

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 that's 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 primarily compete at the FIS and NorAm level.

Beyond athletic qualifications, athletes must demonstrate AVSC's core values: commitment, teamwork, and integrity. Our Post-Graduate program will be between 10 and 15 athletes depending on applicant pool.

TRAINING FACILITIES

Alpine athletes primarily train on the Stapleton Training Venue, a private race arena at Aspen Highlands. 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 Highlands Bowl... and it's all accessible via a lift from the AVSC clubhouse. Beyond Highlands, Aspen boasts 3 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, hiking, and more.



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COACHING STAFF

JOHNO McBRIDE, Alpine Program Director

Johno was born and raised in Aspen and grew up skiing for AVSC before moving on to the University of Vermont and the US National Team. He began his coaching career at AVSC and has since returned to run the program after an impressive career with the US and Canadian National Alpine Teams, pushing athletes to achieve their best on snow and in the gym. Johno spent twelve years with the US Ski Team in various roles including Head DH/SG Coach and Head Combined Coach, always balancing both the conditioning and on-snow programs. After his tenure with the US Ski Team, Johno was the Head Coach for Bode Miller / Team America, after which he spent five years with the Alpine Canada Men's Speed team. Johno returned to Aspen and AVSC in 2014 to lead the Alpine Program.

TOREY GREENWOOD, Head FIS Coach

Torey grew up skiing in the Midwest until his family moved to Colorado, where he skied with Winter Park. He started his coaching career in Tahoe at Diamond Peak. He soon moved east to coach at Killington Mountain School as the Men's FIS Coach. After four years with KMS, Torey took his talent west and joined AVSC's coaching staff. Next season will be Torey's ninth with AVSC.

CASEY PUCKETT, FIS Coach

Casey Puckett is a five-time Olympian (four in alpine, one in freestyle) who grew up in Crested Butte, CO and spent many years on the US Ski Team. After the 2002 Olympics, Casey came to coach for AVSC. Soon after, he returned to competition, competing in skier cross and eventually winning two X-games gold medals. Once his competitive days were officially behind him, Casey resumed coaching with AVSC.



TENTATIVE SCHEDULE

The Post-graduate program starts in mid-June to allow us to work together to build a strong fitness and technical base going into the competitive season. Tentative schedule below excludes a trip to Europe as well as the travel associated with race series.

BLOCK 1 | June 21st – July 3rd

Mt. Hood / Mammoth equipment testing

BLOCK 2 | July 10th – August 4th

Dryland in Aspen (5 days per week)

BLOCK 3 | August 7th – 22nd

Zermatt/Chile training camp

BLOCK 4 | August 28th – October 19th

Dryland in Aspen (5 days per week)

BLOCK 5 | October 16-November 2

On-snow training in Colorado (4 days per week)

IN SEASON | November 10-April 15

On snow in Aspen for the season

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HOUSING + TRANSPORTATION

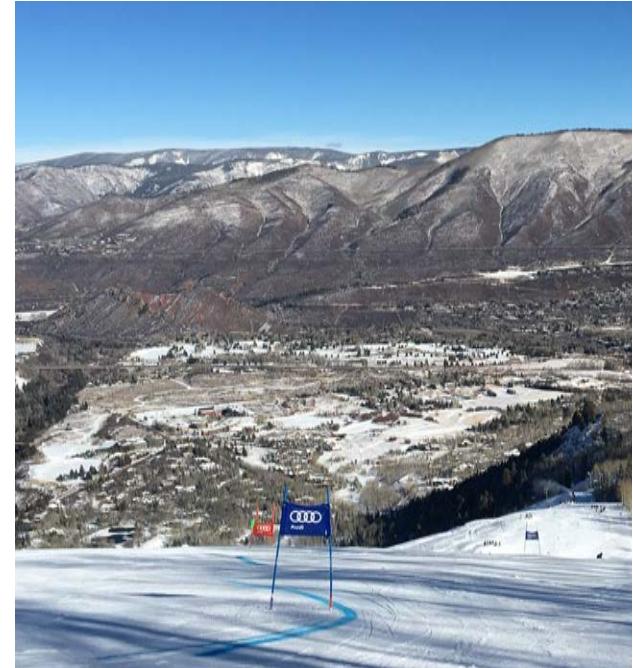
Housing is not provided by AVSC. Many rentals are available locally; we recommend securing housing during the summer months before seasonal employees move to town in the fall. Aspen has an incredible (in most cases, free) public transportation system; PGs do not need a car.

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 Manager by May 1st, 2017 to set up a phone interview

Alice's contact information:

ablock@teamavsc.org | (970) 925-5120

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 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