

Apple Valley/ Rosemount High School Alpine Ski Team FAQ's

Thank you for your interest in the AVR Alpine Ski Team! This is a great group of athletes with a very welcoming team atmosphere. Please let us know if you need help getting ready for the Alpine race ski season. Additional questions email us at avralpineski@gmail.com

My child likes to ski but has never raced. Can they join?

Absolutely! The AVR Ski Team is open to all students of all abilities in 7th-12th grades. The coaches will develop you into a Downhill Slalom racer.

How do we join and how can I get ready for the season?

1. Purchase a [Buck Hill season pass](#) as soon as possible.
2. Get a sports physical. The paperwork needs to be on file with the school for participation and is good for 3 years.
3. In Sept/Oct there are several local ski swaps and ski sales: Pierce, Joe's, Hoigaards, Buck Hill and Afton Alps. Try on, sort and purchase equipment before the actual ski season starts. Let us know if you need any help with items. Check our team calendar for dates.
 - a. More information about equipment fitting: [Sizing Skis](#) [Fitting Boots](#)
4. Prior to the first practice, you will need to:
 - a. Register your skier with the school on EduTrak. The ACTIVITY FEE for the Alpine Ski team is less than other sports due to the need for a Buck Hill pass. Make sure you sign up for the high school your student will be attending even if in middle school.
 - b. Register with the Booster Club by completing the Registration Form found [here](#). This will get you added to the Booster Club facebook page for announcements and Shutterfly account for photos.
 - c. The Booster Club will be collecting booster fees for participation on this team which are \$175. Information is found on the [Registration page](#) of our website.
 - d. Follow the team captains on Instagram @avr_alpine

Booster Club Fees? What are they used for?

Booster Club Fees are the primary source of income for the team and fund the team's operating expenses including use of the ski lanes/runs for training at Buck Hill, equipment, end of year banquet, team shirts/posters, and the cost of the third coach. We are also growing our supply of team jackets.

What kind of Fundraising & Sponsorship opportunities are available?

We have bagged groceries at the Rosemount Cub Foods and sold Coupon Cards. Our mandatory fundraiser date this year is 11/23 from 10:00-4:00. We need one parent volunteer for every 2 racers. Please consider volunteering.

What equipment is required?

- **Helmet:** Full coverage helmet designed for Slalom ski racing with a chin guard
- **Goggles:** A good fit and visual clarity can make a huge difference. If using one lens, the lighter tint the better.
- **Ski Boots:** A good fit is essential. Coaches can assist with determining whether existing boots are appropriate.
- **Slalom Skis:** *Highly recommended!* Coaches can help parents with what to look for in a race ski.
- **Good poles with hand guards:** High-end poles are not necessary, but poles should be durable.
- **Shin Guards:** *Highly recommended.*
- **Ski Racing Suits:** Recommended but not critical. Many first year skiers do not wear them.