



## U16 Parent Meeting Agenda – September 18<sup>th</sup>, 2019 5:30pm

### Staff Introductions:

Mark Godomsky - Executive Director  
Johno McBride - Alpine Director  
Audrey Gunshor - Academic Advisor  
Casey Puckett – U16 Lead Coach  
Gillian Hearn – U16 Coach  
U16 Coach - TBD

### Discussion on our philosophy for the U16 program:

- Core Values – our mission is to develop both fast skiers and good people.
- Awards given at the end of year banquet (*Commitment Award, Teamwork Award, Integrity Award, Stirling Cooper Award, Willoughby Award, Pursuit of Excellence Award and Most Improved Award*)
- U16 is the age to learn what it takes to be a dedicated ski racer.
- Maintain free skiing and fun as an integral part of our season plan
- Expectations of free ski days (written permission to go elsewhere)
- U16 program goals

### Dryland Training/Strength and Conditioning:

Times:	Mon, Tues, Thurs, Fri	1:15 – 3:15 or 3:30 – 5:30
	Wed	2:45 – 4:00 + 7:00 – 8:00
Content:	3 days/week	Power and Strength (weightlifting)
	1 day/week	Aerobic/Anaerobic (Long/Slow/Distance, Lactate Threshold, Threshold Tolerance)
	4 days/week	Field workouts (movement specific aerobic strength, plyometrics, agility, games)
	1 day/week	Yoga
	1 day/week	Gymnastics. (Red Brick)

Roger Wilson: Yoga, Relaxation/Meditation, Sports Psychology, Nutrition

### Lockers:

Please see Martha for a locker. She will charge \$20 cash and it's first come first serve. Lockers are downstairs this year and the number is limited. Things to have in your locker: water bottle, healthy snacks, warm work out clothing, hat and gloves, good running shoes, rain jacket, extra socks. If possible: a yoga mat, yoga block, and foam roller.

### Schedules:

- **Calendar:** <http://www.teamavsc.org/17451>
- **Camps** – Preseason “return to snow” ski camps Copper Mtn. Oct. 24-27; Oct. 31-Nov 4; Nov. 8-10
- **Early Season Training** - Stapleton Training Center target opening date November 16<sup>th</sup>.
- **After School Training** – Tuesday, Wednesday, Thursday: Generally, 1:00 – 3:30 or 2:00 – 4:30; times could be variable and communicated through email and hotline.
- **Weekend Training** – Generally 9:00am – 3:00 pm with a 1hr break for lunch; times could be variable and communicated through email and hotline.
- **Competition Schedule** – refer to the calendar mentioned above and/or the 2<sup>nd</sup> and 3<sup>rd</sup> page for race descriptions
- **Summer/Fall Camps** – Discussion on projects for summer and fall

### Goal Setting:

Please have your child fill out a goal sheet for this year and make an appointment on a google sheet with Casey and Gillian to go over goals for the year.

### Attendance:

Discussion on the importance of attendance and possibly setting a training attendance minimum in order to race.

**Ironman test:**

Oct 19 or 20

The Ironman test is mandatory for all AVSC Alpine athletes. There will be awards given this year for top 3 in the senior division and top 3 in the junior division.

**1<sup>st</sup> Place – Ikon Pass**

**2<sup>nd</sup> Place - \$400 Gift Certificate**

**3<sup>rd</sup> Place - \$200 Gift Certificate**

**Equipment:**

There will be no more equipment nights. If you still have equipment needs please contact Gill or Casey and we will help

. Please let us know if you will need SG/DH lender skis for the year. There will be a \$50 charge, so we are able to keep our pool of skis up to date.

**Mark your equipment!**

**Boot work:** We do not have an in-house boot guy. Glenn Muxworthy at Gorsuch or Jim Lindsey at Bootech are good resources for boot fitting. If you have any questions about canting, alignment, and set up then contact us.

**Tuning / Wax Order and Clinic:**

- Swix Wax/Tuning Order – we will give you a code to order wax and tuning equipment. We will give you a guide as to what you need in your wax kit.
- Gorsuch does race and training tunes. Also, they can grind and re-grind skis if need be.

**Races:**Sync Cup (Open USSA Series)

This is the primary race series for U16's. This is where the athletes start to build their USSA point profile. Also, it is through 6 select races where the athletes qualify for Junior Championships.

- |                |     |                 |             |                                 |
|----------------|-----|-----------------|-------------|---------------------------------|
| • Dec. 14 - 15 | M/W | GS, SL          | Loveland    |                                 |
| • Jan 3-4      | M/W | SL, SL          | Eldora      |                                 |
| • Jan 14-15    | M/W | 2 DH Training   | Aspen       | (Wilder Dwight)                 |
| • Jan 16-17    | M/W | DH, DH          | Aspen       | (Wilder Dwight)                 |
| • Jan 18-19    | M/W | SG, SG          | Aspen       | (Wilder Dwight; JC qualifiers)  |
| • Feb 1-2      | M   | GS, SL          | Vail        |                                 |
| • Feb 1-2      | W   | GS, SL          | Winter Park |                                 |
| • Feb 13-14    | M/W | GS, GS          | Steamboat   | (Junior Champs qualifiers)      |
| • Feb 15-16    | M/W | SL, SL          | Steamboat   | (Junior Champs qualifiers)      |
| • Mar 19-22    | M/W | SG, GS, SL, PSL | Vail        | (Sync Cup Finals; Garner Games) |

Rocky/Central U16 Junior Championships

- |           |     |                    |             |
|-----------|-----|--------------------|-------------|
| • Mar 2-8 | M/W | DH, SG, SC, GS, SL | Winter Park |
|-----------|-----|--------------------|-------------|

RPS and OPA Cup/Euro Trip

The RPS (Regional Performance Series) - brings together the top juniors in our region to compete head to head. The winner of the RPS qualifies for the Opa Cup (Formerly 7 Nations Cup)

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|----------------|-----|--------|-------------|--------------------------|
| • Dec 20-22    | M/W | SL, GS | Winter Park | (RPS)                    |
| • Jan 29-Feb 1 | M/W | SL, GS | Alpe Cimbra | (alternative to OPA cup) |

U16 Junior Nationals - How to qualify:

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|-----------------|-----|------------|-----------|
| • Apr 1 – Apr 5 | M/W | SG, GS, SL | Sugarloaf |
|-----------------|-----|------------|-----------|

Council Cup

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|-----------|-----|--|
| • Mar 6-8 | M/W | U16 and U14 athletes who do not qualify for the Junior Championships compete in the Council Cup, held at Ski Cooper. The race consists of SG, GS and SL. |
|-----------|-----|--|

RMD Special Events

- |             |     |     |              |                  |
|-------------|-----|-----|--------------|------------------|
| • Mar 28-29 | M/W | 2GS | Beaver Creek | (GS Spectacular) |
| • Apr 11-12 | M/W | 2SL | Loveland     | (Loveland Derby) |

**USSA License:**

Everyone needs a competitor's license. Early price renewal deadline is October 15.

**Volunteer Opportunities (parent work deposit):**

Be on the lookout for e-mails asking for parent volunteers throughout the season. We can always use help with hosted and special events! There will also be an opportunity TBD to become a race official.

**Team Travel:**

We will provide team travel to most U16 RMD projects, preseason camps and summer camps. It is crucial that athletes be on their best behavior while involved in team travel. Whenever possible we will reserve a block of rooms for the team at a discounted price.

All entries will be done online on the USSA website rather than team entries. We will send out race notifications ahead of time, but registration is up to you.

**Uniforms:**

We are on a gap year for uniforms. You can order a Swix jacket through the club that has the AVSC logo. If you have old uniforms that have been outgrown then please think about selling to younger AVSC kids. There will be a sign-up sheet provided to facilitate the transfer.

**Communication:**

Every Friday an email will be sent out with next week's training plan. We will use the text hotline to make any changes to that plan.

To subscribe to the hotline text: **U16ALPINE to 84483.**

Website - <http://www.teamavsc.org>

Calendar – click on event to see details <http://www.teamavsc.org/17451>

Athlete and Parent Manuals - Please read! <https://www.teamavsc.org/Handbooks-and-Parent-Meeting-Agendas>