

Goldenview Ski Team information 2025

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, and it is unlocked every morning so 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 most
 - 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!

- ❖ The 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.

Skiing is a great sport that responds to hard work and improved experience. If your gear is slowing you down, the coaches will witness it and help with your solution.

Buying gear: We get our best ski deals from AIH, REI (gives you 10% back), Play It Again Sports and the Hoarding Marmot. All the shops should give you a middle school discount if informed. 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.

Send me an email if you have questions 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
2025

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 9 – Feb. 27, 2025

Time: Monday - Friday, 4:15 – 5:45.

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: 4:00 – 4:15, Get Dressed to Workout & Ski

- ❖ go to the upper gym, get your ski clothing bag, and get dressed to ski. ☺
- ❖ Wax your own skis~ we will coach you how to do this

- ❖ 4:25: xc ski meeting, be ready to go for practice {be aware of the 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 @ 5:30, ** KEEP THE SKI ROOM CLEAN AND ORGANIZED!
- ❖ Outside for Parent pick up @ 5:30-5:45.

The 2025 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 5:45 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 teamwork, and be a SUNS student-athlete!

My Personal Ski Goal is: _____

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 Head Coach, Eric Heil, (ph. Eric-632-8965, heil_eric@asdk12.org)

Please sign up with Remind.com. Text **81010** with the message “@gvxcs2 to sign up

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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					
2025 Schedule Practice Starts on 1/9/25 ***2025 Schedule***					
2	Schedule, updated 3/8/24				
3	Pre-Season Meeting 12/10/24 @ 4:30 pm, GMS in persson or Via Zoom				
4	Date	Style	Location	Time	Host
5	January 29, 2025	Classic	Chugiak HS	6:00 PM	GMS & STrEaM
6	February 5, 2025	Classic	ServiceHS	6:00 PM	Hanshew & Girdwood
7	February 12, 2025	Solo and Relays	Kincaid	6:00 PM	Mears & Winterberry
8	February 19, 2025	Freestyle	Bartlett HS	6:00 PM	Clark, Begich & Wendler
9	February 25, 2025	Freestyle	Chugiak HS	6:00 PM	MLMS & Central
10	February 27, 2025	Freestyle	Kincaid	6:00 PM	Romig & GVMS
11					
12					
13	Start Times				
14	Race #1, January 29	Race #2, February 5	Race #3--Relays, February 12	Race #4 February 19	Race #5 February 25
15	6:00 pm D Boys & Girls	6:00 pm D Boys & Girls	6:00 pm Open Boys	6:00 pm D Boys & Girls	6:00 pm D Boys & Girls
16	6:10 pm C Boys	6:10 pm C Boys	6:05 pm Open Girls	6:10 pm C Boys	6:10 pm C Boys
17	6:20 pm C Girls	6:20 pm C Girls	6:10 pm Duo Boys team	6:20 pm C Girls	6:20 pm C Girls
18	6:30 pm B Boys	6:30 pm B Boys	6:20 pm Duo Girls team	6:30 pm B Boys	6:30 pm B Boys
19	6:35 pm B Girls	6:35 pm B Girls	6:30 pm Boys Tri team	6:35 pm B Girls	6:35 pm B Girls
20	6:45 pm A Boys	6:45 pm A Boys	6:45 pm Girls Tri team	6:45 pm A Boys	6:45 pm A Boys
21	6:50 pm A Girls	6:50 pm A Girls		6:50 pm A Girls	6:50 pm A Girls
22					
23	Race #6, February 27				
24	6:00 pm D Boys & Girls				
25	6:10 pm C Boys				
26	6:20 pm C Girls				
27	6:30 pm B Boys				

28	6:35 pm B Girls	A & B Boys & Girls will ski							
29	6:45 pm A Boys	the longer course							
30	6:50 pm A Girls								