

11/12 SEASON



TEAMGILBOA
ALPINE SKI TEAM

VISIT WWW.TEAMGILBOA.COM FOR MORE INFO



THE TEAM GILBOA PHILOSOPHY



TEAM GILBOA ALPINE SKI TEAM

Our mission is to help young men and women achieve their goals and become successful individuals through participation in alpine ski racing. We support our mission by:

- Ensuring that every young athlete has the opportunity to participate
- Building self-confidence and a healthy self esteem
- Instilling life-long enthusiasm for winter sports
- Teaching sportsmanship and skiing etiquette
- Encouraging high academic achievement
- Fostering friendships that last a lifetime
- Providing a program that gives athletes, from first-time racers to future US Ski Team members, the chance to achieve their competitive ski racing goals

Team Gilboa Alpine Ski Club, Inc is a private non-profit 501(c)(3) club and was founded over 20 years ago on the premise that each ski racer, from beginner to highly skilled, deserves the physical training and emotional encouragement to achieve their racing goal no matter how simple or ambitious. Over 200 athletes ranging from ages 6 to 18 are members of Team Gilboa. We are home to some of North America's best alpine racers, including past U.S. Ski Team athletes Lauren Samuels and 2006 & 2010 Olympian Kaylin Richardson. Kaylin was a member of the U.S. Ski Team from 2000-2010, competed internationally on the World Cup circuit, and skied her junior years with Team Gilboa. Team Gilboa has coached many athletes to the Junior Olympics in the J4 to J1 age groups. Athletes from Team Gilboa hold recent titles of 2009 U.S. National Downhill Champion and 2009 J2 National Super-G Champion. Team Gilboa has assisted many of our athletes to compete at local, national and international events, including NorAm Cup, U.S. Nationals, and Junior Olympics.

Team Gilboa is not all about ski racing. We are proud of the academic success our athletes have achieved over the years. The list of schools our alumni have attended is an impressive showing including St. Olaf, Boston University, Dartmouth, Harvard, Colby, Denver University, University of Utah, University of Colorado at Boulder and many others over the last two years.

We are equally proud of our coaching staff. With over 20 coaches, all bringing different perspectives to the training hill, our athletes benefit from a wealth of talent. We encourage and promote coaches education by utilizing the various programs designed by the US Ski Team to further coaches knowledge, thus giving all our athletes the benefit of a cohesive staff, from Junior Race to the FIS Group.



TEAM GILBOA ALPINE SKI PROGRAMS 2011-2012 SEASON

Thinking about the fun of racing for the first time or leading your national age ranking? You supply the hopes and dreams. Team Gilboa is committed to meeting your needs. Our programs are designed to meet the needs of all youth ski racers with nationally trained and certified coaching staff and state-of-the-art training techniques, equipment and online video. Come out to our Competition Center, work with your coaches and fellow athletes and experience the benefits and team bonding in Team Gilboa's own on-hill facility. It's the journey that fulfills your dreams.

PARENT INFORMATION MEETINGS

Held at Team Gilboa Competition Center.

J3 Athlete/Parent meeting:
10/25 @ 7:00pm

J12 Athlete/Parent meeting:
10/25 @ 8:00pm

Jr. Race Parent meeting:
11/2 @ 7:00pm

J456 Parent meeting:
11/9 @ 7:00pm

**LEARN MORE AT OUR RACE PARENT MEETINGS
VISIT WWW.TEAMGILBOA.COM OR CALL THE
GILBOA HOTLINE NUMBER: 612.850.2202**

JUNIOR RACE PROGRAM

Focus on basics of skiing and ski racing, safety and fun on the hill.

- Monday & Wednesday 6:00-8:00 pm
- Four Sunday inter-team races
- Visit teamgilboa.com for more details

DATES: Dryland: Oct. 3, 5, 10, 12
On snow: December - February

AGES: 10 years and younger
(born 2001 or later)

COST: \$670 / \$650*

*cash payment discount

J4/J5/J6 RACE PROGRAM

Focus on skiing skills, fundamentals of ski racing and the introduction of regional ski racing.

- Monday - Thursday 6:30-8:30 pm
- Includes coaching at Region I weekend races
- Visit teamgilboa.com for more details

DATES: Dryland: Sept. - November
On snow: December - early March

AGES: 12 and younger
(born 1999 or later)

COST: \$1,699 / \$1,650*

*cash payment discount

HOW TO REGISTER: VISIT TEAMGILBOA.COM TO REGISTER ONLINE. FULL PAYMENT AFTER NOV. 9, 2010 IS AN ADDITIONAL

TEAM GILBOA CLUB FEE Age class families (J1-6 & training only) are required to pay \$250 Club Fee per family. Upon paying the fee, each family will receive 25 raffle tickets, each with a value of \$10. The Club Fee Raffle is designed to reduce or fully subsidize the Club Fee. Supporters can sell any number of the raffle tickets to offset their Club Fees. Additional raffle tickets are available upon request. Any unsold tickets are retained by your family for an opportunity to win fabulous prizes. The raffle will be held at the Jody Spooner Classic on December 17, 2011.

J3 RACE PROGRAM

Focus on skiing skills, fundamentals of ski racing with an emphasis on competition.

- Monday 4:00-6:00 pm
- Tuesday - Thursday 6:30-8:30 pm
- Introduction to higher level of competition
- Potential for limited travel out of division
- Includes coaching at Region I USSA races
- Visit teamgilboa.com for more details

DATES: Dryland: Sept. - November
On snow: December - early March

AGES: 13-14 (born 1997 / 1998)

COST: \$1,950 / \$1,895*

*cash payment discount

J1/J2 RACE PROGRAM

Focus raises skiing skills and racing fundamentals for everyone from high school racers to FIS competitors.

- Monday - Thursday 3:30-6:00 pm
- Includes coaching at Region I USSA races
- Includes coaching at Central Division FIS races

DATES: Dryland: Sept. - November
On snow: December - early March

AGES: 15 years and older
(born 1996 or earlier)

COST: \$2,055 / \$1,995*

*cash payment discount

HIGH SCHOOL PROGRAMS

Two program offerings dedicated to High School racers only.

- Sign up Session 1 & 2 or Session 2 only
- (1) Friday Training: during the H.S. racing season (Dec. - Mid Feb.)
- (2) Post H.S. Season: Training Monday - Thursday (Mid February - Early March)
- Hours 4:00-6:00 pm

DATES: On snow: December - early March

AGES: 14-19

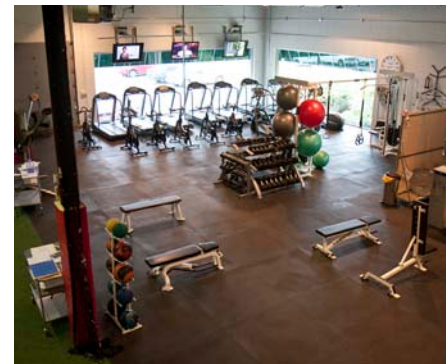
COST: Full-Season \$515 / \$499*

Post-Season Only \$310 / \$299*

*cash payment discount

AL \$100.00. HSSA UNLIMITED SEASON PASS RATES: \$299.00+TAX 12 & OLDER, \$199.00+TAX FOR AGES 11 AND UNDER.

TEAM GILBOA TRAINING CENTER 2011-2012 SEASON



Team Gilboa athletes are privileged to use the premier training facility in the Midwest, featuring all the necessary tools for in-depth video analysis, and a secure warm changing area. In addition, the lower level offers a full weight room for in-season physical training and a ski tuning area. All of these amenities give Team Gilboa athletes an advantage, which no other ski team in the area can compare.



Team Gilboa dryland training features a program designed and directed by Olympic trainer Aaron Leventhal, owner and trainer of Fit Studios.

TRAINING ONLY PROGRAM

This program offers non-USSA athletes the benefit of training up to four nights each week with their respective age group without the weekend races. For example, a 15-year-old may train with the J1/J2 Program. High School and non-USSA racers find benefits from the Training Only Program.

COST:

J1/J2:	\$1,645	\$1,595*
J3:	\$1,540	\$1,495*
J4/J5/J6:	\$1,290	\$1,250*

* cash payment discount

PHYSICAL CONDITIONING

Our fall "dryland" conditioning begins in September and continues until Hyland opens. Age specific conditioning programs are designed to enhance athletes' fitness base and prepare them for a winter season of physical demands. Maintaining a high fitness level during the winter season is vital to success. Our facilities offer a full weight training room, spinning bikes and stretching area for use during the entire winter season.

COST: Included in J1-6 Team Fees

TEAM GILBOA CAMPS 2011-2012 SEASON

Team Gilboa is pleased to offer a selection of training camps, designed to give our athletes a competitive edge.

- Thanksgiving Camp at Loveland Ski Area, Colorado (J4-J1) November 19-26, 2011
- Holiday Camp - TBD
- All-Mountain Terrain Camp, Snowbird, Utah MLK weekend January 14-16, 2012 (All ages)
- Summer Race Camp, Mt. Hood, Oregon (J4 - J1) June, 2012



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SEASON PASS RATES: \$299.00+TAX 12 & OLDER, \$199.00+TAX FOR AGES 11 AND UNDER.


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P.O. BOX 270093 GOLDEN VALLEY, MN 55427-6093

HOTLINE: 612.850.2202

JOIN US OCT. 14-16 AT THE
HYLAND SKI & SNOWBOARD SWAP
SEE TEAMGILBOA.COM FOR MORE INFO & TIMES

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