

Champlin Park Alpine Ski Race Team Information 2026-27

Coaches

- Head coach Gary Phleger 763-458-7463 g.phleger@gmail.com
- Assistant Coaches Anthony Herlitz and Chris Lane
- Booster Club President Jeremiah Mack. 612-384-5437 j15mack@yahoo.com

Captains

- Nora Mack 612-839-5191 macknora016@gmail.com Easton Boudreau 763-339-2107 easton_boudr555@ahschools.us

Eligibility

- Compliance with MSHL rules. (Forms on line or in activities office). Here is the link to the online registration. <https://www.ahschools.us/Page/6100>
- Physical on file with activities office. (Must be in past 3 years).
- If in middle school, physical form must be sent to CPHS Activities office if 1st High School Sport. Send to; marcy.burnevick@ahschools.us and ask for confirmation.
- Activity fees, physical and forms must be completed prior to Monday November 9. Winter Sports registration opens Oct 5.
- Provide your own equipment (Speak to coaches about swaps, used equipment and sales or places to purchase the correct equipment). See back page for more info.

Fees

- Activity fee around \$300 (must be paid before first practice) paid to CPHS
- Bus fee approx. \$300 paid to CPHS ski team. Paid at end of season.
- **The School District covers the majority of the season pass at Trollhaugen and all of the away race fees.** You pay an optional additional \$50 for the upgrade to the season pass if you want to be able to ski on weekends and holidays. The district only covers a mid-week pass. See attached Pass Information Sheet.
- Fundraising opportunities are available to cover some or all of the costs. Passed out at 1st meeting, Cub food bagging and Heggie's Pizza sales. Also, Troll Invite on Martin Luther King Holiday and District Alumni Race last weekend in February are team fundraisers. Volunteers needed.
- Optional Uniform costs. (Captains to give more info.)

Tentative practice and meet schedule (See next page for more specifics)

- Pre-season Informational meeting Oct. 27 6PM N or S Lecture hall CPHS
- Captains Practice Starting in Oct. Captains will notify through App./text and Announcements/Rebel Report. Reach out to one of the captains for info.
- Dry land training starting 2nd week of Nov. on Tuesday and Thursdays. At CPHS.
- On snow at Troll usually around Thanksgiving.(weather permitting). M, T, TH.
- Season ends middle of February.
- Conference meets are scheduled 3rd week of Dec. through end of Jan., once a week, typically Thursday evenings. Additionally, there are 2 or 3 invitational meets and a sections race 1st week in Feb. State meet is 2nd week of feb for qualifiers.

Team Communications and Parent Volunteering. Send an e-mail to Coach Gary and Booster president Jeremiah at to access team communications on the team app.

Required equipment. Skis, boots, helmet, poles. Optional equipment. Shin guards, hand guards, face guard and speed suite. If purchasing equipment for the 1st time please speak to a coach or one of the experienced racers on the team prior to purchasing anything. Most ski shops in the Twin Cities will give you a race discount if you tell them you are becoming a member of a high school race team. Here is a list of some of the ski shops in town that cater to racers.

1. Pinewski's in Anoka. They will take care of your needs and give a great discount if you tell him you are becoming a Rebels Racer.
2. Hoigaard's in St Louis Park.
3. Joe's Sporting Goods in Roseville.
4. Hi Temp in White Bear Lake.
5. Pierce Skate and Ski in Bloomington

Of course, all the ski areas have Ski Shops and Swaps on used equipment which is a great option for beginner skiers to save money. Go early as better items go fast. Be sure to let them know your situation and experience level to ensure you get the help you need in purchasing equipment. Be sure to purchase a Slalom vs a Giant Slalom ski.

- Buck Hill, Wild Mtn, Trollhaugen, Hyland Hills, Afton Alps, Pinewski's and Forest Lake HS- All begin mid Sept- October. Go to their website for specifics.

Schedule for the 2026-27 Season.

Dryland Practices- Tuesdays and Thursdays 3-5 pm in N or S lecture hall at CPHS starting Nov. 10. Middle school kids get there ASAP after dismissal at 3:10.

On Snow Practices- Mondays, Tuesdays and Thursdays 5-7:30 pm at Trollhaugen. Of course, this depends on snow. Otherwise continue Dryland on M and Th.

Meets- Tuesday and Thursday's.

- 5 Northwest Suburban Conference Meets. 5:00-7:30 pm either at Trollhaugen or Wild Mtn. 12/17 @ Wild, 1/7 @ WILD, 1/14 @ Troll, 1/21 @ Wild and 1/28 @ Troll. All Th's. Last race 1/28 starts @4pm for Conference Metals presentation in conference center at Troll after the race.
- Wild Invite, all day Dec. 18 at Wild Mtn. **(This is only Friday commitment)**
- Martin Luther King Invite, all day Jan. 18 at Trollhaugen - Volunteers Needed.
- Section Race, all day Feb 2 at Wild Mtn.
- State Meet. Feb 10 at Giants Ridge for those teams and individuals who qualify from Sections.

Optional Race opportunities for an additional fee. (See all ski resort Websites for more info.) Open to all people not just high school racers.

- Thanksgiving camp (\$10 discount each day for season pass holders)
- Winter Break camp Dec.
- Spring Slalom League begins in Feb. All Thursday Nights in Feb. and March prior to Spring Break.
- GS Race League Tuesday nights beginning in Jan. and ends 2nd week of Feb.
- All ski resorts have a weekend race league starting in Dec and ending in Feb. See their respective websites.