. Returned or Unpaid Checks Policy: A \$35.00 handling fee will be charged each time a check is returned unpaid by the bank.

**OTHER IMPORTANT STUFF:**

Schedules are subject to change and practices are subject to cancellation.

Refer additional athletes and receive \$50 for each referral, except "Fun" Team and Shred X referrals. New member must include current team member name on his or her registration form as the source of the referral to be eligible. Bonuses paid after 1/1/24.

**CONTACT G \* TEAM FOR MORE INFO**

**WWW.THEGTEAM.COM \* COACH@THEGTEAM.COM \* 952.846.4317**

**[www.thegteam.com/membership](http://www.thegteam.com/membership)**