



ASPEN

VALLEY SKI & SNOWBOARD CLUB

U10 3-day and U10 Weekend programs Parent Meeting Agenda – October 10th, 2019

AVSC STAFF:

Mark Godomsky – Executive Director
Johnno McBride – Alpine Director
Pat Callahan – Race Director and...
Mike Tache – U12 Coach and great resource

Anda Rojs Smalls – Alpine Youth Coordinator,
overseeing U12/U10 programs
Mo Hauck-Mitchell – U10 Lead Coach
Cindy Morris – U10 Coach
more coaches – TBD

CORE VALUES Commitment • Teamwork • Integrity

PHILOSOPHY Great Athletes! Great Kids!

MISSION The Mission of the Aspen Valley Ski/Snowboard Club is to provide all youth in the greater Roaring Fork Valley the opportunity to excel as athletes and as people through winter sports.

- 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
- Learning independence and respectful behavior (on and off the mountain)
- Fun!

U10 PROGRAMS OVERVIEW

U10 Alpine program is an introductory program into the life of ski racing. This is VERY exciting time for your little skiers as well as for you as parents! New U10 athletes will be introduced to ski racing while returning U10 skiers continue to advance their race skills. The U10 season will be full of training gates, free skiing and racing, learning what a training day looks like, what a race day looks and feels like, and how to follow coaches' directions for warm up runs, free runs, and fun runs!

Please don't get overwhelmed with the race talk if this is your skier's first year in this program. Ask the coaches or the Team Parent (or any other parents) if you have any questions about how this whole thing works, you will get the hang of it in no time! This year's Team Parent is Julie Knapp, Cole's mom – thanks Julie for helping out!

The U10 program focuses on developing an all-around skier from the ground up! Strong ski fundamentals are the foundation for skiing varied terrain confidently, enjoying powder and crushing the steeps... We'll do all of that in addition to our race specific training - lots of ski drills, training Slalom and Giant Slalom. U10s must be overall confident skiers, able to make parallel turns, able to control speed in varied terrain and use hockey stops efficiently.

3-DAY (Wednesdays PM and Weekends)

- Dryland training after school from October 28 till Nov 21 (no training Thanksgiving week)
- On snow training from December 7th through March 22 (Wednesdays after school and weekends)
- Holiday Camp included (December 27-30)
- Spring Break Camp or NASTAR Nationals available at extra cost (week of March 23, exact dates and cost TBD)

2-DAY (WEEKEND)

- On snow training from December 7 through March 22
- Holiday Camp included (December 27-30)

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>

U10 TEAM GUIDELINES

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

- **Safety and Fun** are number one! We take our job seriously and will take care of your kids when they are with us. We will set specific group guidelines so that we all have clear expectations and can focus on skiing and FUN while we are together on the snow! Please read the ATHLETE HANDBOOK and PARENT SUGGESTIONS documents – they will answer many of your questions:
<https://www.teamavsc.org/Handbooks-and-Parent-Meeting-Agendas>
- **Commitment:** when at training or at races, we are dedicated to being on task and working together as a team; no cell phones, no horsing around, no toys and distractions (coaches will have phones for safety and communication, kids will know on-mountain protocols; their phones (if they have them) can stay in their bags for after-training communication)
- **Lunch etiquette:** we believe that your kids are well behaved at home and we will expect to see the same when they are with us! We have lunches at on-mountain restaurants and kids buy lunches on their own – they need enough \$\$ cash or have a charge account set up on their ski pass. AVSC kids do not get any food discounts. You can still choose to pack their lunches if you wish - talk to your specific coach about it. 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; parents will pack energy snacks for afternoon break
 - Clean up lunch areas after ourselves.
 - We'll use PLEASE and THANK YOU so much that it'll get almost annoying. Almost.
- **Early Pick-Ups** – we know that sometimes you'll need to pick up your kid early – your child needs to have a written note from you, we need to get a text from you by that morning, or you can come pick him/her up in person.
- **Can't make it to training?** – no problem, just let us know in advance!
- **Punctuality** - our time with your kids will fly by – help us make the most out of it by being on time!
- **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 our commitment to coach your kids and share the love of skiing with them. Expect our phone call updates, individual ski evaluations and open communication channels with us.
- **TEAM SPIRIT** – we will come up with various ways for kids to feel and embrace the Team Spirit throughout the season. We will also ask you parents to help us represent AVSC at home and on the road. Specific help might include: healthy and yummy afternoon team snacks for weekend training; finding rooms together at away races; organize a team hang-out place in the finish area at races; provide coach lunches at away races (we are on the hill all day at races); be helpful hosts at home races etc. Your Team Parent (Julie Knapp) will help organize all this so we can ask for help as needed. Ideas and suggestions are welcome!
- **CAR POOLING** This is your family for the ski season – you 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.
- **RESPECT:** for each other, for the sport we do, for all the people we come in contact with, for the mountains. We proudly represent AVSC.

TYPICAL WEEKEND DAY 9am – 3pm

EARLY SEASON

- The whole group meets together; they get organized into groups for the day; each kid will have a designated coach for the season BUT we will be mixing kids and coaches within your group as needed all season long (various reasons and benefits)
- start and end the day with a group warm up or stretch; share the day's excitement, highlights and concerns
- ski as a group and learn our on-mountain routines and protocols – bathroom breaks. what to do if you get separated from the group, how to always tell a coach if you need something (bathroom, warm up, take a break...)
- learn the ski runs, the mountain layout and its resources (where the bathrooms are, where the phones are, where and who you can ask for help...)
- your kids will have a card with phone numbers of their coaches in a pocket (or on the pass); they will learn who and where on the mountain they can ask for help if they need it. (example: the kid went to the bathroom and the group was gone when he/she came out; that was the original plan all along (coach said they were taking one run and exactly where to meet in a run) but the kid forgot that was the original plan. The kid feels lost – he/she can go to the ski school desk at MGR and ask if they can call their coach; he/she pulls out the phone card and calls them; they reunite and keep going with the day; no harm and lesson learned)

LATE SEASON

- Start and end of the day routines may adjust if needed
- Ski as a group most of the time; learn to take warm-up runs on their own when/if appropriate
- Coaches will decide if and when the kids are responsible enough to take runs on their own; it is a privilege and a responsibility to be able to start skiing on your own and something that we do teach our U10 athletes
- Many days we will train gates in the morning and free ski in the afternoons – be prepared to bring multiple skis if needed (we will let you know in advance; we simply leave one pair of skis at the bottom)

WEDNESDAY AFTERNOON TRAINING (for U10 3day athletes)

- be on snow at 2:30pm, Thunderbowl lift running till 4:45pm

GOAL SETTING:

Your kid is not going to the Olympics this year yet but it might be a good time to talk about goal setting regardless! This is FAMILY GOAL SETTING for now, they will start working on their own goals at U12 level. How about making a family goal of skiing together X number of times, maybe going to X number of races, or hiking and skiing Highland Bowl together? This is not about winning races but rather about skiing, what they want to achieve on their own with training, racing (finish all my races?) and what fun goals you can achieve together. At U10 level you still have quite some days available to ski together so MILK IT! Starting to set goals at this age is a great skill going forward in skiing and in life!

COMMUNICATION and SCHEDULES:

- **Weekly Emails** Every Friday with the schedule for the upcoming week.
- **Calendar** <https://www.teamavsc.org/17457>
- **Hotline** Text Hotline for any updates to the weekly emails –
U10 3day - text **U10ALPINE** to 84483; U10 Weekend text **U10U12WEEKEND** to 84483

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 U10 USSA/RFS races
- Ski poles
- Boots (around 70 flex, narrow boots (92 last), check with us if you have questions)
- Helmet with hard ears
- Pole and shin guards for SL – maybe you've heard of those. Coaches will recommend when your kid is ready, probably at U12 level
- Race suit – optional for Roaring Fork series and recommended if you plan to race USSA races
- Taking care of your equipment is a part of skiing. You can simply take your kids' skis to a local shop for regular tune-ups or you can delve into learning to tune the skis. We will schedule a couple tuning clinics and you can always ask coaches how to go about it.
- **UNIFORMS** – Patagonia jackets have been ordered; I'll be in touch about the pick up times. Use the Google doc for Uniform SWAP if your kid still needs a jacket:
<https://docs.google.com/spreadsheets/d/15ueJ1WTP-YbY-M7osqYpnD08wavNN70PNk-evCd3NxU/edit#gid=0>
- **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

ASPEN SKI CO SEASON PASSES

Your Aspen Skiing Company four mountain pass is provided to you at a reduced cost out of consideration of your commitment to the sport of ski racing. Athletes must be enrolled as participants in an AVSC program prior to purchasing a pass. Upon completion of your online registration (including all forms) you have received an email confirmation from AVSC (from Martha Rose). This confirmation is your ASC pass voucher. Paper pass vouchers are available in the Administrative Offices of AVSC. Bring the voucher and your child to any open ASC ticket office beginning in August to complete your pass purchase. Early bird pricing on ASC passes ends in November. Check your age specific calendar for pricing and price increase dates. It is a privilege to have "AVSC" printed on your pass and will give you access to early and late lift served training sessions as well as discounts at some local retailers. It also comes with a responsibility, as you now represent all of AVSC with your actions and behavior. We expect this representation to enhance the Ski Company's impression of our organization at all times. Any infractions of the Aspen Skiing Company rules or the Colorado ski safety act will be dealt with in a most serious manner.

SKIING OUT OF BOUNDS OR IN CLOSED AREAS WILL NOT BE TOLERATED.

VOLUNTEERING AND THE PARENT WORK DEPOSIT

We take pride in hosting world class events in Aspen, be it an introductory Roaring Fork Series Race or US National Championships (tech events – SL, GS and PSL)! Our goal is to have each athlete in our team programs compete on their home hill at least once throughout the season. We cannot do this without your help. Volunteering for our home races is a great opportunity not only to have a positive impact on your athlete's race experience but also to earn back the Parent Work Deposit fees paid when you enrolled your athlete in one of our Team programs. How it works:

All volunteer opportunities with AVSC will be managed and recorded through www.signup.com. In order to receive credit for your volunteer hours, you will need to officially sign up for a specific event & responsibility through www.signup.com. Additionally, you will need to check-in and check-out at the venue on the day of the event.

Look for volunteer e-mail (be it for one of our home races or one of the many other AVSC events such as the AVSC Sports Swap, Ajax Cup, 4th of July Picnic, etc.). • The AVSC event specific leader will sign off with the AVSC office manager on your volunteer hours post event. • We will be tracking hours throughout the course of the season. • You will receive \$15/hour for your time. • You can work off 100% of your PWD. • Two family households splitting the PWD fees will only be refunded their portion of the deposits according to the hours worked. • You cannot earn more than you paid for the parent work deposit. • Refunds and credits will be processed in July.

ANNUAL AVSC EVENTS and GATHERINGS (with exact dates if available)

You are now a part of the great AVSC family. WELCOME!

Skiing is what brings us together but we do so much more!

We hope to see you at various AVSC events and gatherings.

- AVSC Ski Swap – usually in early October (it was Oct 5th, 2019)
- 5 Trees Run - fun all AVSC athlete/family/friends run up to top of 5 Trees chair – October 30, 2019
- First day on snow, Saturday, December 7th - Bob Beattie Celebration Dual ski race at Highlands
- AVSC Ajax Cup - biggest AVSC fundraiser – December 30, 2019
- FIS races hosted by AVSC - great to see and/or volunteer to help with ski racing at higher levels
- Age Class Open Slaloms – US Ski and Snowboard sanctioned Slalom races that we host at Highlands. We encourage all U10 and older athletes to participate (must have current US Ski and Snowboard license) – January 4-5
- U10 end of the season Roaring Fork race– March 21-22 followed by BBQ and awards, details TBD
- 4th of July AVSC picnic at Koch Park

RACING PROTOCOLS

LOCAL RACES- ROARING FORK SERIES (RFS)

Kids don't need any extra license to start competing at these 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/U10 is \$85. Get on it:

Log into <https://my.ussa.org> (or create new account) following instructions - click on Membership

Follow directions – select Rocky Mountain Division

You need to do separate registrations for each skier

Cost is \$85 for U12 and under (\$75 for US Ski and Snowboard, \$10 for RMD)

USSA RACE REGISTRATION (Age Class Opens) are done online at <https://my.ussa.org/>. We will send out race notifications about two weeks before the races, with estimated additional cost. You will reply to us if your kid is going AND you will register them on the USSA website by the deadline we establish.

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 desire 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 21,22 – Aspen Highlands – Dual Race - Roaring Fork Series Finale, details TBD

AGE CLASS OPENS - USSA license required!

Age Class Opens are the introductory level ski races in the Rocky Mountain Division. Races in western Colorado are 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

U10 CHAMPIONSHIPS – March 7-8 Telluride – USSA license required!

The Championship race for U10s. No need to qualify. Both SL and GS in Telluride. There will also be a SkillsQuest station for educational purposes. This is a super fun race if your kid is excited about ski racing and you want to travel to a USSA sanctioned race.

NASTAR Nationals – Snowmass – March 24 – 28 TBD

possible combination with our Spring Break Camp (additional cost)

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.

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.usskiandsnowboard.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.

NASTAR - National recreational ski races (you register and pay for) that are now part of USSA governing body. Most ski areas have a Nastar course available for public to race on at cost; fun way to race anywhere, our U10 kids will be registered through Nastar and the Roaring Fork Series race result will be posted on that platform. More instructions for registration will follow.

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

AVSC Age groups:

- U10 programs • 9years and younger • 3 day & weekend programs
 - U10 3day - dryland in November; weekends+Wed on snow; no Spring break camp included
 - U10 Weekend – On snow season Dec 7th – March 22; no Spring break camp included
- 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

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