



## JOIN THE DEVELOPMENT TEAM

Our Development Team season kicks off soon, but there's still time to get your child signed up!

**Cost:** \$350 per session

**Date/Time:** Sundays 12-3pm, Mondays 6-7:45pm

**Session 1:** Dec 14th - Jan 12th

**Session 2:** Jan 25th - Mar 2nd

The development program is designed to be an entry-level program to provide skiers ages 6-12 with the fundamentals they need to grow into successful racers and lifelong skiers!

Many of our home team and travel team athletes began with our development program - and other families simply take advantage of the program to teach their children skiing fundamentals so they can enjoy recreation skiing together as a family.

The program consists of 2 weekly practices (Sundays and Mondays) during the 5-week session. Based on their experience level, skiers will work on athletic stance, tipping, stopping, and basics of ski racing.

The Granite Peak Ski Team hosts club races several times throughout the season and there is opportunity for development athletes to participate in these races (at their coach's discretion).



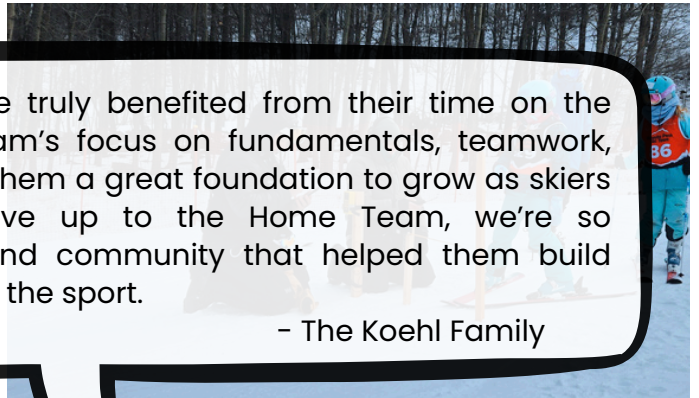
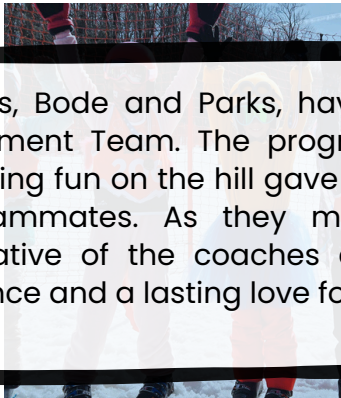
# JOIN THE DEVELOPMENT TEAM cont...

Don't take our word for it! Check out what these development team parents said:



Our sons, Bode and Parks, have truly benefited from their time on the Development Team. The program's focus on fundamentals, teamwork, and having fun on the hill gave them a great foundation to grow as skiers and teammates. As they move up to the Home Team, we're so appreciative of the coaches and community that helped them build confidence and a lasting love for the sport.

- The Koehl Family



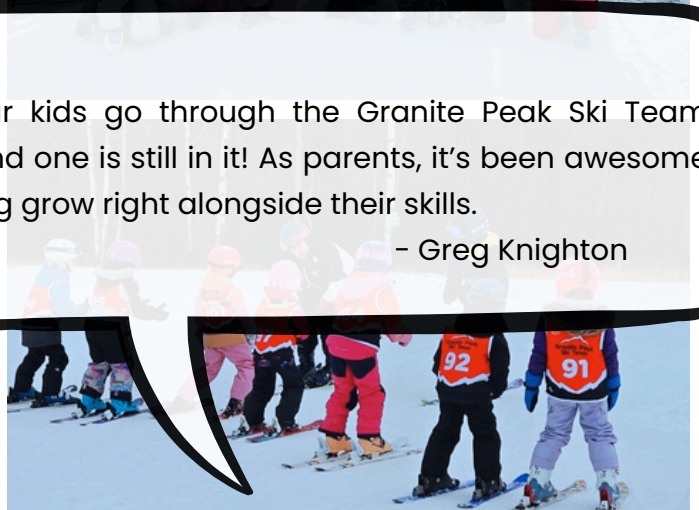
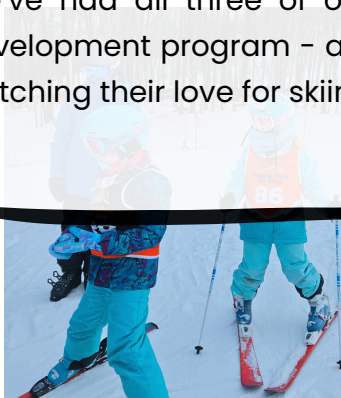
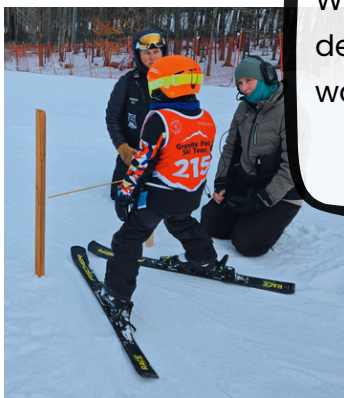
When we learned about GPST 10 years ago, we wanted a way to help our kids become great skiers. We didn't know anything about racing - and we weren't interested in it - but we wanted them to learn fundamentals. We got that and so much more! 3 of our children went on to join the race team. Our other son took his fundamentals to the terrain park and loves to play there with his friends. Skiing has become a great way to spend time together in the winter.

- Travis Marti

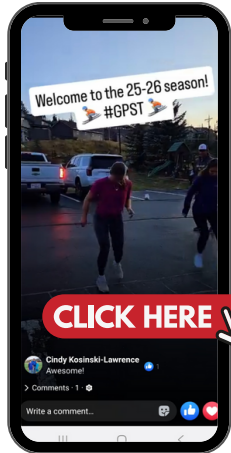


We've had all three of our kids go through the Granite Peak Ski Team development program - and one is still in it! As parents, it's been awesome watching their love for skiing grow right alongside their skills.

- Greg Knighton



# LOVELAND FALL CAMP



GPST athletes - and athletes from teams around the Midwest - met in Colorado for our Loveland Fall Camp. This week provides athletes with the opportunity to kick off the season by focusing on setting goals, working on fundamentals, endurance and flexibility training, and getting a ton of time on snow.



In addition to training blocks at Loveland Ski Area from 9am-4pm each day, athletes participate in daily dryland training exercises, camp meetings, and film review. The staff of coaches work closely with the athletes to provide personalized direction and feedback to improve fundamentals and technique.

With athletes training together, completing homework together, AND lodging together for the duration of the camp, friendships are made to last a lifetime!



## UPCOMING CAMPS AT GRANITE PEAK

- [Thanksgiving Camp: Nov 28-30](#)
- [Pre-Christmas GS Camp: Dec 12-14](#)
- [Christmas Flight School: Dec 26-27](#)



## OTHER UPCOMING CAMPS

- Mont Ripley GS Camp: Dec 27-30
- Loveland Spring Camp: TBD



## GPST APPAREL STORE!

GPST gear makes great **holiday gifts!**

- Hats
- T-Shirts/Polos
- Jackets/Vests
- Joggers/Sweatpants
- and more!

**SHOP HERE!**

Thank you, Fully Promoted of Wausau, for the sponsorship!

## MAX SHUPE FOUNDATION

The Max Shupe Foundation is available to offer financial assistance to help children accomplish their goals through Christian education and alpine ski racing.

The application is available [on the website.](#)

## 2025/26 Team Fees

Development (per session)	\$350
Home Team	\$1500
Travel Team/Day Training	\$2100
FIS Team	\$3500
High School Add-On	\$300
Adult League	\$125
Adult Training Add-On	\$300
Adult Referral	\$75

**Team Info/Registration**



# **BUILDING CHAMPIONS FOR LIFE!**

## ***Alumni Spotlight: Sheridan Westphal***

### **■ What years were you active with GPST?**

I joined GPST in 2009 when I was 10 years old. At the time, I was a really shy kid. I vividly remember being very frightened during my first practices, surrounded by strangers on the ski hill. But even through the nerves, it was clear from the beginning that I absolutely loved skiing. As GPST grew into a more recognized program, I grew with it, learning about USSA and FIS. I took any opportunity I could to get another race start in. I stayed active with the team until I graduated in 2018 and moved to MN for college.

### **■ Did you ski race/compete after GPST?**

Yes! I was lucky enough to continue racing all four years of college. I joined the St. Olaf Alpine Ski Team my freshman year. During my time there, I had the opportunity to attend three USCSA Division III National Championships (minus one due to COVID), and I was honored to serve as team captain during my senior year.

### **■ Where are you now?**

After graduating from St. Olaf College in 2022 with a BA in Biology, I spent a year living in Minneapolis. I worked as a dermatology tech at a dermatology clinic and found time to coach/ski at Buck Hill. I'm currently living in Des Moines, completing my 3rd year of medical school at Des Moines Univ. This year has been full of new experiences as I begin clinical rotations and start exploring potential specialties. I'm on track to graduate as a Doctor of Osteopathic Medicine in May 2027. As you can imagine, Iowa isn't exactly a skiing hotspot, but I've managed to squeeze in one ski trip each year of med school so far: one to Alyeska, Alaska, and another to Alta, Utah. Once I land my first "big girl" doctor job, I plan to get back on the slopes more regularly!

### **■ What is your favorite memory from your time with GPST?**

One of my favorite memories has to be going to my first Junior Championships as a U14. I was 13 and it was my first year racing with USSA. At the time, there was a

# BUILDING CHAMPIONS FOR LIFE! cont...

qualifying race in Marquette, and I still remember the ceremony where they announced who made it and it felt like such a huge moment. The championships were in Winter Park, and it was my first time traveling that far for a race. I think that was when I started to understand how competitive skiing could be, and it made me want to push myself more. It was 2013, so they actually made recap DVDs of the event, and I'm not sure why but that video is still engrained in my brain. I remember watching it over and over again with all my family members and feeling so proud to be a part of it. That experience definitely stuck with me and helped shape how I approached the sport moving forward.



## ■ What lessons or habits from ski racing have stuck with you in your adult life?

I honestly attribute most of the work ethic that has gotten me through college and medical school to ski racing. It's where I first learned that I can do anything I set my mind to, and that hard work often pays off.

## ■ What's your favorite place you've ever skied?

I've been lucky to ski in so many beautiful places, but I think my favorite has to be Jackson Hole. I raced there during my freshman year of college for the USCSA National Championships. I'm not sure if it was the energy of the event, the stunning scenery, or the overall experience, but Jackson Hole has that kind of magic that captures what makes skiing so special. It's definitely somewhere I hope to return to and enjoy even more in my adult life.

## ■ Who was your favorite teammate, coach, or training partner?

It's hard to pick just one, but I have to start by giving a huge shoutout to my coach, Ron Lawrence. He truly taught me everything I know about skiing and what it means to work hard. Ron has always cared so much about every athlete he coached, and GPST wouldn't be what it is today without his dedication and leadership.

I also can't reflect on my time with GPST without mentioning Jack Eder. When I first joined the team, it was just a few athletes, and Jack and I were in the same grade in school and both loved skiing. I still remember in the early days of training traveling up to Norway, Michigan, back when Ron was coaching there, and learning all about slalom. Which sounds crazy knowing what GPST is now, but at the time we were only training for giant slalom. For most of my time on the team, I was often the only girl in my age group and I sometimes felt a little out of place seeing other teams with big rosters. But Jack was like a brother to me. We trained together, traveled to races, and supported each other every step of the way. There's something really special about growing up alongside a teammate and friend like that.

# BUILDING CHAMPIONS FOR LIFE! cont...

## ■ Our motto is "Building champions for life through ski racing." What does that mean to you?

Looking back, I see that ski racing taught me so much more than how to be fast on a course. It laid the foundation for how I approach life now. It taught me grit, discipline, and a deep appreciation for hard work. Whether it was freezing early mornings, tough race days, or those feel-good runs that made it all worth it, ski racing shaped who I am today. Being a "champion for life" isn't about standing on a podium, it's about showing up, pushing through challenges, and supporting the people around you. The lessons I learned on the hill have stayed with me through college and now as I work toward becoming a doctor. I truly believe I wouldn't be where I am today without the values GPST and the ski racing community instilled in me.

## ■ What advice would you give to current athletes?

Soak up every moment; it goes by faster than you think. If I had the chance to do my ski racing career all over again from the very beginning, I wouldn't hesitate. Even in the moments when drills feel repetitive or you're not quite getting the point of what your coach is trying to teach you, trust that it's all part of the process.

Work hard, but don't forget to have fun doing it. The friendships you form through ski racing are something so special. Those teammates and competitors often become lifelong friends. Looking back, those shared experiences are what make it all so meaningful.



## ARE YOU AN ALUMNI?

*We'd love to hear where you are now!*

Reach out to [info@gpst.org](mailto:info@gpst.org). We'll feature you in a future newsletter!



## ABOVE THE LINE SHOUTOUT

*This month's shoutout goes to all GPST athletes who have helped write thank you notes to send to those who support our Kwik Trip card sales. We received this note recently:*

"I received a very nice thank you note in the mail yesterday. Good on you all for teaching your racers the importance of a written thank you note. Well done!"



## ATHLETE SPOTLIGHT:

# MASON HURDA

- U18 / FIS -



### 1. WHAT'S YOUR FAVORITE SKI RUN AT GRANITE PEAK?

My favorite runs are Exhibition and Upper Dusky.

### 2. WHAT'S YOUR FAVORITE PLACE YOU'VE EVER SKIED? WHAT IS ON YOUR BUCKET LIST?

My favorite place to ski is split between Keystone and Loveland when they are both fully open. My bucket list destination is anywhere in the Alps.

### 3. WHAT GOAL ARE YOU WORKING ON THIS SEASON?

I am working to get a lot more time on snow and building a profile with as many FIS races as I can make it to.

### 4. WHAT'S THE BEST ADVICE YOU'VE EVER GOTTEN FROM A COACH OR ATHLETE?

To set goals not only for the season but for every practice. It's important to have intention for every practice.

### 5. WHEN YOU AREN'T SKIING, WHAT OTHER SPORT/HOBBY DO YOU LOVE?

I love being active doing just about anything; mountain biking, playing soccer, running track, going on hikes or runs, and working out.

### 6. WHAT ARE YOUR FUTURE GOALS (SKIING OR OTHERWISE)?

Aside from skiing, I plan to get a degree in mechanical engineering.

## GOOD LUCK, GRACE!

Grace Kallio (FIS) applied to race in the NorAms at Copper Mountain Dec 7th-11<sup>th</sup>. She will be the first-ever female athlete from GPST to compete in this event. Good luck to her!



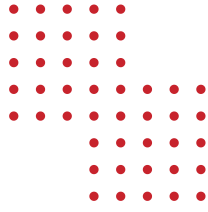
### GPST KICKOFF PARTY

- December 13th
- 5:00pm
- GPST Performance Center



**REGISTER NOW!**





## SPONSOR SHOUTOUT *thank you!*

Bone & Joint is a proud gold sponsor of the Granite Peak Ski Team, sharing in its mission to foster athletic excellence and long-term development in skiing and snowboarding. The Granite Peak Ski Team's dedication to nurturing athletes in alignment with U.S. Ski & Snowboard's core values, through quality coaching, training systems, and community support, reflects the same commitment to excellence that drives Bone & Joint's approach to sports medicine.

Our expert team of sports medicine providers is here to support every member of the Granite Peak Ski Team, as well as the greater skiing and snowboarding community, throughout the winter season.

*"At Bone & Joint, we believe that great performance starts with great care," says Brent Turner, CEO of Bone & Joint. "We're honored to help these athletes reach their full potential, both on and off the slopes."*

As with all our sponsors, please consider patronizing local businesses who support our team.

### UPCOMING EVENTS

- Nov 28-30 Thanksgiving Camp, GP
- Dec 12-14 Pre-Xmas Camp, GP
- Dec 13 GPST Kickoff Party 🎉  
**- SIGN UP HERE -** 📌
- Dec 14 Development Session 1 begins
- Dec 26-27 GS/Flight School Camp, GP
- Dec 27-30 Mont Ripley GS Camp/Race
- Jan 7 Adult League begins

### OUR CALENDAR



BOOKMARK our team **📌** calendar so you can always find our upcoming practices, camps, races, and events. Practice plans are posted for each practice so athletes know what to expect and what gear to bring.

We are still 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](mailto:info@gpst.org).



### KWIK TRIP CARDS



We love Kwik Trip! The funds we raise through these sales really add up! Orders placed through December 15 will arrive in time for holiday gift giving!

**👉 ORDER HERE.**