



April 2015

A Month of Reflections



It is a season for **Reflections** for the Alyeska Ski Club! It is a time for athletes that are working hard and training hard to reflect on where they've been and what they can achieve. Here's a look at our season and especially this past month of athletic achievement and personal growth...



Alyeska Ski Club Board of Directors

by Shane Langland, ASC Board President

Wow! What an amazing season it has been for the Alyeska Ski Club. While facing a challenging snow year, our athletes, coaches, staff and volunteers have pulled off another fantastic year.

Congratulations to all of the athletes for their hard work and perseverance this season. Their dedication to their sport and their work ethic has been outstanding.

Thank you to Alyeska Resort and to all of the coaches, staff, and volunteers that made it possible for our athletes to improve their abilities, and to demonstrate their love for the sport. The challenges we faced were significant this year but we delivered great programs in heroic fashion for our athletes.

While there were many triumphs this season, there was also tragedy. Please keep Coach Danielle in your thoughts and prayers as she is facing a very long and difficult journey in the months and years ahead. Please contact Aaron or Lara if you are interested in ways to help in her recovery and future.

Again, thank you to everyone for helping our athletes enjoy yet another season of great skiing.

Shane



PROGRAM HIGHLIGHTS

MIGHTY MITE CORNER

by Clint Lentfer, Mighty Mite Board President and Head Coach

We had a great finish to the year on **Mighty Mite weekend**, some FAST racing, great costumes from the parents, and AWESOME BBQ - thanks to all the volunteers!

What a year it has been! We saw lots of improvement from all the kids who stayed committed during the season. The Mighty Mite Coaches are finalizing their nominations for most improved boy & girl, as well as the Tanaka Award (Sportsmanship). We are also busy calculating the year-end awards and some really close race results!

Encourage your son or daughter to continue staying committed to being active and doing outdoor activities throughout the summer, including hiking, biking, basketball, soccer, etc. It's not too early to start biking, as the Bird to Gird bike trail is in AWESOME condition. If you have never done a family bike ride to the Ice Cream Shop on a sunny afternoon, it's a real treat!

We may be done with Mighty Mites for the season but we still have the annual **end-of-season banquet** at Bear Tooth Theater on **April 23 from 5 – 8:30pm!** Make sure and mark this date on your calendar and plan to join us in celebrating this incredible group of kids! The Banquet costs \$15/person for all the pizza, sandwiches, salads, and dessert that you can eat. Families will be able to enjoy a great banquet with videos and pictures of the season. All children will receive special **season t-shirts** and **participation awards**. Each Animal Group will receive 1st through 5th **overall awards** by gender that combine attendance points with race points. If you are interested in volunteering to help with the banquet please let us know. More details about the evening below.

Thanks again to all the parents and kids for their efforts this season. We all had a great time and really enjoyed skiing with the kids, and appreciate all your help throughout the year!

Cheers,

Lumpy

MESSAGE FROM THE MASTERS

by Gary Randall, Masters Board President

On April 10 Masters held their **end of the season awards banquet** at the Aviation Heritage Museum. It was well attended by all the Masters who braved the adverse conditions we had this year. Videographer, Adam Holzer, provided **a year-end video** with highlights from the season. It's an amazing video and worth watching <http://vimeopro.com/alaskadigital/alyeskamasters>.

We had nine Alaska racers attend the **Masters Nationals** in Sun Valley this year with some notable results:

Wayne Henderson (Men Class 10) - 3rd Place in the Super Combine (SG/SL)

Gary Randall (Men Class 9) - 4th Place in the Super Combine

Fritz Reinbold (Men Class 5) - 2nd Place in the SL

We are hoping for a better snow season next year if mother nature cooperates and we welcome all parents and coaches and anyone who would like to improve their skiing to come join us on the slopes.

Have a great summer and ski you later.

Gary



Glacier Valley Ski Education Foundation

by Alex von Wichman, GVSEF Board President

It's April! The time when spring starts to bloom, corn snow starts becoming a common occurrence at certain times of the day and on certain aspects. Grab a sandwich and go for a hike! The **Subway FIS series** for the season is now over, with the final races completed last Saturday.

Thank you to ALL THE VOLUNTEERS this winter - we could not provide your children the experience without your support and help!

To all of you parents and athletes reading this newsletter - THANK YOU for your dedication and fortitude this season. As we have stated before, it has been one of the most challenging seasons in Alaska's young history. It's unusual to call a good powder day 3"!

As you recall, March was an incredibly busy month for the Club as a whole. The **Nordic team** finished their season at Kincaid Park, the **Freeskiing Program** had successful trips to Colorado and New Mexico. The **DEVOS Program** had a very successful year logging countless hours of skiing.

U14 Championships were held in Big Sky, Montana, the **U16 Championships** were held in Mount Bachelor, and **U18 Championships** were held in Mammoth Lakes, California. It is a pleasure to report that our groups were said to be polite and some of the hardest working teams on the hill, helping out race organizers pulling nets and generally lending a helping hand.

We had two U14 athletes that were chosen to compete in the **U16 National Championships** in Sugarloaf, Maine, **Sanne Cassee** and **Hunter Eid**. Kudos to them - what an experience!

As we switch gears and start into the beginning of spring and summer it's important to remember to have fun and to exercise lots over the summer. Staying fit on a daily basis is so much easier when fall sports start and dryland rolls around again.

I would be remiss to not give one more thank you. Thank you to the Alyeska Resort and your staff for all of your support this season!

Fall will be upon us faster than you think!

Alex



Junior Program Reflections

by Aaron Stiassny, Alpine Director, GVSEF

Last minute decisions were commonplace this season with weekly training plans and race venue selection decided only days before. I'm not sure it would have been possible without our friendly 'Remind' Text Alert. That was a great improvement for closing the communication loop for our programs. I look forward to improving our methods of communication for next season as well as the website (these are top priorities for Lara and myself). As our programs have grown we have begun to offer more year-round opportunities: summer and fall ski camps and dryland activities as well. More details will be coming on these opportunities. Stay engaged with these plans! Athletes stay active through the summer and come participate!

With a little time to reflect on the winter we've had, it is AMAZING that we were able to pull off every calendared race since February 13th. Yes, from February 13th on we hosted a combined **18** days of racing! We finished with three consecutive event weekends (4 consecutive if you include Mighty Mite weekend) 1) U14/U12 State Championships March 27-29, 2) AK Skimeister April 4th and 3) Subway FIS Spring Series April 10-11. It was literally a race to the finish line! I am fortunate to work with such a great staff of quality Juniors coaches and race crew who take pride in hosting events. Compliments to the Juniors coaches and staff for their hard work and commitment this last month of the season. Our club continues to host high-quality events because we each have support from our friends and families, outside club and teams want to ski race at Alyeska, and we have a strong network of volunteers and officials. Volunteering and officiating are the best way for new parents to learn the sport of Ski Racing and be involved! I would be remised if I did not extend a personal thank you to my wife for her love and support during the busy winter. Thank You Julie!

And, finally, Alyeska Resort's commitment to hosting races at Alyeska and support for the Juniors program was evident this winter. Particularly when you consider the poor snow year and limited terrain this cannot be overstated. Our last race of the year on April 11th was during Slush Cup. It was the first ever FIS Slalom on lower Gail's/ Main Street terrain and this was made possible due to Mountain support. Thank You Di and Brian.

Aaron



RACE HIGHLIGHTS

Top Results at Western Region and U14 Tri-Divisional Championships

Western Region U18 Championships (WRJC) at Mammoth

Margo Lane - 8th place GS, 23rd Slalom

Amanda Lundgren - 14th place GS, 20th SG

Adam Garrigus - 18th place Slalom

Western Region U16 Championships at Bachelor

April Ingrim - 30th place GS

Austen Erickson - 24th place SG, 26th GS

Ely Cerutti - 22nd place GS, 25th Slalom

Jack Stahla - 28th place GS & Slalom

U14 IMD Tri-Divisionals at Big Sky

Connor Lane - 3rd place Slalom, 10th GS

Hunter Eid - 7th place GS, 10th Slalom

Sanne Cassee - 6th place Slalom, 8th place GS

Eli Seaver - Hard Charger 'Bib-O' Super G

Randi Von Wichman - Hard Charger 'Bib-O' Super G

U14/U12 State Championships Top 5 Overall

U14 Women- 1) Kennedy Kane, 2) Gabrielle Griggs (JSC), 3) Mary Grace Stahla, 4) Francesca Bergstedt, 5) Piper Sage

U14 Men- 1) Conner Lane, 2) Cam Skaggs (JSC), 3) Evan Liles, 4) Colin Horrigan, 5) Sage Hildreth

U12 Women- 1) Quincy Donley, 2) Ella Goldstein (JSC), 3) Ava Liles, 4) Chloe Austerman, 5) Isabel Lukes

U12 Men- 1) Jonah Folds, 2) Nolan Quigley, 3) Liam Lauderdale (HYST), 4) Conner Gries, 5) Jimmy Horrigan

Freeskiing Junior Championships at Grand Targhee

Leif Mumma - 3rd Place

Visit: <http://www.adn.com/article/20150414/palmer-freeskier-third-junior-championships>

Subway FIS Spring Series *Vail Daily* story about Hunter Schleper:

<http://www.vaildaily.com/news/15884330-113/hunter-schleper-wins-pair-of-fis-gs-slalom-races>



ATHLETE HIGHLIGHT

Ski Club alumni, **Max Durtschi**, is attending Western State College in Gunnison, CO and just completed a successful season of **Big Mountain Freeride** competitions. Western State supports a Mountain Sports team that offers coaching, funded travel, filming, website and Facebook postings of team and individual results and activities in the sports of Alpine and Nordic Ski Racing, Big Mountain Freeride, Freestyle, Endurance Skiing and Downhill Mountain Biking. Max is ranked 1st in the North American Qualifier standings, 3rd in the World Qualifier standings and earned a spot on the Freeride World Tour for next year. Max's Dad, Mike Durtschi, wrote, "His time skiing at Alyeska and his time with ASC have had a beneficial impact on his ability to produce these results. Alaska has a long list of accomplished winter athletes and not all have followed the same path. I am just glad that Max has been able to take his youth experiences here in Girdwood and apply them to something he is really enjoying while getting a good education."



Stay in Shape!

by Sophie Ostroski, Juniors Coach

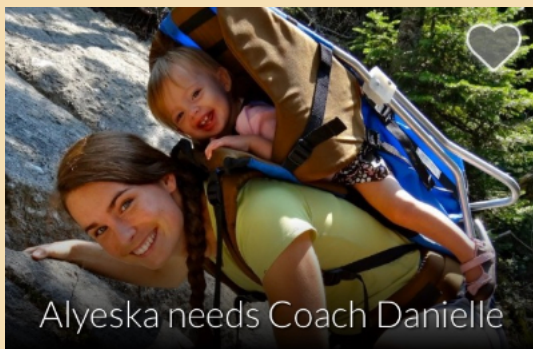
As the season closes it's time to start working towards our goals for next year. A key aspect of being a successful ski racer is **fitness and strength**, and summer is when athletes can make big strides in their fitness! Coming into the season fit allows time on snow to be focused on skiing fundamentals. We saw strong evidence of this at the fall Colorado camp. Those athletes that were fit, were able to be much more productive and improve their skiing.

No age is too young to get outside and be active! For our younger athletes get out and hike, bike and play sports. For our older athletes it's important to have a goal based plan of skiing specific strength and cardio. We recommend participating in all offered club dry land sessions this summer, in June, and starting up again in August. The 15/16 season starts now, being active and strong will set you up for success!



Coach Danielle Shannon

by Phil Ostroski



Alyeska needs Coach Danielle

A **HUGE HEART-FELT THANK YOU** to the Alyeska Ski Club for their support of Danielle!

I want to thank the members of the Ski Club for everything they have done and continue to do for Danielle and all of the family members who have shown up on Anchorage's doorstep.

First accolades must go to the Alyeska paramedics (patrol)...these professionals saved Danielle's life that night. Ski coach/patroller Tatiana Lawson was one of the early responders on the scene; it took 9 minutes from on-hill response to closing the doors on the ambulance, and a 23 minute drive to the front door of the OR at Providence Hospital in Anchorage, where the surgical team was

waiting. Patrol members Tatiana, Matt Campo, Ryan Hutchinson, Peter Meyers, Ken Waugh, Cody Burns and Kelly Wozencraft were, literally, lifesavers that night.

There were many behind the scenes folks who made the whole thing work....

Lara Hildreth, Aaron Stiassny, Paul and Robin Ingram, Clayton Krueger, Paul Crews, Lex Patten and Fire Engine #12 with 5 pans of lasagne, Jay and Emily Thatcher, Julie Wrigley, doctors Eli Powell and Fritz Reinhold, Osa Lapkas, Terry Sherwood, Jill Lerner and the ever growing list of folks who I am unable to call by name. Thank you to the von Wichman family for opening their house in Anchorage to use as command central.

And to Peter and Sophie Ostroski, I really don't know what to say. You had to step into a situation that is more difficult than what most folks ever have to face.

Many, many thanks!

Phil Ostroski
Intervale, NH

ASC SUPPORTER HIGHLIGHTS

doTerra Products - Just a reminder that Mighty Mite parent, Jennifer Hubbell, has generously offered to donate 100% of her web based sales of doTerra health and wellness products during the month of April to support Danielle Shannon's recovery. For online products visit <http://www.mydoterra.com/jenniferhubbell/#/> or call/text (907) 830-7009 for more information.

Athlete Photos - Now is the time to order photos of your athletes from this past season through **Bob Eastaugh's Zenfolio site**.

Long time member and Masters athlete, Bob Eastaugh, volunteers to photograph Junior and FIS ski races and training. The direct link to his ski racing galleries is <http://bobeastaughimagery.zenfolio.com/f780276392>. 100% of the net proceeds of sales are donated to the ski club.

Membership Survey - One last reminder that we are conducting a membership survey to help guide the ski club's future strategic planning. Your input via this survey is greatly appreciated. If you haven't already done so, please click the link below to begin the survey. It is very short, only ten questions and should take less than five minutes. Only one member per family should complete the survey.

<https://www.surveymonkey.com/r/ZFDTRLQ>



April 23, 2015

Mighty Mite Banquet

Join Mighty Mite coaches, parents and athletes for a fun end of season celebration!

Time: 5 - 8:30pm

Location: Bear Tooth Theatre

Cost: \$15 per person

Purchasing Tickets: The ticket booth is open with tickets starting now through the evening of April 23.

Food: Buffet will be set up at 5:30p

Schedule: Slide show from 6 - 6:40p. 2015 video will be shown at 6:40p. Banquet program will start at 7p and should be wrapped up by 8:30p.

No need to RSVP but get your tickets early and avoid the line on Thursday night!



April - May 2015

Juniors Spring Calendar

Elite Sports Performance Dryland

Dates: April 21st through May 28th. Total of 11 Sessions offered Tuesday & Thursday.

Time: 3/3:30-4:30pm.

Space is filling up fast! Email Aaron Stiassny with intent aaron.gvsef@gmail.com.

Juniors End-of-Season Banquet

Date: May 22nd at an 'Outdoor Location' in Anchorage TBD

Time: 5:30 - 7:30pm

Juniors staff will announce **End-of-Season Award Winners** - MVP, Most Improved, Most Inspirational, Most Helpful, and Role Model. Winners of this year's **Brian Russell Scholarship** will also receive their awards!

More details coming soon...

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