

Go Lakers!



NTSHS Alpine Ski Team Meeting

Nov. 20, 2023

About us!

Rob and Gretchen Sproehnle

○ ROB

- Grew up in Olympic Valley
- Raced Far West, USSA, on regional and national level
- Coach SVST U-10, U-12, U-14
- Head Coach NTHS Ski Team: this is 10th year

○ GRETCHEN

- Grew up in Incline Village
- Raced Far West, USSA, on regional and national level, collegiate
- CU Boulder Ski Team
- Assistant Coach NTHS Ski Team: this is 7th year



Welcome to 2023-2024 Season!

- Before you can practice or race: Register online AND HAVE CLEARANCE from Aktivite
- May need a physical, so plan accordingly
- First race is scheduled for Dec. 14, GS at Alpine Meadows
- Schedule is still tentative
- 7 races on schedule
- Plus - League Championships
- Plus –Western US High School Ski Championships
 - Not sanctioned by Tahoe Basin Ski League – but is a USSA race – more on that in a minute

*PARENT VOLUNTEERS NEEDED FOR HOME RACES

Tahoe Basin Ski League (NIAA)

- North Tahoe High School
- Truckee High School
- Incline High School
- South Tahoe High School
- Whittell High School
- Carson High School
- Douglas High School
- Sierra Lutheran



Training

- 1:30 - 4pm
 - or – whenever you can get there!
- Share hill space w/Truckee and sometimes snowboard teams
- No school transportation, parents responsible for getting kids to / from Alpine



Thank you Palisades
Tahoe/Alpine
Meadows!
Training on
Kangaroo Chair

Training continued

- Free lift ticket for training days
 - Need a ticket?
Email or text
Gretchen by noon,
will leave vouchers
at bottom of course
at designated spot
- Training is not mandatory for athletes who are members of other teams
- HOWEVER...

Palisades Tahoe/Alpine Meadows, Kangaroo Chair





Time Trials

- Time Trials are MANDATORY
- Will hold Time Trials for both GS and SL
- Will schedule Time Trials before 1st race
- Alpine Meadows on Kangaroo Chair unless otherwise notified

RACES

Always check website!

It's all about
"team effort"

Even if you have trouble on
one of your runs, just FINISH
as you will earn points for
the team!

If you DNF first run, take fun
run and cheer team on

Be on best behavior
ALWAYS



1st race Tuesday Dec. 14 – Alpine

RACES...

....con't

- RSVP for races so we know you are able to participate (see emails or website to sign up)
- Start order based on time trials, training, previous race results, coaches' discretion
- Transportation will be provided for away races
 - If athletes drive themselves – need parent letter
 - Cannot drive together without parent
- Entry fees: collected day of race w/waivers
 - Booster's Club contribution ?
 - Fees are ~\$25-50 in past, w/tickets, check website.
- ALWAYS check website for updates, "Race Day Updates" page – night before and morning of – also text messages



2023-2024 Schedule

NIAA / TAHOE BASIN SKI LEAGUE RACE SCHEDULE (FINAL)

Updated 10/17/23

SUBJECT TO CHANGE

Date	Disc	Location	Host	
Th 12/14/23	GS 10a	Alpine	All schools	Confirmed
Th 12/21/23	GS 10a	Alpine	THS/NTHS	Confirmed
W 1/10/24	GS 10a	Kirkwood	DHS	Confirmed
W 1/17/24	SL 10a	Palisades	NTHS/THS	Confirmed
W 1/24/24	GS 10a	Sierra at Tahoe	STHS	Confirmed
Wed 1/31/24	SL 10a	Diamond Peak	IHS	Confirmed
Fri 2/9/24	SL Night 4p	Heavenly	SLHS/CHS	Confirmed
Tues 2/13- Wed 2/14/24	States 10a	Diamond Peak	All schools	Confirmed

Transportation

Please help us by following the rules

If the district is providing transportation, then the following rules will apply:

1. If a student athlete has their license and wants to drive, we will need a letter of permission signed by a parent. Student athlete can then drive only themselves and NO OTHER ATHLETES. See letter on our website.
2. If a parent wants to drive their own child to the race, they may do so, but cannot drive any other athletes, even if the other parents have given permission. UNLESS...
3. If a parent wants to drive athletes other than their own child/children, they may sign on as an "Unsupervised Volunteer" and go through the process required by TTUSD. See more information on our website.



State Championships



- State Championships will be at Diamond Peak – more info on website as we get closer
- February 13-14, 2024
- To qualify for States, must have 3 starts, any discipline
- We usually qualify as one of top 3 teams, can field 10 boys/10 girls
- States start order based only on points earned from regular season races

Western US High School Ski Championships!

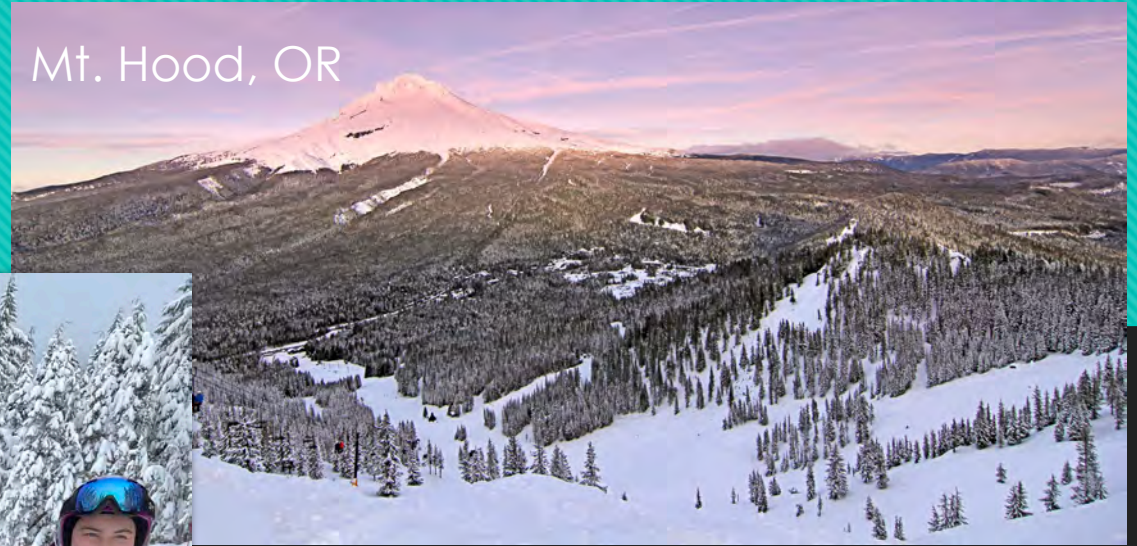
(not to be confused with NIAA State Championships)

- March 12-14, 2024 @ Mammoth
- Made up of athletes from all Tahoe Basin Ski League teams
 - 12 women /12 men
 - Team criteria TBD
- US Ski & Snowboard membership will be required
 - If under 18: Short Term Membership OK (\$35/day) or Alpine Competitor U16 and Over (\$185)
 - If turning 18 during the season – background check for new members – plan ahead
 - See www.us Skiandsnowboard.org
- Equipment requirements will apply
- More details to come!

“NV LAKE” Team

@ 2023 Western US High School Championships

Mt. Hood, OR



- We fielded a team of 18 (allowed 24)
- NTHS – 6
STHS – 4
Truckee – 6
Carson – 2
- Placed 5th as a team, with individual podiums both days

Interested in being a Team Captain?

- Looks great on college applications! 😊
- Help coaches with setting/pulling courses (ALL athletes expected to help with this!) Training day organization and communication
- Race day organization
- Overall communication with team members
- Send an email to Gretchen if interested

Other Important Information

NTHS Boosters

- Looking for Boosters parent representative
- Send an email to Gretchen

Donations

- \$ helps fund coach essentials i.e., radios
- Send or drop off check made out to NTHS Alpine Ski Team, with "Donation" on memo line

Swag

- Buy yours tonight! (Not required – just for fun)

Looking ahead/next steps:

- Stay tuned for unknowns:
 - Training schedule and training hill logistics
 - Early season conditions / snowmaking / hill availability / staffing
 - Please be flexible and expect sudden changes, especially if windy or snowing
- Training schedules could change when school schedule changes
 - If school Snow Day, race or training will be cancelled
- Email is main mode of communication from us to you, please read
- Calendar will be online: I will update website with current training and racing schedule
- Ask questions! Email, text, is fine or call. Any time – especially on race days – early am and/or after hours is fine

Check our website...

➤ nthsskiteam.weebly.com

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