

# ALPINE POST GRADUATE PROGRAM

## ASPEN VALLEY SKI & SNOWBOARD CLUB



### ABOUT THE PROGRAM

Aspen Valley Ski & Snowboard Club offers a post graduate training program to give alpine athletes the opportunity to dedicate a year focused on pursuing their goals in ski racing, whether they are working towards making their respective National team or skiing for a collegiate Division I team. AVSC has incredible resources, notably our coaching staff and training facilities, which make Aspen an ideal place for athletes to concentrate on ski racing and achieve their goals.

### ELIGIBILITY

Consideration will be given to male and female alpine racers who have graduated from high school and are on track to make a national or collegiate ski team. Athletes will compete at the FIS and NorAm level. Beyond athletic qualifications, athletes must demonstrate AVSC's core values: commitment, teamwork, and integrity. We will select 10-15 athletes for our post graduate program.



### TRAINING FACILITIES

Alpine athletes primarily train on the Stapleton Training Venue, a private race arena at Aspen Highlands, accessible by lift from the AVSC clubhouse. The venue provides 400m vertical of varied terrain and is FIS homologated for Slalom, Giant Slalom, Super G, and Downhill. AVSC has control over the surface, safety, and features of the hill – we have the flexibility to modify conditions to ensure the best training for our athletes. Beyond the training venue, Aspen Highlands provides some of the most incredible in-bounds skiing in the world, including the famed Highland Bowl. Beyond Aspen Highlands, Aspen is home to three other mountains: Aspen Mountain, Snowmass, and Buttermilk (all included on the same season pass).



Off the hill, the AVSC clubhouse is outfitted with a full gym, tuning room, and equipment storage. Furthermore, the Roaring Fork Valley is known for its outstanding mountain biking, road biking, rock climbing, hiking, and more.



QUESTIONS? CONTACT ALICE BLACK  
ALPINE PROGRAM DIRECTOR

ABLACK@TEAMAVSC.ORG  
970.393.2056

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### COACHING STAFF

#### TOREY GREENWOOD, Head Men's FIS Coach

This will be Torey's tenth season with AVSC, and fifteenth year coaching. He continues to coach because he loves helping hard-working athletes who are dedicated to becoming the best they can be. Originally hailing from the Midwest, Greenwood moved to Winter Park, CO where he developed as a FIS and NorAm level skier. Before joining the AVSC staff, Torey coached in Tahoe and at Killington Mountain School. Torey is a USSA level 300 coach.

#### AUSTIN NEVINS, Head Women's FIS Coach

Austin has spent the past eight years coaching with AVSC and he's excited to continue his work leading the Women's FIS team. Nevins grew up on the East Coast, ski racing for Mount Sunapee Ski Club as a junior and competing for Plymouth State University in college. He loves helping athletes work towards and achieve goals while experiencing some of the best skiing in the country with them. Nevins is a USSA Level 200 Coach.

### TENTATIVE SCHEDULE

The post graduate program starts in early June to allow us to work together to build a strong fitness and technical base going into the competitive season. The tentative schedule below excludes the travel associated with each race series.

#### BLOCK 1 | June 9<sup>th</sup> – 24<sup>th</sup>

Mammoth equipment testing / tech camp

#### BLOCK 2 | July 1<sup>st</sup> – August 17<sup>th</sup>

Dryland training in Aspen (5 days per week)

#### BLOCK 3 | August 24<sup>th</sup> – September 4<sup>th</sup>

Saas Fee training camp

#### BLOCK 4 | September 5<sup>th</sup> – October 15<sup>th</sup>

Dryland in Aspen (5 days per week)

#### IN SEASON | October 16<sup>th</sup> – April 15<sup>th</sup>

Full-time training + racing



AVSC PG Bella Wright had a phenomenal season in 2017-2018, including qualifying for World Juniors in Davos, Switzerland.  
Photos: Ripping at NorAm finals in Kimberly, BC and with coach Austin Nevins at speed races in Santa Caterina, Italy before World Juniors.

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### HOUSING + TRANSPORTATION

Housing is not provided by AVSC. Many rentals are available locally; we recommend securing housing during the summer months before seasonal employees move to town in the fall. Aspen has an incredible (in most cases, free) public transportation system; PGs do not need a car.

### ACADEMICS

AVSC's post graduate program is solely focused on athletic development. That said, athletes can elect to take courses at Colorado Mountain College's Aspen campus. There are resources available for athletes applying to college during their PG year.

### COST

\$13,000 (does not include ski pass and race / trip fees)

### HOW TO APPLY

Contact Alice Black, Alpine Program Director by May 1<sup>st</sup>, 2018 to set up a phone interview

Alice's contact information:  
ablack@teamavsc.org | 970.393.2056



### FROM AN ATHLETE'S PERSPECTIVE ...

*Training at AVSC is incredible because you're not limited to a narrow designated trail like so many other clubs. Highlands has awesome variable terrain and it's wide enough for a different course set every day of the year. It's also really valuable to get some skiing in on Ajax (Aspen Mountain) after they've prepped the race hill to perfection for the World Cup. On top of that, the coaching dynamic works really well. Not only do they have a great technical eye, but their enthusiasm for the sport really shows. I'm not sure many other clubs have a coach hopping in the course to show you how it's done.*

*My PG year gave me the opportunity to spend a huge amount of time skiing, which is important because once you get to college and take on some tough classes you're pretty limited with time on snow. I got a lot more than I asked for out of a PG year; I thought the goal was to lower my FIS points, which I definitely did, but in retrospect I really appreciate all the experience I gained and also the amount of time spent working with coaches.*

*- Devon Cardamone, AVSC PG '14, Middlebury College Ski Team '18*

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