

»» GPST ««

THE GRIND

Building champions in life through ski racing



Granite Peak Ski Team

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March



3/2/25	GPST Club Race
3/8/25	Badger State Games REGISTRATION
3/9/25	GPST Club Race & Team Cookout (more details to come... cookout 12-2pm)
4/5/25-4/6/25	GPST Skills & Thrills camp
4/13/25-4/17/25	Ron's Colorado Spring Camps
6/30/25	GPST Golf Outing-Greenwood Hills

FOR ALL CAMPS/PRACTICES/EVENTS CURRENTLY SCHEDULED, PLEASE KEEP IN MIND THAT WE ARE DEPENDENT ON THE WEATHER AND HILL OPERATIONS. **PLEASE WATCH FOR CANCELLATIONS OR CHANGES TO THE SCHEDULE.** (FACEBOOK, SPORTS ENGINE, GPST WEBSITE)



[MARCH CALENDAR](#)



PC CLEANING DIBS

We will need volunteers to help clean the performance center. Please reach out to Aubrey B. at 715-297-2828 to get more info for this role. Ideally, the center would have a good cleaning at least twice a week during peak season. It takes all of us, so please help out when you can!

SUPPLIES NEEDED FOR PC:

- REFILLABLE HAND SOAP
- GLASS CLEANER
- GARBAGE BAGS- 33 GALLON MINIMUM
- BATHROOM FOAM DISINFECTANT
- TOILET BOWL CLEANER
- STAINLESS STEEL CLEANER
- DISPOSABLE GLOVES (MED AND LARGE)

PLEASE REACH OUT TO AUBREY B (715-297-2828) SO WE DON'T HAVE DUPLICATES! THANKS FOR CONSIDERING!

**B-NET TAKE DOWN
COMING SOON!
PLEASE WATCH FOR
DAY/TIME.**



PLEASE CHECK OUT THE SHARED GOOGLE DRIVE LINK TO SEE PICS AND VIDEOS OF YOUR ATHLETE! THIS INCLUDES RACER DEVELOPMENT TOO!
[GOOGLE DRIVE LINK](#)



CONCUSSION BASELINE TESTING/PROTOCOLS- PLEASE SIGN UP IF YOU'RE INTERESTED! THE MAX SHUPE FOUNDATION PLANS TO FUND THE COST OF THIS FOR ALL CURRENT GPST HOME AND TRAVEL ATHLETES AGE 12 AND UP.



GRANITE PEAK SKI TEAM KWIK TRIP CARDS

- Graduation gifts
- Employee bonuses
- Everyday use!



[ORDER HERE!](#)



MARK YOUR CALENDARS FOR JUNE 30TH, 2025 FOR OUR 2ND ANNUAL TEES 4 SKIS GOLF OUTING

UPDATES TO FOLLOW IN EARLY 2025.

SPONSORSHIP OPPORTUNITIES WILL BE AVAILABLE, GOLD, SILVER AND HOLE SPONSORSHIPS. WE'RE LOOKING TO FILL THE FIELD WITH 36 TEAMS (FOURSOME). YOU CAN REGISTER AS A SINGLE, TWOSOME OR THREESOME!! WE ALWAYS HAVE PLAYERS IN NEED OF ADDITIONAL TEAMMATES.

SIGN UP SOON! THE REGISTRATION IS AVAILABLE IN THE UPPER RIGHT CORNER. LOOK FORWARD TO SEEING YOU ON THE LINKS **MONDAY JUNE 30TH, 2025.**

[SPONSORSHIP AND PLAYER REGISTRATION](#)

RACE DATES!

GRANITE PEAK CUP/CLUB RACE SCHEDULE

- 3/2- CLUB RACE GS
 3/8- BADGER STATE GAMES GS #2 SL #1
 3/9 - SUNDAY RACE AND TEAM COOKOUT (KOMBI)
 3/15-3/16- BRULE FINALE/GRANITE PEAK CUP KOMBI #1, GS #3 #4,
 SL #2 #3

GRANITE PEAK CUP SERIES

- 3/8- BADGER STATE GAMES GS #2 SL #1
 3/15-3/16- BRULE FINALE/GRANITE PEAK CUP KOMBI #1, GS #3 #4,
 SL #2 #3

RACER DEVELOPMENT SERIES (LILY PAD START)

- 3/2- SUNDAY RACE GS
 3/9 - SUNDAY RACE AND TEAM COOKOUT (KOMBI)



**RACER DEVELOPMENT ATHLETES ARE WELCOME TO PARTICIPATE IN
 BADGER STATE GAMES (CITIZEN DIVISION) (MARCH 8)**



March Mindset

March is probably the most important month of the ski season. For some of you it is Championship Season. You have worked all year to reach your goals of Rocky/Central Championships, Central FIS Championships or High School Nationals. For others of you on the travel team it is time to evaluate your goals, review what went well this year and what didn't. What do you need to focus on for next year to make it a successful year? Most of your competition, if they have not reached their goals, they have checked out and stopped skiing. A champion mindset always looks forward, long term and realizes you have 6 wks to gain an advantage for next year. It is warm, sunny, there is no more pressure and I am doing the sport I love with my friends. What is better than that! Not to mention my competition has quit skiing for the year. I challenge you to refocus work on your skiing and your skills. Participate in Granite Peak Club races, Badger State Games and if you are a U14 or under athlete it is time to rock the Central Finale at Brule March 15-16. We also have the Skills and Thrills camp the first weekend in April 5-6. Our training will continue all through March as long as Granite Peak is open. If you want one more opportunity to ski join us at Loveland in Colorado for Coach Ron's Spring Camp April 14-17. This is the best camp and skiing of the whole season for parents and athletes.

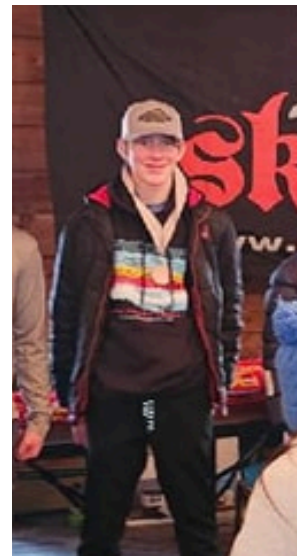
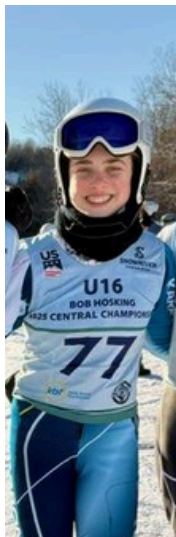
Home team athletes this is your month to shine. This is your Championship Season. You have worked all year for this month. We have two Granite Peak Club races, Badger State Games and all of you should be begging your parents to go to the Central Finale at Brule March 15-16. We also have the Skills and Thrills camp the first weekend in April 5-6. Our training will continue all through March as long as Granite Peak is open. The Granite Peak Cup is up for grabs with Badger State Games and the Central Finale all counting towards the final standings. Let's all finish our season strong and enjoy the last 6 wks we have left.

Coach RJ Lawrence
 Director of Alpine Programming/Assistant Head Coach
 715-701-0892 rjlawrence@gpst.org

BOB HOSKINGS RACE RESULTS!



CONGRATULATIONS TO ALBER, ALEX, AIMEE, KATHRYN AND KATE: THEY QUALIFIED TO COMPETE AT THE U16 ROCKY/CENTRAL CHAMPIONSHIPS AT VAIL IN MARCH!



CYRUS WILL BE HEADING TO WINTER PARK FOR THE U14 ROCKY/CENTRAL CHAMPIONSHIPS IN MARCH!



CONGRATULATIONS TO ALBER HAYEK FOR WINNING THE FRIDAY NIGHT DUALS RACE! WHAT AN EXCITING NIGHT IT WAS!



Granite Peak Ski Team
PO Box 2151 | Wausau, WI 54402

RON LAWRENCE - PROGRAM DIRECTOR
906-282-6001

PRESS RELEASE - CHAMPIONSHIP SEASON

The “Championship” season is upon us. It all started in mid-February where a number of Granite Peak Ski Team (GPST) athletes participated in Wisconsin Alpine State High School Championships at Mt. La Crosse. Grace Kallio defended her Giant Slalom title, by winning the Giant Slalom again this year. The two-time champion, is presently skiing in the US U18 Nationals at Aspen, CO in the “speed” events, (Downhill & Super-G). Grace is the first GPST athlete to ever compete in the US U18 Nationals.

The racing circuit took our GPST U16 athletes to Snowriver Resort (Feb. 20-22) for the Bob Hosking U16 Central Championship. We had 14 athletes representing GPST, Abbey Brill, Aurora Hayek, Aimee Derner, Chloe Marti, Allison Belt, Kathryn Floyd, Emily Fredricks, Kate Hostetler, Jessica Linn, Timea Sicar, Ella Tieman, Connor Wittry, Alex Meller, and Alber Hayek. GPST had seven athletes qualify to move on to the Rocky/Central Junior Championship held at Vail, CO the beginning of March. Ella Tieman, Kate Hostetler, Aimee Derner, Kathryn Floyd, Allison Belt (declined and will instead to participate Western High Nationals in Grand Tarhee, WY), Alber Hayek, and Alex Meller. Chloe Marti was injured in the event and we wish her speedy recovery.

Next up was the Bob Hosking U14 Championship, also held at Snowriver Resort (Feb. 21-23). GPST had 4 athletes participating; Anna Brill, Madaline Fredricks, Mason Marsolek, and Cyrus Landenbach. This was the first time for many of our athletes competing for the opportunity to move on to Winter Park, CO for the Rocky/Central U14 Championships. Congratulations to Cyrus Landenbach who will be representing GPST in mid-March in these championships.

The GPST FIS Team will have 2 championship events in the upcoming month of March. The Rocky/Central FIS Championship at Copper Mountain, CO in the beginning of of the month, (March 4-7) and the Central FIS Championship at Lutsen Mt. at the end of month, (March 20-23).

Finally, our young athletes (U10/U12/U14) athletes will have their Championship event called the Central Brule Finale (March 15 -16) . This is their chance to compete against other athletes from around the midwest. This is a great opportunity for all our young athletes.

March is the best month to ski and become better as a racer. Many teams are unable to train because of the lack of snow. We are very fortunate here at Granite Peak Ski Resort. This is where the GPST athletes make their biggest gains during the season and it really helps them for next season. Keep Skiing & Keep Training.

GOOD LUCK to all our GPST athletes! SAFE TRAVELS!



GRACE KALLIO

HIGH SCHOOL TEAM NEWS!

THE WAUSAU UNITED SKI TEAM, REPRESENTING WAUSAU WEST AND DC EVEREST HIGH SCHOOLS, DELIVERED EXCEPTIONAL PERFORMANCES AT THE WISCONSIN STATE HIGH SCHOOL SKI AND SNOWBOARD CHAMPIONSHIPS RECENTLY IN LA CROSSE, WI. BATTLING COLD TEMPERATURES AND TOUGH COMPETITION, BOTH THE BOYS' AND GIRLS' TEAMS SHOWCASED THEIR SKILL AND RESILIENCE.



THE GIRLS' TEAM FINISHED 6TH OVERALL IN DIVISION 1, PLACING:

- 6TH IN SLALOM
- 4TH IN GIANT SLALOM
- 10TH IN SUPER G

THE BOYS' TEAM SECURED 4TH PLACE OVERALL IN DIVISION 1, PLACING:

- 5TH IN SLALOM
- 2ND IN GIANT SLALOM
- 1ST IN SUPER G



**GRACE KALLIO &
LILLY WITTWER**



TJ SONDELSKI

ALL-STATE TEAM QUALIFIERS

2025 COLORADO SPRING RACE CAMP

Camp Leader: Ron Lawrence assisted by Guest Coaches

CAMP GOAL: *To provide an opportunity for Athletes to ski into late April with the focus on GS Fundamentals and provide them an opportunity to Cat Ski in a great environment.*

ALL Athletes from **(U12/U14/U16/U18)** are welcome and encouraged to attend. To ensure personalized attention and best results EACH CAMP size will be limited (20 ATHLETES). Athletes will be rotated among the camp coaching staff to ensure maximum results. The focus will be on what each individual athlete needs to move to the next level.

This includes:

- Ski Technique Improvement to the next level
- Summer Physical Fitness Improvement Program
- Development of Mental Attitude to be successful.
- 1 Day of Cat Skiing on the RIDGE at Loveland Ski Area (Weather Permitting)

Payment by APRIL 1st

TEAM LC Camp (SESSION 1) April 13–April 17th Arrive April 13th \$900 without LOVELAND ski pass, \$800 with pass

NOTE: CAMP FEES include Room at the Dillion Inn, Lift Ticket, Cat Skiing (1 day – weather permitting) and all coaching.

Payment after April 15 will only be allowed with prior approval.

Camp Price does not include airfare. Transportation from/to the Denver International Airport to the Dillon Inn is the responsibility of the participant. If this is a problem, please contact Coach Ron. Fees do include all local to mountain transportation (Assisted by Coaches & Parents), rooms, lift tickets, coaching and 1 day of Cat Skiing (Weather Permitting). ***We will be insisting on STUDY HALL for all athletes each day so they can keep up with School & Homework.***

Lodging will be at the Dillon Inn in Dillon, CO. Rooms have 2 queen beds, microwave, refrigerator, and free breakfast. These reservations will be made by Coach Ron Lawrence. **First Team Meeting will be at the Dillon Inn at 7pm (MST) April 13th.**

Rooms for Parents: Shared \$45/night eachSingle \$80/night

Circle dates room needed: April: 12 13 14 15 16 17 18

Please submit: Registration & Medical FORM and check payable to Ron Lawrence or you can **VENMO to: [RonLawrence1902](#)**

Send to: Ron Lawrence, 8752 South Cedar Trail, Baileys Harbor, WI 54202

Any questions please feel free to call Ron at 906-282-6001; Email: rklawrence@live.com

IMPORTANT INFO: What to Bring – A Great Attitude!

Plus:

Homework & Backpack

GS Skis & Powder Skis,

boots, poles, helmet, boot dryer

GS Suit (we train in our GS suits)

Water bottle, sunscreen, bathing suit

workout clothes & tennis shoes

TEAM LC SPRING CAMP REGISTRATION & MEDICAL RELEASE FORM

Athlete's Name: _____
 Date of Birth: ____/____/____
 Address: _____
 City: _____ State: _____
 Zip: _____
 Home Telephone Number: _____
 Father's Name: _____
 Phone No.: _____
 Mother's Name: _____
 Phone No.: _____

CAMP FEE: \$900 CAMP FEE with LOVELAND SKI PASS: \$800

TEAM LC RACE CAMP requires that all participating athletes have medical insurance coverage prior to any "CAMP" activity on and/or off snow. Please state the name of your medical insurance company, the policyholder's name, and policy numbers below.

PRIMARY INSURANCE COMPANY:

 Policy Holder's Name: _____

GROUP NO. _____

Policy Number: _____

MEDICAL CONDITIONS OF THE ATHLETE WE SHOULD BE AWARE OF:

If parent(s) are not available, additional person we can contact in case of an emergency: Name: _____

Relationship: _____

Address: _____ City: _____

State: _____ Phone No.: _____

Cell No.: _____



WOULD YOU LIKE TO BE A HOST FAMILY?

OCCASIONALLY, WE HAVE ATHLETES OR COACHES FROM OUT OF THE AREA THAT COULD USE A PLACE TO STAY FOR A SHORT TIME. IF YOU ARE INTERESTED IN WELCOMING THESE FOLKS INTO YOUR HOME, PLEASE CONTACT AUBREY B. FOR MORE INFO! THANK YOU FOR CONSIDERING!

WEEKEND LUNCHES FOR ATHLETES/COACHES!

PLEASE SEE THIS SIGN UP GENIUS [HERE](#) TO CHOOSE YOUR DAY/WEEKEND TO HELP FEED OUR HUNGRY KIDS/COACHES! YOU CAN SIGN UP AS AN INDIVIDUAL FAMILY OR WORK WITH A GROUP OF FAMILIES TO HELP OUT! IT IS GREATLY APPRECIATED BY ALL! THERE'S NOTHING LIKE COMING INTO A PREPARED WARM MEAL!



IT'S ELECTION TIME!

WE HAVE THE BOARD OF DIRECTORS VOTE COMING UP AT THE END OF MARCH. NOMINATIONS WILL BE OPEN EARLY-MID MARCH FOR 3 SEAT W/ OR W/OUT INCUMBENTS. NEW BOARD WILL BE SEATED IN APRIL.



MEET JACKSON LOTH!

- 1.) **How old were you when you started skiing?** I started skiing when I was 4 years old.
- 2.) **When did you start ski racing and what do you like about it?** I started in racer development when I was 6. I like everything about it. I'm currently on the home team in the U12 group. I'm 11 years old.
- 3.) **What keeps you coming back each year?** My friends.
- 4.) **Do you have a coach or professional skier/snowboarder that you look up to and why?** I have known Coach Brian the longest since he was my coach when I was on green team. He makes our practices fun.
- 5.) **Is there any special thing you do for good luck/motivation?** I like having lunch with my friends in the performance center.
- 6.) **What other hobbies/sports do you enjoy? What school do you go to/grade?** I really like rock collecting and going to rock shops when we are on vacation. I want to be a geologist when I grow up. I also like to play tennis. I go to Idea charter school and am in the 6th grade.



MEET OWEN BENES!

- 1.) **How old were you when you started skiing?** I was three years old when I started skiing.
- 2.) **When did you start ski racing and what do you like about it? What part of GPST are you currently a part of/age group? (development/home/travel/FIS).** I did the development team for a couple of years and this is my first year on home team. I like skiing with my friends and speed training.
- 3.) **What keeps you coming back each year?** Because I have good friends and it is fun!
- 4.) **Do you have a coach or professional skier/snowboarder that you look up to and why?** I look up to my big sister Olivia because she is fast and has skied for a long time.
- 5.) **Is there any special thing you do for good luck/motivation? up to and why?** I say "banana" and sometimes spell it!
- 6.) **What other hobbies/sports do you enjoy? What school do you go to/grade?** I like running, mountain biking and playing legos. I am in 4th grade at Rib Mountain Elementary School.



**THE SPRING SCHOLARSHIP DEADLINE COUNTDOWN IS ON:
HAVE YOU APPLIED?**

**WE'RE DAYS AWAY FROM THE LVF SCHOLARSHIP
APPLICATION CLOSING DATE.**

**DON'T WAIT UNTIL THE LAST MINUTE—START YOUR
APPLICATION NOW TO ENSURE YOU HAVE PLENTY OF TIME
TO GATHER MATERIALS!**

**GIRLS LOOKING TO TAKE THEIR PASSIONS TO THE NEXT
LEVEL CAN APPLY FOR UP TO \$5,000 IN FINANCIAL AID TO
HELP SUPPORT THEM EVERY STEP OF THE WAY. TO LEARN
MORE ABOUT ELIGIBILITY AND FAQs, VISIT
WWW.LINDSEYVONNFOUNDATION.ORG/SCHOLARSHIPS.**

**THE APPLICATION PORTAL WILL BE OPEN UNTIL MARCH
31ST, 2025 5:00 P.M. EST**

[CLICK HERE](#)

>>> ODDS & ENDS



***note-during the months of Jan-Mar** the cost of attending crossfit at Adventure Awaits is covered if you are a current GPST member. All home/travel athletes can attend any class they offer (up to 3x/week).

[WEBSITE](#)



NEED GEAR?

DON'T FORGET TO CHECK OUT THE GPST BUY/SELL/TRADE FACEBOOK GROUP!

[FACEBOOK LINK](#)



SPORTS ENGINE APP-THIS IS A GREAT TOOL TO SEE OUR CALENDAR UPDATES AS WELL AS COMMUNICATE WITH OTHER TEAM MEMBERS/PARENTS. PLEASE DOWNLOAD THE APP FOR YOUR MOBILE DEVICE. PLEASE TRY TO RSVP FOR PRACTICES ETC TO GIVE COACHING STAFF AN IDEA OF NUMBERS.



- **TEAM JACKETS**-Coach Ron has a number of GPST jackets for sale in various sizes. Youth : size S (1), M (4) , XL (1). Mens: XS (1) and Women: Med (1). We would really like to sell these and proceeds will go directly to the team. If interested, please reach out to coach Ron at 906-282-6001.
- **BOOKKEEPER**-Our team is in need of a bookkeeper to help manage invoices/payments etc. If you can spare some time and help the team out, please send an email to info@gpst.org.



>>> FEEDBACK/QUESTIONS?

We need your feedback! If you have an idea/suggestion to bring forward please email: info@gpst.org