

ALPINE POST GRADUATE PROGRAM

ASPEN VALLEY SKI & SNOWBOARD CLUB



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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. Aspen is also 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 **JOHNO MCBRIDE**
ALPINE PROGRAM DIRECTOR

JMCBRIDE@TEAMAVSC.ORG
970.205.5160

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COACHING STAFF

TOREY GREENWOOD Head Men's FIS Coach

This will be Torey's eleventh 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.

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.

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 7th – 23rd
Fonna, Norway training camp w/ Lars Kristoffersen

BLOCK 2 | July 1st – October 1st
Dryland training in Aspen (5 days per week)

BLOCK 3 | October 2nd – 14th
Saas Fee, Switzerland training camp

IN SEASON | October 15th – April 15th
Full-time dryland, training + racing





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HOUSING + TRANSPORTATION

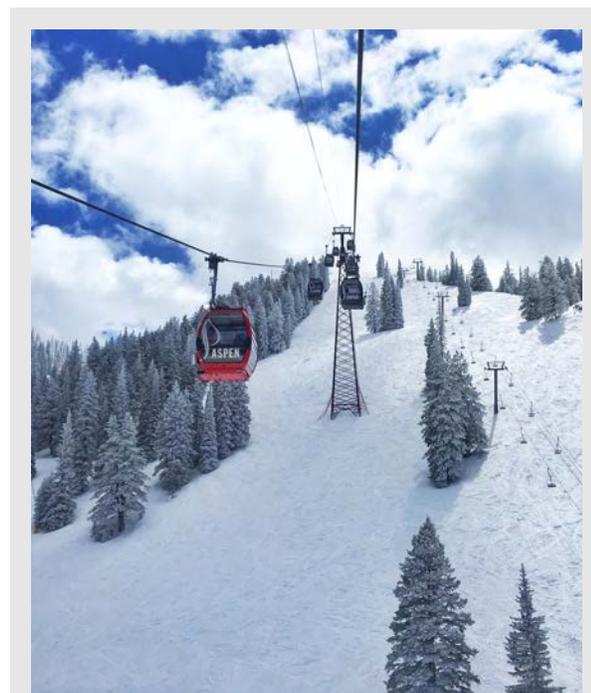
Housing is not provided by AVSC. Many rentals are available locally; we recommend securing housing during the summer months before seasonal employees move to town in the fall. Aspen has an incredible (in most cases, free) public transportation system; post graduate athletes do not need a car.

ACADEMICS

AVSC has a full-time Academic Director who is available to post-graduate athletes as a support system for college applications and courses. Colorado Mountain College has an Aspen campus where athletes have taken courses to get a jump on college credits.

COST

\$14,000 (does not include season's pass and race / trip fees)



HOW TO APPLY

Contact AVSC's Alpine Program Director, Johno McBride, to set up a phone interview:

Johno McBride
AVSC Alpine Program Director
jmcbride@teamavsc.org | 970.205.5160

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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