Alex Shaffer, '94, will now represent the nation as the newest member of the U.S. Ski Team.

**U.S. Ski Team’s Newest Member**

**Alexandra Shaffer**

Topping off one of the best seasons of her five years at Rowmark, Alex Shaffer was named to the women’s U.S. Alpine Ski Team in May. “Making the U.S. Ski Team has been a goal of mine for as long I can remember,” Alex said after being named to the team. She joins Christina Guptill from Glen, New Hampshire as one of only two women added to this year’s team.

Alex joins a long line of Rowmarkers who have gone on to represent their nation’s team, including current U.S. Ski Team members Hilary Lindh and Picabo Street; Spanish Team member Ovidio Garcia; Japanese Team member Gota Miura; Canadian Team member Jeff Durrand; and past U.S. Team members Kristi Terzian and Jeremiah Thompson.

Alex’s hard work and determination have been an example for many Rowmarkers and the coaching staff. At sixteen she was the nation’s best 14-16 year-old in all four alpine events. A knee injury in continued on page 2

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Rowmark Ready for 2002 Olympics

On June 16, in Budapest, Hungary, the International Olympic Committee announced that the world will be welcomed to Salt Lake City for the 2002 Olympic Winter Games. The first word spoken by IOC president Juan Antonio Samaranch, “Salt,” ignited a celebration in Salt Lake City complete with cannons, marching bands, and 1994 Olympic Gold medalist Tommy Moe’s version of the Olympic torch lighting. The Olympic games will be what Utah Governor Mike Leavitt calls “a significant and exciting time for winter sports in Utah.”

Most exciting for Rowmark is being able to race and train on every alpine Olympic venue, both before and after the Olympic games. Rowmark’s current home training continued on page 4

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Former Rowmarker Picabo Street, Salt Lake Mayor Deedee Corridini, and Utah Governor Mike Leavitt hold Utah’s Olympic acceptance to host the 2002 games.
Rowmark Coaches

Olle Larsson was one of the main forces in bringing Rowmark to Rowland Hall - St. Mark's School in 1982 and has been the director and head coach ever since. He is a native of Sweden, raced internationally for eight years, and is the co-author of the acclaimed book, World Cup Ski Technique. Olle has coached with the University of Utah and the Canadian Women's Alpine Team.

Olle studied sport science and alpine skiing at the University of Grenoble, France, and sports psychology at the University of Utah. One of his greatest loves is working with kids and watching them make and fulfill their personal goals. “The reward for me,” he says, “comes when I see individuals mature as they successfully overcome challenges.”

John Ethen has been a key factor in the success of many Rowmark athletes since he joined the team in 1993. His hard work and ability to motivate each racer have given him a reputation at Rowmark as a leader and an excellent coach.

John graduated from Stratton Mountain School in 1988 and was a four-year member of the University of Utah’s ski team where he was a three-time All-American (twice in slalom, once in giant slalom) and twice captained the Ute team. He was the 1989 Eastern Super-G champion, spent three years on the U.S. Development Team, and is a two-time recipient of the Alf Engen Sportsmanship Award at the U of U.

As a coach, John keeps close tabs on each of the racers and enjoys “watching Rowmarkers improve both as athletes and as people.”

Thomas Morten - New to the team for ’96, Thomas comes to Rowmark with high recommendations from the University of Maine. With two years coaching experience and many years of racing, he will be a valuable member of the Rowmark coaching staff.

Rowmark Ski Academy 1995-96

This year’s team of 18 Rowmarkers is riding a wave after one of the most successful seasons in the Academy's history. Losing only three seniors to graduation, the team is looking forward to another successful year:

Seniors
Nanako Bannai - Salt Lake City, UT
Vickie Bates* - Spokane, WA
John Miller - Salt Lake City, UT
Peter Shaffer - Aspen, CO
Eric Turney - Big Bear Lake, CA

Juniors
Jesse Keene - Deadwood, SD
Josh Kellerman - Nevada City, CA
Heather Polhemus* - Oak Ridge, NJ
Michelle Parry - Aspen, CO
Carrie Thompson* - Park City, UT

Sophomores
Christina Babilis* - Ogden, UT
Jessica Lyle - Park City, UT
Whitney Olch* - Park City, UT
Charlie Oys - Basalt, CO

Freshman
Issa Chan - Boone, NC

Post-Graduate Students
Oliver Fritsch - Olympic Valley, CA
Amber Guaraglia* - Olympic Valley, CA
Kevin Turney - Big Bear Lake, CA

* New for 1995-96

Rowmark's 12th Annual Ski Swap
October 27-28
Rowland Hall - St. Mark’s School
Middle School Entrance
(970 East 843 South)

Thursday, October 26
4:00 p.m.-8:00 p.m. - Public Check-in
Friday, October 27
9:00 a.m. - 4:00 p.m. - Public Check-in
7:00 p.m. - 11:00 p.m. SWAP HOURS
Saturday, October 28
10:00 a.m. - 6:00 p.m. SWAP HOURS
Sunday, October 29
9:00 a.m. - 2:00 p.m. - Public Check-out

Entrance Fees
Friday - $5.00 per Adult / $7 Family
Saturday - $3.00 per Adult / $4 Family

In order to address important issues key to Rowmark’s continued success, an advisory board has been formed and had its first meeting September 20. The 10-member group is chaired by Rowland Hall - St. Mark’s Board of Trustees member Steve Denkers and includes Rowmark alums Kristi Terzian and Spencer Eccles, Jr.

Rowmark Advisory Board Created

Alex Shaffer (cont.)
’94 and months of rehabilitation put her career on hold, but her strong will and persis-""
Swedish Influence Highlights Rowmark Summer Camp

This year's Rowmark summer ski camps held at both Mammoth Mountain, California and Mt. Hood, Oregon, were a great success, according to coaches and racers. Optimal snow and weather conditions allowed the team to train on a number of slopes, giving the racers a variety of terrain on which to race and free-ski.

"I was wildly enthusiastic about the continued improvement shown by each racer," said head coach Olle Larsson.

The coaching staff had two goals at the beginning of the camps. The first was to give the athletes the best summer training possible, and the second was to accelerate each athlete's learning through a wide repertoire of new drills and coaching techniques brought to the camp from Swedish guest coach Haken Asell. Olle commented after the camps that "the new drills brought to the team from Haken allowed each athlete to expand his or her knowledge of competitive training, especially in a sport where ski technique is continually developing."

Fall Training in Full Swing at Rowmark

The beginning of school signaled not only books and homework for Rowmark athletes but also the start of the fall dryland training schedule headed by Rowmark strength and conditioning coach Sam Varner. Following the training received at the summer ski camps, the athletes will begin a rigorous after-school routine of weight lifting every Monday, Wednesday, and Friday, complimented by aerobic exercising like soccer and running on Tuesdays and Thursdays.

"The goal of dryland training is to build strength and endurance for the upcoming season," Sam said, "and to build both team and self confidence."

Through his work with the U.S. Ski Team as a dryland consultant and as coordinator of numerous collegiate strength programs, Sam Varner understands the importance of building both strength and team unity.

"I know that Sam will push me to my limit, and I know that when it comes to performing, I won't have to worry about not being strong enough to compete," said Peter Shaffer, a senior at Rowmark.
site, the Eagle Race Arena at Park City, will host the giant slalom, and possibly the slalom, and Snowbasin, outside Ogden, will be the site of the downhill and super-G events.

Rowmark made Park City its home training site last year because of the area's dedication to alpine racing. The Arena has top-to-bottom snowmaking, insuring excellent snow coverage, and on-hill lighting allowing for training and racing at all times of day and night. The Eagle Race Arena contains three runs specifically designed for Olympic caliber giant slalom and slalom competition, recreational racing, and race training. Former U.S. Team member and Rowmark alum Kristi Terzian, '85, considers the race arena "an incredible facility with nothing like it anywhere in the U.S."

Snowbasin, with some of the best downhill racing terrain in the world, recently hired Bernard Russi, former Olympic downhill champion and world-renowned downhill and super-G course designer, to create an Olympic downhill and super-G course. Having a world-class downhill and super-G training site in Utah will add to Rowmark's already great training site possibilities.

Rowmark will also benefit from the improvements and expansions at other local sites like the Bear Hollow jumping facility. Bear Hollow has served as a training facility where Rowmarkers can practice their tuck position and balance while in the air. This training makes downhill racing safer and enables athletes to compete at a higher level.

With such exciting training possibilities, Rowmark hopes to add an even greater presence of former racers to the U.S. Team's roster. Present Rowmark skiers may join Hilary Lindh, Picabo Street, and Alex Shaffer and compete on Rowmark’s home course during the 2002 Olympics.