

## Goldenview Ski Team information 2023

Hello Gv XC Ski Team families,  
We are excited to meet and grow as skiers!

### **Here are some suggestions for your successful participation:**

We have a ski room in the upper gym, it is unlocked every morning and skiers can store all their equipment in this room securely.

1. Dress in layers, always base moisture wicking and then insulation based on the ambient and wind chill.... Skiers should have a ski gear bag with fleece or down options, wind stopper, hat, gloves, neck gator, dry socks, and running shoes daily. You can always take it off...

2. Skis, bindings, boots, poles.... if you need equipment, in all honesty, you will get the best advice from the shop experts for getting fitted with pros and cons of their equipment. They will ask you the obvious question; how experienced, what experience you hope to have, and how much are you budgeted for.

\*\*Tell them you will ski with Goldenview Middle school as well as what your families ski lifestyle is like or hopeful to experience.

\*The ultimate set up is a pair of skate and a pair of classic skis. A pair of skate boots and a pair of classic boots. A pair of skate poles and a pair of classic poles.... Elite skiers have 2 pairs of skate skis, poles, and boots and 2 classic sets.... *This is too much for a beginner skier!*

- ❖ Gv has 5-10 elite comp skiers on the team. They pack a quiver of ski gear!
- ❖ We have several rec skiers with the set up I described as an ultimate set of options above.
- ❖ The next group has a pair of combi boots, combi skis, and combi poles.... Combi means combination, i.e., not ideal for either but acceptable for recreational skiers figuring out what they like if they must make choices about supplies.
- ❖ 25 % of the team borrows GvSki supplies: worn and not ideal but works for some
  - Combi Boots
  - They exchange skate / classic skis as the season progresses
  - They exchange ski poles as well. Longer for skate/ shorter for classic.
  - This equipment has limited numbers, and we do our best to match it with the skiers requesting it.... More beginner, less competitive gear, and it's ALL used, well used!

This equipment doesn't cost you anything, even if you break it or lose it. Stuff is labeled and care is expected, but skiers do fall, and skinny skis and poles get damaged.

You will be happier and more independent on your own gear!

- ❖ If money isn't an issue go all in.
- ❖ The next best value is combi boots and a pair of skate and classic skis, poles for each technique or in the middle, fall on the shorter side for all things as a beginner learning to coordinate gangly skis and poles in stride.

From a competitive side, if you have a competitor attitude, you will be frustrated as an athlete who adapts quickly and has slow gear.

Skiing is a great sport that responds to hard work in and improved experience. If your gear is a fight...slow skis.... We will witness it and look for the solution.

We get our best ski deals from AIH, REI (gives you 10% back), Play It Again Sports and the Hoarding Marmot supply new Equip too. But all should give you a middles school discount if informed....at least they used to.

You're going to get good gear from them all! Shop around, they are all on the same area of town, but if you find the sizes you need, remember supplies can be short in supply....grab em!

The experts there are trustworthy as part of the XC ski community and will look to satisfy you, not sell you out.

I hope you find this useful. I'm willing to sign gear out next week for the break if you are completely registered for the ski team.

Contact me to set a time to meet.

Send me an email if you request this. [Heil.Eric@asdk12.org](mailto:Heil.Eric@asdk12.org)

**\*\* Schedule is attached below.**

Eric N. Heil  
ASD Goldenview Middle School  
GvSki XC Head Coach  
Health & Physical Education Specialist

Goldenview XC Ski Team  
2023

I, \_\_\_\_\_, understand that being a part of the Goldenview XC Ski Team means that I will follow the directions given by coaches and represent my best always.

Dates: January 12 – March 2, 2023

Time: Monday - Friday, 3 – 4:30 p.m.

Goldenview has a ski room with storage for ski clothing and equipment. (upper gym)

- ❖ Store ski clothing in a personal bag with your name tag on the shelves.
- ❖ Store your skis in a ski bag or team ski rack, please put your name/ID on your equipment

Daily Schedule: 3-4:30

- ❖ go to the upper gym, get your ski clothing bag, and get dressed to ski.
- ❖ Change out to ski~ mask & social distance ALWAYS☺
- ❖ Wax your own skis~ we will coach you how to do this
  
- ❖ 3:10 xc ski meeting, be ready to go for ski fitness and skiing {be aware of weather}
- ❖ Daily focus is~ PREP for INTERSCHOLASTIC Ski Racing Success:
  - ski for fun, ski athleticism, ski skills, and ski performance for lifelong skiers!
- ❖ Stop skiing & Stow gear @ 4:20, \*\* KEEP THE SKI ROOM CLEAN AND ORGANIZED!
- ❖ Outside for Parent pick up @ 4:30

The 2023 XC Ski season is officially Interscholastic competition

- This means we will compete against other schools for competition (see schedule on back)

**Our focus is to improve skiing abilities for recreational & competitive lifetime skiing!**

**Skiers Oath:** *I realize that belonging to the x-country ski team will ask me to push myself to improve my abilities and that I must have a personal commitment to both the team and my own improvement. I pledge to participate with a positive attitude and to try to excel at each practice.*

1. I will arrive on time & **I will arrange to be picked up no later than 4:30 each day.**
2. If I borrow GV Ski equipment I will take care of it.
3. I will dress properly for skiing & the weather and plan on going outside each day.
4. If I am not prepared safely for the day I will go home.
5. I will act in an appropriate manner as a representative of Goldenview Ski Team always!!
6. I will do my best to attend practice daily. **If I can't make practice I will let the coaches know.**
7. **I am responsible for reading & following the ASD student handbook.**

**I am here to have fun, improve my athletics and team work, and be a SUNS student-athlete!**

Student signature \_\_\_\_\_ Parent Signature \_\_\_\_\_

**“Always try your best! If you try your best you will improve, and if you improve the team will improve.”**

Goldenview Coaches, Eric Heil & Jenna Ellinwood, (ph. Eric-632-8965, heil\_eric@asdk12.org)

Parent Cell ph: \_\_\_\_\_ preferred E-Mail: \_\_\_\_\_

**Please sign up with Remind.com. Text 81010 with the message “@gvski2 to sign up**

Please sign up with Remind.com. Text **81010** with the message “**@gvski2** to sign up

**Goldenview is a HOST school for the Championships @ Kincaid\*\*\***

**We NEED Parent volunteers for this effort to help with Stadium set-up & tear down , start and finish lines, and timing house!**

**Communications will come as we approach the event**

\*\*\*2023 Schedule\*\*\* Practice Starts on 1/12/23 \*\*\*2023 Schedule\*\*\*

Schedule, updated 11/1/2022

Pre-Season Meeting December 7, 2022 @ GMS or via Zoom

Date	Style	Location	Time	Host
February 1, 2023	Classic	ERHS	5:30 PM	GMS & Central
February 8, 2023	Classic	Chugiak HS	5:30 PM	MLMS & STREaM
February 15, 2023	Mixed Relays	Kincaid	5:30 PM	Mears & Winterberry
February 22, 2023	Skate	Service HS	5:30 PM	Hanshew & Girdwood
February 28, 2023	Skate	Bartlett HS	5:30 PM	Clark, Begich & Wendler
March 2, 2023	Freestyle Championships	Kincaid	5:30 PM	Romig & GVMS

<b>Start Times</b>				
<b>Race #1, February 1</b>	<b>Race #2, February 8</b>	<b>Race #3--Relays, February 15</b>	<b>Race #4 February 22</b>	<b>Race #5 February 28</b>
5:30 pm D Boys & Girls	5:30 pm D Boys & Girls	5:30 pm Open Boys	5:30 pm D Boys & Girls	5:30 pm D Boys & Girls
5:40 pm C Boys	5:40 pm C Boys	5:40 pm Open Girls	5:40 pm C Boys	5:40 pm C Boys
5:50 pm C Girls	5:50 pm C Girls	5:50 pm Scramble Teams	5:50 pm C Girls	5:50 pm C Girls
6:00 pm B Boys	6:00 pm B Boys	6:20 pm B Teams	6:00 pm B Boys	6:00 pm B Boys
6:10 pm B Girls	6:05 pm B Girls	6:50 pm A Teams	6:05 pm B Girls	6:05 pm B Girls
6:15 pm A Boys	6:15 pm A Boys	Order – boy-girl-boy-girl	6:15 pm A Boys	6:15 pm A Boys
6:20 pm A Girls	6:20 pm A Girls	Classic, Classic, Skate, Skate	6:20 pm A Girls	6:20 pm A Girls
<b>Race #6, March 2</b>				
5:30 pm D Boys & Girls				
5:40 pm C Boys				
5:50 pm C Girls				
6:00 pm B Boys				
6:10 pm B Girls	A & B Boys & Girls will ski			
6:20 pm A Boys	the longer course			