



ASPEN

VALLEY SKI & SNOWBOARD CLUB

U12 YR and 3-day programs Parent Meeting Agenda – October 1st, 2019

STAFF:

Mark Godomsky – Executive Director
Johnno McBride – Alpine Director
Audrey Sherry Gunshor – Academic Director
Pat Callahan – Race Director and...

Anda Rojs Smalls – Alpine Youth Coordinator,
overseeing U12/U10 programs
Mike Tache – U12 Coach
James Rose – U12 Coach

PHILOSOPHY – Great Athletes! Great Kids!

- Long term athletic development • Skiing is a marathon, not a sprint • Skiing as a way of life!
- Great skiers = great racers: all mountain skills, intro to race skills, advanced race techniques/tactics.
- Learning independence and respectful behavior (on and off the mountain)
- Commitment, Teamwork, Integrity (AVSC Core Values)
- Fun!

SKI RACING VOCABULARY

Governing Bodies:

FIS – International governing body and ski racing point system (Federación Internacional du Ski); World Cup races, World Championships and Olympics are governed by FIS. <https://www.fis-ski.com>

US Ski and Snowboard. Formerly **USSA**: United States Ski Association - National governing body for domestic and national competition. License required for USSA racing. www.us skiandsnowboard.org

RMD: Rocky Mountain Division - Our race division, which encompasses Colorado, Arizona, New Mexico and southern Wyoming. There are 7 divisions in the USA.

Rocky/Central - Our region, which includes RMD and the Midwest states as far east as Ohio and as far north as Minnesota. There are three regions; East, Rocky/Central and Far West.

Alpine Disciplines:

Technical events:	Slalom (SL)	Shorter turns, lower speeds; 6-10m radius turns
	Giant Slalom (GS)	Fewer gates, longer and faster than SL, 15-22m radius turns
Speed events:	Super G (SG)	Even faster than GS, 22 – 35 meter radius turns
	Downhill (DH)	Fast! Few turns, high speeds and excitement. U16s and older.
Other events:	Kombi	A combination of Slalom and GS, all on one course.
	SkillsQuest	A series of exercises to test all around skiing skills
	Dual/Parallel	Side by side elimination racing. Dual is cool! 10-20m radius turns

Age groups:

- U10 programs • 9years and younger • 3 day & weekend programs
- U12 programs • 10 and 11 years • year-round & 3-day & weekend • 100 days/50 days/35 days
 - U12 Year-round: YR dryland, weekends+3day on snow; all holiday camps included in the price
 - U 12 3-day: dryland in November; weekends+Wed on snow; no Spring break camp included
- U14 programs • 12 and 13 years • year-round & 3-day programs
- U16 programs • 14 and 15 years • year-round & 3-day programs
- U19/FIS - 16 and older • year-round

IMPORTANT RESOURCES:

AVSC Athlete & Parent Manuals: <https://www.teamavsc.org/Handbooks-and-Parent-Meeting-Agendas>

Concussions – HEADS UP <https://www.cdc.gov/headsup/youthsports/index.html>

SafeSport <https://athletesafety.org/training/index>

U12 TEAM SPIRIT and ETIQUETTE

The U10 and U12 athletes are the foundation of our AVSC programs. That's certainly a compliment, can be a burden but mostly, it is a commitment that we will take our job as athletes and coaches seriously.

- **Punctuality:** trainings/races/meetings start on time
- **Commitment:** when at training or at races, we are dedicated to being on task and working together as a team; no cell phones, no distractions, no exceptions (coaches will have phones for safety and communication, kids will know the on-mountain protocols)
- **Lunch etiquette:** we all believe that your kids are well behaved at home and we will expect to see the same especially at Merry-Go-Around (or wherever else) for lunches. We will go over the tightened-up-lunch-protocols with your kids: respectful behavior in lunch line and at the table. Pick wholesome foods that will fuel you; NO CANDY/NO SODA. Clean up after ourselves.
- **Respect:** for each other, for the sport we do, for all the people we come in contact with, for the mountains. We proudly represent the AVSC.
- **WE ARE ALL ON THE SAME TEAM!** Skiing is an individual sport but it requires a TEAM effort for best results. We expect your kids to be committed, work hard and LOVE the sport of skiing. We expect of you to feed them, make sure they rest enough, chauffeur them around and be their #1 fans. You can expect phone call updates, individual evaluations and open communication channels with the coaches.
- **TEAM SPIRIT** – we will enlist you parents to help us represent AVSC at home and on the road. Specific help might include: healthy and yummy afternoon snacks on weekends; finding rooms together at away races; organize a team hang-out place in the finish area at races; feed the coaches (we are on the hill all day at races); be helpful hosts at home races etc. etc. We will ask for help as needed and are open to your ideas and suggestions!
- **CAR POOLING** This is your family for the ski season – we as parents can help each other! Share your contact info and where you live so you can help each other with carpooling to and from trainings. I'll start a google doc and you guys can take it from there.

COMMUNICATION and SCHEDULES:

- **Weekly Emails** Every Friday with the schedule for the upcoming week.
- **Calendar** <https://teamavsc.org/17456>
- **Hotline** Text Hotline for any updates to the weekly emails - text **U12ALPINE** to 84483.

STAFF EDUCATION

- USSA or AVSC Coaches Education • NCSI Annual Background Screening • CDC Concussion Training. • SafeSport Training • CPR/First Aid Certified

GOAL SETTING:

- Kids will work on their own goal sheets; parents: you can help them understand questions and give general examples but let your kid put their own ideas on paper
- Each kid will meet with coaches to discuss season goals – sign up your kid for one 15 minute time slot; available after each dryland training in October (November for 3-day kids)
- I'll send out Google sign-up sheet later this week
- Parents' goals – please fill out the goal sheet and turn it in today or in a few days! (if you need more time). No meeting necessary :)

DRYLAND TRAINING:

Year-round program – discipline specific dryland starts Sept 30th, 2019 (June-Sept all U12 together)

- Mon, Tues, Thurs, Fri - 3:30 - 5pm
- Wed 2:15 - 4pm @ AVSC
- Gymnastics @ Red Brick – only 2 more sessions, Oct 1 & 8, Tuesdays 7 - 8pm,

3-days program - starts October 29, 2019

- Tues and Thurs 3:30 - 5pm @ AVSC
- Wed 2:15 - 4pm @ AVSC

Dryland gear: healthy snacks before dryland, water bottle, appropriate work-out clothing (check the weather the night before!), good running shoes, rain jacket, extra layers, hat and gloves if needed.

SKI EQUIPMENT:

- **SKIS** – We recommend kids have one pair of junior all around race skis OR one pair SL and one pair GS with bindings to match. Also, one pair of old all-mountain skis (rock skis) to start the season. Powder skis if we are lucky enough to have a season like last year! Sizing for skis should be about nose height for an all-around ski, chin height for SL and forehead height for GS.
- NEW this year - ONLY one pair of skis per discipline is allowed at U12 USSA/RFS races
- Poles
- Boots (around 70 flex, narrow boots (92 last), boot fitting in November)
- Helmet with hard ears and removable face guard
- Pole and shin guards for SL are optional. Coaches will recommend when you're ready.
- Race suit – optional for Roaring Fork series and recommended if you plan to race USSA races
- Ski tuning options – Gorsuch tuning (ask for Demo), Swix order, tuning clinics for parents?
- **UNIFORMS** – use the Google doc for Uniform SWAP and new uniform orders; we added ski SWAP and other ski racing gear tabs at the bottom
- **5th graders** – get your free CO Ski pass, the 5th Grade Passport, at <http://coloradoski.com/passport> ski areas may or may not honor the pass for ski races, but it's worth the effort
- **6th Grade Passport** costs \$110. May or may not be worthwhile; <http://coloradoski.com/passport>

ON SNOW TRAINING

- **Early Season Ski Camps** Possible free skiing camp Loveland Nov 9-10 and/or Nov 16-17
- **Holiday Speed Camp** – Racer's Edge, December 27 – 30 (tentative dates, will confirm)

U12 year-round

- Weekends – generally 9am – 3pm
- Week-days – generally Tue, Wed, Thur, kids on snow 2:30 – 4:45pm
- Understanding school schedules - Red & Black school days; you can disenroll your kid on red days to miss the last period (for Quarters 2 & 3). If you disenroll your child, they have to leave campus at that time on all red days. When RED days are on M,W,F on-snow training might be Wed and Fri; Mon will be available for video, dryland or other activities.
- Our weekly e-mail will reflect all these school schedules so you can SIMPLY just follow what we tell you to do each week! Come talk to Anda or Audrey if you are lost.

U12 3-days

- Weekends – generally 9am – 3pm
- Wednesdays 2:30 – 4:45pm

RACING PROTOCOLS

LOCAL RACES – kids don't need anything extra to start competing at entry level local races!

USSA License – If your kids want to race a USSA sanctioned races they need a USSA license. Early price renewal deadline is October 15. Cost for U12 is \$85. Get on it: <https://my.ussa.org>

- Choose

USSA race registrations (Age Class Opens) are done online at <https://my.ussa.org/>. We will send out race notifications ahead of time, but registration is up to you.

Team Travel Policy – Usually the team travel opportunity (<https://www.teamavsc.org/18029>) is available to U14 athletes and up. However, if our U12 kids show exceptional drive, team-work and self-reliability (and parents are in support), we might dream up some new things this year...

Ideas for this season:

- U12 Championships at Powderhorn – go as a team; rent a team house, have few parents help us find the house, 2-3 parents stay with us (be there for all kids), cook meals etc. Other parents on their own to come watch and cheer! * Food for thought, this is just an idea for now *
- International Junior Ski Race opportunity: LITTLE FOX, Maribor, Slovenia, February 21-23, 2020, on the World Cup venue, one week after the Golden Fox – ZLATA LISICA - Women's WC race

RACES:

Please know that your kid does not need to attend all the races on the calendar; please talk to the coaches to determine what races they should attend based on their and your goals for the season.

Roaring Fork Series – no USSA license required

Race series designed to fulfill head to head racing needs at a local level, introduce new athletes to racing and minimize travel costs. Open to all AVSC, Sunlight and Powderhorn racers up to age 13.

No USSA license necessary.

- Jan 3 – Aspen Highlands – Slalom
- Feb 16 – Aspen Highlands – GS
- March 21 – Aspen Highlands – Roaring Fork Finale

Age Class Opens - USSA license required!

Age Class Opens are the introductory level ski races in the Rocky Mountain Division. Races in western Colorado open to U14, U12, U10 athletes. Racers will need both a USSA and RMD license (bought together on my.ussa.org).

- Dec 22 – TBD, possible Sunlight Kombi race
- Jan 4-5 – Aspen Highlands – Slalom
- Jan 25-26 – TBD – GS (Winter Park or Loveland)
- Feb 22-23 – Birth Year GS race – girls and boys in same birthyear race together

U12 Championships – March 14-15 POWDERHORN – USSA license required!

The Championship race for U12s. No need to qualify. Both SL and GS in Powderhorn. There will also be a SkillsQuest station for educational purposes.

NASTAR Nationals – Snowmass – March 24 – 28 TBD possible combination with our Spring Break Camp
GS Spectacular – End of the season GS race. Open to U10s and older. Dates: Mar 28-29

Loveland Derby – End of the season Slalom race. Open to U10s and older. Last year there were over 600 racers and lots of sunshine. Goofy outfits are the norm. Dates: April 11-12.

AVSC Contacts:

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