

Ski Team Weekly Update: Week of November 14th

1. Practice this week will conclude by 5:30 everyday. Parents/guardians are asked to arrange for transportation for their skier no later than 5:30. We will be running on the City Trails at Montebello and doing strength training indoors at Trek. Skiers should have clothes for running outside in 30 degree weather, including a light hat and gloves, and they should have shorts and a t-shirt for doing strength work indoors.
2. A few reminders for skiers going to West Yellowstone on Saturday: all of your skis need to be waxed and all your gear for the trip needs to be at Trek on Friday. We will try to pack the vehicles on Friday during practice so that we can get a really early start on Saturday morning - everyone needs to be at Trek at 5:00 a.m. Also, each skier needs to partner with one other skier to prepare a crock pot meal for the team. The meal needs to be frozen in gallon-sized ziplock bags, and there needs to be enough food to feed 15 hungry skiers. I will be reminding the kids about this at practice on Monday.
3. We've hired an assistant coach for the 2011-12 ski season! Cyri Tjaden will be working alongside Coach Ryan and myself. Cyri graduated from Trek in 2007, got her degree from Northland College in Wisconsin in 2011, and now works as a paraprofessional at Trek as well as helping lead numerous trips through the OAP. We're excited to have her join our coaching team!

As your skier makes his or her way through the first week of practice, please help us keep them healthy by encouraging them to get enough rest, drink plenty of fluids, and eat the right kinds of food. If you have any questions, please don't hesitate to contact me at school. My office number is 444-1888, ext. 7.

Thanks,

Coach Dan