

2024 – 25 SKI TEAM INFORMATION



Coaches

Jacqui Monahan – Head Coach
Steve Lantz – Assistant Coach
Maggie Settle – Assistant Coach
Dean Fagan – Assistant Coach

Commitment

Dryland / Conditioning: 3 days/week pre-season, 2 days/week starting in January
On-hill Training: Thursday nights – starting January 9th
Winter Camp: December 14 – 15 (Snow pending)
Team Overnight: TBD
7 Races: 1 fun race (non-scored) and 6 league races
State Championship Race: Continued training and dryland from February 24 – March 3 and the race March 5 - 7 at Ashland for qualifying racers

Transportation

Dryland at school (3:45 – 5:15) – no transportation
Thursday Night training at Meadows (2:30 – 10:00ish) – bus provided to and from school
Friday / Saturday / Sunday races – bus provided to and from school
Winter Camp – bus provided to and from school
State – Transportation TBD

Parent Volunteers

Two volunteer days are required by all families. This does not cover all positions needed to operate the ski team. If you are interested in getting involved with one of open positions below, please contact Andrea. We will send SignUpGenius invites for all volunteer opportunities later in November.

Season Parent Volunteer Positions:

Head Parent Rep: Andrea Brennan
Treasurer: Lori Nicholson
Overnight Coordinator: OPEN
Volunteer Coordinator: OPEN
End of Year Party Coordinator: Holly Ansari

We NEED and SURVIVE because of parent volunteers. And we can't say THANK YOU enough! There are many positions in the league open as well as the opportunities to help on our team. Even if you don't ski there are still things that you can help with. We ask that each family commit to volunteering at least twice for our team. At the end of the day, I ask you to please support your child. I realize you can't always make it to the mountain every race day but please try to attend a few races. It really does mean the world to them to have you up there supporting and cheering them on!

Cost:

Season Pass (Meadows All Access): \$799 as of mid-October 2024
Additional race / training tickets: Pricing and resorts are TBD.
Team Fees: TBD based on race schedule – will be announced ASAP.
LHS Athletic Fee: \$330

Team Jacket (optional): \$250 (Columbia shell with built-in puffy)

Team Puffy (optional): \$150

Additional Costs: State expenses (if applicable)

Required Gear: See list below

Registration:

<https://lakeridgeathletics.com/> - Click on "Register An Athlete". The physical form can be found under the "More" tab / Pacers HQ.

<https://oisra.org/alpine-high-school-ski-racing/online-registration.html> - Click on "Student 2024-2025 Registration". Please note at checkout, enter the code: LK2024C. This will bypass having to pay \$45 since Lakeridge pays this as part of your athletic fee. If you pay this fee without the code, you will not be able to get a refund.

Required Gear:

Clear goggles and tinted goggles (this is very important for night training safety)

Helmet (must meet 2013 FIS standard and have a silver sticker on the back)

Skis

Poles

Boots (please spend time getting properly fit. Also spend time in them before getting on the snow – it will make day 1 much more pleasant!)

Apparel – Jacket, pants (zip off if wearing a race suit), gloves, base layer, ski socks

Recommended Gear:

Race suit

Slalom protective gear (pole, chin, and shin guards)

Discipline specific skis

Please email LAKERIDGESKITEAM@GMAIL.COM if you have any more questions.

FIS certified helmet sticker:

