

ALPINE ATHLETE MANUAL

AVSC MISSION.....	2
CORE VALUES.....	3
AVSC HISTORY.....	4
COLORADO SKI SAFETY ACT.....	5
CODE OF CONDUCT.....	6
AVSC ATHLETE CODE OF CONDUCT.....	6
PARENT CODE OF CONDUCT.....	7
DISCIPLINARY POLICIES.....	8
Age Classification.....	9
Tuition.....	8
Refund policy.....	10
Aspen Skiing Company Lift Passes.....	10
Communication Avenues.....	10
Equipment.....	11
Race / Training Calendars.....	15
Lunch and Restaurants.....	15
Transportation.....	15
Races/Travel.....	15
Fact sheets.....	15
Entries.....	15
Racer Expectations.....	15
Hotel Reservations and Cancellations.....	16
AVSC Athlete Supervision.....	16
Vocabulary/definitions.....	17
Age Class Open series.....	17
Roaring Fork Series.....	17
Championship Races.....	17
Surefoot Colorado Ski Country FIS Series.....	18
NorAm Series.....	18

AVSC Mission

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

Team AVSC Alpine

The AVSC Alpine programs are designed to provide athletes of all skill levels an opportunity to pursue their goals in ski racing built around the following objectives;

- Provide the opportunity for young athletes to have fun, be with their friends, and enjoy learning to become better skiers while ski racing.
- Provide a program focused on simplifying, developing and enhancing fundamental and advanced skills that will prepare athletes to progress to higher levels in the sport if they so chose.
- Provide a program that gives every young athlete the opportunity to be their best, progress individually while working and improving together as a team.
- To meet the needs of every aspiring ski racing athlete in the Roaring Fork Valley from 1st year J5 weekend skiers to our year round J1 and J2 athletes striving to compete at the college and National Team levels.
- To take a holistic approach; look at the big picture as well as the fine details of conditioning, diet, equipment, technology, and the different learning styles of athletes to bring out the best in every individual.
- Challenge young athletes at the appropriate time and in the proper environment to provide athletes the opportunity to build confidence through periodic successes.
- To assist parents in teaching the life skills that will impact their children for their entire lives both in and out of sports.

The knowledge and experience shared by our staff consists of several decades of coaching at all levels from National Team to experienced Age Class coaches well respected throughout Rocky Mountain Division.

AVSC has a proud history of producing some of the best ski racers in US history including National Champions and Olympic Team Members.

CORE VALUES

Each one of these core values contributes to our success as a Club and as individuals.

Commitment

One's commitment to working hard, setting goals, improving ourselves, aspiring for excellence on and off the hill, in dryland, and in school, all contribute to one's level of commitment. Everyone's level of commitment contributes to his or her level of success.

Teamwork

Teamwork is the basis from which we can build a support system that will help everyone achieve success. The success of individuals within the Club leads to the success of AVSC, the support that we can offer to one another, in striving to succeed, leads to more individual success and Club success.

Integrity

Integrity describes a personal trait that shows strong moral principles, consistent good character, and honesty. Together we all represent AVSC. The actions we take as individuals and as an organization are a direct reflection of AVSC. Showing respect towards others, having fun in a positive way, and working hard to achieve goals all contribute to our success in this core value.

ASPEN VALLEY SKI/SNOWBOARD CLUB

A Brief History

The organization presently known as the Aspen Valley Ski/Snowboard Club was founded in 1937 under the name of the Roaring Fork Winter Sports Club. Over the course of 65 years and several name changes, the organization has never lost sight of its mission: to provide quality skiing programs for youth of the Roaring Fork Valley.

In 1938, shortly after its inception, the Roaring Fork Winter Sports Club became the Aspen Ski Club, a name that endured until 1993. During this tenure, Aspen Ski Club's accomplishments in the sport of skiing have been many and far-reaching.

As early as 1941, the Aspen Ski Club made its mark on skiing when it hosted the U.S. National downhill and slalom championships on Roch Run. Several years later, in 1946, local philanthropist Walter Paepcke gave the Roch Cup Trophy. To this date, the Roch Cup is the oldest continuously awarded trophy in the history of U.S. skiing.

In 1950, Aspen and the Aspen Ski Club gained international renown as host of the 1950 FIS Skiing Championships. This event again makes U.S. skiing history as the first international championships ever held in the United States.

By November of 1965, the Aspen Ski Club received its 501(c)(3) non-profit status thus allowing the organization to aggressively raise funds and solicit contributions to support programs and offset the ever-increasing expenses of ski racing.

Over the next 30 years, the Aspen Ski Club continued to pursue excellence in the sport of skiing, both in the Alpine and Nordic disciplines. Dozens of skiers coming out of the tow programs earned berths on U.S. and Olympic teams. These skiers and many other athletes of the Aspen Ski Club continue to be involved in skiing and give back to the sport they so love.

In 1989, the Aspen Winter Club was founded. This organization, separate from the Aspen Ski Club, provided recreational ski programs for nearly 1,000 valley youths. Winter Club also took on the organization of Aspen's World Cup skiing events known as Aspen Winternational and America's Downhill.

By 1990, Aspen had several different organizations providing ski programs to area youth. The Aspen Winter Club offered the recreational alpine opportunities. The Aspen Ski Club housed the competitive alpine programs. The Aspen Nordic Team, which separated from the Aspen Ski Club in the mid-seventies, offered recreational and competitive cross-country skiing programs. And, snowboarding, in its infancy, was also developing programs and a team concept.

Funding of these individual ski programs became increasingly difficult due to the competition from over 300 other local non-profits. As a result, the Aspen Valley Ski Club was formed, thus bringing all local ski programs under one roof.

Today, the Aspen valley Ski/Snowboard Club offers eight different skiing programs to approximately 1,800 youth throughout the Roaring Fork Valley. These include competitive alpine, nordic, snowboarding and freestyle teams as well as recreational alpine, nordic, freestyle and snowboarding programs.

Most recently, with the building of the Friedl Pfeifer clubhouse, and the Five Trees lift, AVSC is moving into a new chapter of its future. This combined with the return of upper level racing to AVSC, we plan and expect to be prominent in the development of young ski racers in Aspen, the Rocky Mountain Division, and United States Skiing.

Expectations

This entire manual is designed to clarify what AVSC expects from you, the athlete, and what you can expect from AVSC. While the subject is endless at detail, there are some basic points for us all to observe. We should and can expect:

1. Coaches, athletes, and parents to adhere to the AVSC code of conduct and core values.
2. The Alpine staff to coach each athlete to the best of their ability.
3. Mutual respect
4. Punctuality
5. Prompt and honest communication
6. Common courtesy
7. A positive, constructive attitude

ASPEN VALLEY SKI/SNOWBOARD CLUB 2009/2010 POLICIES AND CODES OF CONDUCT

AVSC is a community based 501(c)(3) non-profit organization dedicated to providing the opportunity for children and adolescents to learn and excel in skiing/snowboarding. This goal is approached at all levels, from learning basic skills to the highest levels of competition. AVSC provides programs for athletes to enhance their athletic skill, and in the process of doing so, to build character. It is a place to learn our core values: commitment, teamwork, discipline and citizenship. It is a place to learn goal setting, social skills, a work ethic and healthy competitive attitudes. It is our goal as coaches and staff to bring together these elements in programs which build self-esteem and a sense of accomplishment in each athlete.

In our endeavor to reach the highest level of sportsmanship and citizenship through competitive skiing and snowboarding, we as athletes, coaches and parents should recognize the responsibilities necessary for achieving this goal. Please take the time to read and understand the guidelines and responsibilities expected of all participants in TEAM AVSC programs.

COLORADO SKI SAFETY ACT

As members of the skiing/snowboarding community, we understand the Colorado Ski Safety Act of 1979: The Colorado General Assembly recognizes that dangers are inherent in the sports of skiing and snowboarding, regardless of any and all reasonable safety measures which can be employed. Therefore, The Colorado Ski Safety Act of 1979, as amended contains provisions that are important to all members of the skiing/snowboarding public. Each skier/snowboarder is responsible for knowing and skiing/snowboarding within the limits of his/her ability. No skier/snowboarder involved in a collision with another skier/snowboarder in which an injury results shall leave the vicinity of the collision before giving his/her name and address to the Ski Patrol. No person shall use ski/snowboard slopes, trails, or lifts while his/her ability is impaired by alcohol or drugs.

Warning: Under Colorado State law, a skier/snowboarder assumes the risk of any injury to person or property resulting from any of the inherent dangers and risks of skiing/snowboarding and may not recover from any ski/snowboard area operator for any injury resulting from any of the inherent dangers and risks of skiing/snowboarding, including: changing weather conditions, existing and changing snow conditions; bare spots; rocks; stumps; trees; collision with natural objects, man-made objects, or other skiers/snowboarders; variations in terrain; and the failure of the skier/snowboarder to ski/snowboard within their own abilities.

There are common elements of risk in skiing/snowboarding that common sense and personal awareness can help reduce.

1. Ski/snowboard under control and in such a manner that you can stop or avoid other skiers/snowboarders or objects.
2. When skiing/snowboarding downhill or overtaking another skier/snowboarder, you must avoid the skier/snowboarder below you.
3. You must not stop where you obstruct a trail or are not visible from above.
4. When entering a trail or starting downhill, yield to other skiers/snowboarders.
5. All skiers/snowboarders shall use devices to help prevent runaway skis/snowboards.
6. You shall keep off closed trails and posted areas and observe all posted signs.

This is a partial list. Be safety conscious.

BE AWARE!

SKI WITH CARE!

Out of bounds skiing/closed trails

If skiing by a member of the Aspen Valley Ski and Snowboard Club takes place on closed trails or outside the ski area boundary line automatic suspension of lift privileges and club participation will take effect until a full review of the situation can be conducted. For reasons of safety, to club member as well as that of those who would be obligated to conduct rescue operations, this behavior is strictly forbidden and infractions may result in complete termination of membership, without refund. Additional penalties may be imposed by but not limited to the Aspen Skiing Company, the Pitkin County Sheriff's Department, the Aspen Police Department, and the U.S. Forest Service.

Remember, in Colorado a tree line is considered a boundary line, so check trail maps before skiing in the trees.

CODE OF CONDUCT

The Aspen Valley Ski/Snowboard Club competitive athletes and coaches are required to follow the conditions set forth by the Aspen Valley Ski/Snowboard Club Code of Conduct, the Aspen Community Code of Conduct, the USSA Code of Conduct as it appears in the 2008/2009 USSA Competition Guide, and the USSA Code of Conduct. In addition to the above Codes of Conducts, AVSC coaches will adhere to pertinent portions of the I.O.C. Code of Ethics. Breaches in any of the above codes of conduct will be dealt with as outlined below.

ATHLETE CODE OF CONDUCT

Each member of an Aspen Valley Ski/Snowboard Club competitive team shall conduct themselves in a manner that exemplifies good personal behavior, citizenship and sportsmanship. Specific rules of conduct include, but are not limited to the following:

1. Competitors and staff shall abstain from the use of illegal drugs, consumption of alcohol and any form of tobacco while involved in any Club related activity (i.e. travel, training or competition). Use of these substances by athletes in non-club related activities will also be considered a breach of the AVSC Code of Conduct.
2. Competitors and staff shall abstain from the use of profane or abusive language.
3. Competitors and staff shall conduct themselves in an honest manner, with no stealing or misrepresentation whatsoever.
4. Competitors and staff shall show self-control and have consideration for others.
5. No competitor or staff member will engage in any form of hazing or bullying.
6. Competitors and staff shall respect other's belongings. Tampering with other athlete's equipment will not be tolerated.
7. All team members have the inherent right to learn. No one is allowed to interfere or prevent others from learning.
8. Team members will maintain a neat and clean appearance during travel and competition.
9. Aspen Valley Ski/Snowboard Club issued uniforms should be worn during AVSC scheduled event. Athletes wearing team uniforms during non-club scheduled events will be considered representatives of AVSC and should conduct themselves responsibly and with the highest degree of citizenship.
10. Team members and staff will adhere to all other travel, school and training policies as outlined below.
11. All competitive scholarship applicants will abide by the conditions set forth in the scholarship application. Any breach of the above outlined codes of conduct could jeopardize a scholarship award.
12. All AVSC competitors and staff shall obey regulations of the Aspen Skiing Company (ASC) and shall conduct themselves in a responsible manner when on an ASC mountain or property.
13. All athletes and staff will present themselves in a responsible and respectful manner when traveling with the Aspen Valley Ski/Snowboard Club.

14. All athletes and staff will respect the property of hotels or other accommodations while traveling. Individuals will be personally liable for any damage incurred as a result of their actions.

PARENT CODE OF CONDUCT

We need your positive involvement. Our programs are most successful for all involved when parents, athletes and coaches come together in a close-knit group. As an integral part of this group, and as representatives of AVSC when at competitions, training or other events, parents are expected to behave in a way that contributes to AVSC's positive image. Parents agree to abide by the following:

1. While in attendance at AVSC races or events, parents must role model responsible behavior. Among other things, this includes:
 - providing positive support to athletes – even when they fail
 - no yelling at officials, coaches or athletes
 - no harassment of others
 - responsible use of alcohol
2. Parents are not permitted on a competition or training venue unless:
 - designated as a coach
 - requested to slip or otherwise maintain the venue
 - act as an official, judge or gatekeeper
3. Parents shall not act as a coach during competition or training unless requested to do so by an AVSC coach or Program Director.
4. Parents will inform AVSC of all existing medical conditions which could affect your athlete's safety or participation. This will enable us to best ensure a positive experience for all.
5. Parents will help us improve. We welcome your constructive input and when issues arise that need attention recommend that you first approach the coach involved. If the issue is not resolved at that level, please speak to your Program Director. If still not resolved to your satisfaction, please contact the Executive Director. We live in a small community and you will likely know one or more members of the AVSC Board. Board members typically do not get involved with operational issues. If you approach them with a concern, they will ask you if the issue is important enough for them to have an appropriate staff person follow up with you.

Consequences

We want each of our athletes to have the chance to succeed with AVSC. In the unlikely event a single bad incident or a pattern of parent behavior is contrary to these expectations or threatens AVSC's image, your child's participation will be contingent upon your not attending training and competitions.

ACADEMIC POLICY

The Board of Directors and staff of the Aspen Valley Ski/Snowboard Club expect all competitive athletes to maintain an acceptable level of academics during the course of the season. We encourage our athletes and parents not to sacrifice scholastic achievement for the sport of ski racing/snowboarding. We also believe that athletics play an extremely important role in creating healthy, happy, well-rounded people. Please carefully read AVSC's academic policy.

1. All competitive athletes must have a "C" or better in every class in order to miss scheduled school time to attend Aspen Valley Ski/Snowboard Club scheduled events. This includes early dismissal for training, participation in local competitions, and travel to out of town competitions.
2. All athletes will abide by all study halls and/or quiet times designated by the coaches at out of town events.
3. Athlete will fulfill all requirements outlined by their teachers for work missed due to skiing/snowboarding competitions or training.
4. All AVSC athletes will respect their teammate's rights to study in a quiet and conducive atmosphere.

In accordance with the Federal Education Rights and Privacy Act of 1974 (FERPA) and local school district policies, student records will not be released to other individuals and parties without a written request and authorization of the parent or eligible student. Personal information will only be released to a third party with the assurance it will be kept confidential. In order for AVSC to properly apply its academic policy, AVSC must have access to your child's grades, and his/her academic standing in each class throughout the season. By signing this Code of Conduct I give the school permission to report academic, disciplinary, and attendance information regarding my child to AVSC, as well as, permission to the AVSC coaches to contact my child's teachers as needed. This information will be kept confidential, and is only to be used for the purpose of assisting AVSC student-athletes in maintaining their athletic eligibility and academic success.

DISCIPLINARY POLICIES

AVSC athletes who do not meet participant expectations will be subject to disciplinary action by one or more of the following: Coaches, Program Directors, Executive Director or competition committees. Action taken against an individual as a result of an infraction can include, but is not limited to reprimand, revocation of ski pass, forfeiture of scholarship awards, suspension or expulsion. Minor infractions are typically dealt with as follows:

1. First offense - Reprimand and written documentation by coach.
2. Second offense - Reprimand: Program Director will notify parents that a problem is developing.
3. Third offense - Athlete and parent will meet with the Program Director and Executive Director. One or more of the following actions will be taken against athlete: revocation of ski pass, forfeiture of scholarship awards, or suspension from the program.

Severe infractions such as those involving an athlete's use of alcohol, drugs or tobacco will immediately go before the Program Director and Executive Director. Consequences will likely include revocation of ski pass, forfeiture of any scholarship awards, and a minimum two week suspension. Expulsion is possible.

Reinstatement may be contingent on the athlete's participation in substance abuse counseling and performance of community service. Any athlete who forfeits his/her scholarship or is expelled from an AVSC program due to disciplinary action will be responsible for full payment of all program fees.

AVSC and the Aspen Skiing Company reserve the right to pull or suspend the use of AVSC/ASC ski passes in the event of irresponsible behavior on any Aspen Skiing Company mountain or property.

PARKING AT AVSC

Parking at the AVSC is limited, and is reserved for administration staff and coaches: Monday – Friday, 8:00 am – 6:00 pm. Parking for reasons other than short term to drop off athletes, and equipment or to meet with coaches cannot be allowed. Repeat offenses may lead to towing at your expense.

SEIZURE PROTOCOL

Occasionally, a participant, athlete or coach will have a history of epileptic seizures. We want to work with these individuals, but in some cases participation with AVSC might not be appropriate. AVSC reserves the right to make this decision. When participation is appropriate, we need to follow some baseline protocols to best ensure the safety of the individual and other participants, and to protect AVSC. It is essential that we know of the condition. Only then can we provide responsible oversight and support, to make the experience positive for all involved.

1. Medical release must be signed by physician familiar with individual's condition.
2. Individual must wear a harness and clip on at all times when riding a chairlift.
3. Individual must be accompanied at all times when riding a chairlift.
4. Individual must be accompanied at all times during training or competition.
5. Individual must have a medical alert bracelet or necklace on at all times.
6. The individual must carry a laminated card detailing:
 - Contact numbers for parents, designated family friend, doctor(s)
 - Medic Alert ID Number
 - Daily dosages of prescription drugs
 - Allergies

- Basic first-aid steps in the event of a seizure
7. Coaches will carry a copy of the card, which will be provided to them by the individual.
 8. Education can make this a positive experience for all involved. Coach and individual will talk to the group about epilepsy – what to expect, how to react.
 9. In the event of a seizure, the individual will not be allowed to train or compete for a minimum of 24 hours.

Basic First-Aid Steps

PROTECT	from nearby hazards
LOOSEN	tie or shirt collar
CUSHION	head with whatever is easily available
TURN ON SIDE	to keep airway clear
DON'T	try to restrain
DON'T	try to put anything in the mouth
DON'T	try to hold the tongue
DON'T	try to give liquids during or immediately after a seizure
DON'T	use artificial respiration unless breathing is absent after seizure subsides, or unless water has been inhaled
CALL AMBULANCE	if seizure last more than 5 minutes or another seizure happens soon after the first

ALPINE PROGRAM

Age Classification

The alpine program is divided into age groups that consist of Age Class and Ability Class categories. All age classifications are based upon a racer's age on December 31st of the current racing season. Age Class athletes are eligible for races based solely on age, while Ability athletes compete in a given series based on rankings and performance.

Because of the large numbers of Age Class and Ability Class racers participating in nationally sanctioned events, Age Class racers are assigned to specific sites and the region is divided into districts for Ability Class racers.

Age Class

- J5 – 10 or younger
- J4 – 11 and 12 years old
- J3 – 13 and 14 years old

Ability Class

- J2 – 15 and 16 years old
- J1 – 17, 18 or 19 years old
- A or SR - Ages 20 and older

*For more specifics refer to the USSA competition guide

Tuition

Your involvement in this program requires payment of a program fee. It is important for you to understand that just by joining the team you are already receiving a scholarship from the community for **approximately 50%**. The fee you paid only covers half of the costs incurred in providing your racing experience. The remainder is solicited through private donations, business memberships and fund raising events. As you can imagine, this fundraising requires a great deal of effort on the part of our administrative office and board of directors. Please remember this while you are training or competing; someone is out there raising money for you. Through your behavior, actions, and representation of your team, you can help or hurt that process.

Costs covered by program fees and AVSC fundraising:

- Coach's salaries

- Vehicles
- Clubhouse
- Late lift costs
- Dryland training
- Gate training and video
- Entries to the Roaring Fork Series
- Logistical support for travel

Costs not covered

- Ski equipment and uniforms
- USSA, RMD, and FIS licenses
- Room and board, lift tickets, and entries for races
- Room and board, lift tickets, travel costs and camp fees at race camps away from Aspen
- Medical insurance, medical costs, or sports accident insurance
- Lost or stolen property while on trips or at the club

Refund policy

In all cases involving injury or family relocation, AVSC will refund program fees prior to Jan. 15th at a rate of 80% of the pro-rated cost of the program from the date we receive written notification to the end of the program plus \$100.00. No refund will be awarded for withdrawal after Jan. 15. Withdrawal for reasons other than injury, illness, and family relocation will be reviewed by the Executive Director and appropriate Program Director or Head Coach. No refund will exceed an amount determined by using the before mentioned formula. Quitting without reason is not grounds for a refund. Scholarship recipients will be expected to fully repay their scholarships prior to receiving any refund.

Aspen Skiing Company Lift Passes

Your Aspen Skiing Company four mountain pass is provided to you at a greatly reduced cost out of consideration of your commitment to the sport of ski racing. 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.

USSA and RMD

Athletes who race in any USSA and/or FIS races are required to have the appropriate competition licenses. Applications for USSA and FIS licenses can be downloaded from www.ussa.org or you can register on-line. Registration for a Rocky Mountain Division license is included on the USSA application.

J4s and J5s – Need both a USSA youth license and a RMD license.

J1s, J2s, J3s – Need a USSA competition license and an RMD license. J1s and J2s who will be competing in FIS races need also need an FIS license. Please note that the deadline for FIS applications is August 15th. J3s are not eligible for FIS races.

If you are registered with the J5 Devo program you are not required to have a license.

AVSC Communication Avenues

Hotline:

Age Class – 205.5126

Ability Class – 205.5116

Staff Phone Numbers:

Jeff Kai	Alpine Director	205.5110
Alice Black	Head Age Class Coach	205.5120
Pat Callahan	J3 Coach	205.5121
Catherine Brown	J3 Coach	205.5125
Gene Bridgewater	J3 Coach	205.5112
Rohan Verplank	J4 Coach	205.5123
Ramsay Hill	J4 Coach	205.5124
Fordy Sinkinson	J4 Coach	205.5124
Willy Volckhausen	J5 Coach	205.5122
Ashley Carruth	J5 Coach	205.5122
Kent Towleron	Ability Coach	205.5111
Torey Greenwood	Ability Coach	205.5105
Lindsay Mann	Ability Coach	205.5113

E-mail

We rely on electronic mail as much as possible. Please get your address to a coach as soon as possible. If you do not yet have e-mail, please contact us and let us know so we can keep you informed by phone or snail mail.

Website

We will be updating the website often with current calendars, team travel information, training schedules, and manuals. Please refer to the website to find up to date information with time and locations.
www.teamavsc.org/hotline/alpine_homepage.cfm

Clubhouse, wax room, and lockers

AVSC has been blessed with the generosity and hard work of many community residents and as a result we now have the Friedl Pfeifer Clubhouse. This facility needs to serve athletes for many decades to come, so we expect all current athletes to treat this building with the utmost respect and care. There will be no tolerance for damage to the building, its contents, or the surrounding property by an AVSC member. AVSC reserves the right to terminate clubhouse privileges for any athletes who misuse or mistreat the facility. All athletes can be issued a locker and space to store skis. The coaching staff will issue combinations to the wax room and ski storage lockers and combination locks are available from the administration office for \$5.00. If you use your own lock it must be a combination lock and you will need to leave the combination with the office when you place the lock on your locker. Keyed or unregistered locks will be removed. Please do not bring skis into the main clubhouse; this will help eliminate long-term wear and tear on the building.

Wax Room Rules:

Help keep wax room clean, leave in better shape than before you arrived.

Treat other AVSC members with respect.

Try to help new or younger team members.

When waxing, swiftly get your work done and vacate your bench as soon as possible.

Keep personal items in your locker.

Stay out of other AVSC members wax kits unless you ask first.

NEVER BORROW ANOTHER SKIER'S EQUIPMENT OR CLOTHING!

CLEAN UP AFTER YOURSELF!!!

Goal Setting

Goal setting is an important skill for ski racing and for life. AVSC offers the opportunity to learn both long term and short term goal setting skills. Ski racing offers the opportunity to implement those skills. We strongly believe that one can accomplish anything as long as they are willing to put in the work. Setting goals gives you an idea of where you want to go and through the process, establishes a road map to get

there. When you know your destination it gives you an idea of what is and is not important. It also gives you an idea of how hard you have to work to manifest your dream.

In the process of goal setting you want to start broad and work your way down to specific. Ideally you want to start with a five-year plan. How do you see yourself in five years? Is it standing on a World Cup podium or going to school on a NCAA scholarship? Your next step is to write out goals for the year. This is broken down to wish goals, realistic goals, technical goals, conditioning goals, and psychological goals. The idea is to start broad with your dreams and then back it up with all of the factors that will help you realize that dream. If you want to see immediate improvements you must set weekly goals. You start out each week writing down what you want to accomplish that week and how you are going to accomplish it. You also write down how the previous week went. Did you meet your goals for the week?

Always keep in mind that goal setting is a process that evolves over time. When you set goals you want to make them attainable so you get a sense of confidence and accomplishment. At the same time you want to make them challenging enough to keep you on your toes. The SMART method is a helpful tool you can use to check whether or not your goal setting is on track. The SMART method is:

Specific
Measurable
Actionable
Realistic
Time bound

If the goals you set meet these five criteria then you are at least on the right track. It is important to know that goals can always be changed. Whether you accomplish everything you set out for yourself or you can't reach any of your goals, you can always re-evaluate and make them either more challenging or more attainable. If you become more skilled and disciplined at setting goals then success will come. Through this process you begin to take charge of your destiny. When you are navigating the waters of your career path you become the captain of your ship.

Equipment

Hard goods

Be sure that your equipment complies with USSA and FIS regulations for each discipline.

Go to the USSA alpine home page and click on equipment regulations to see the full specifications for each age group and gender, or ask your coach for a copy of the regulations.

Necessary Equipment

Age Class

J5 – one pair of junior all around race skis, or one pr SL and one pr GS with bindings to match

- Poles
- Boots
- Helmet with removable face guard

J4 - one pair of SL, GS, and SG skis with bindings to match

- One pair straight tech poles and one pair bent speed poles
- Boots
- Helmet with removable face guard

J3 - SL, GS, SG, DH, one pr of each and, if feasible, a second pair for training

- Tech and speed poles, boots, and bindings
- Helmet with removable face guard

Ability

J1s and 2s – two pair each of SL, GS, SG, DH skis with bindings to match the skis

- Tech poles, speed poles
- Boots

- Helmet with removable face guard

**It is a good idea for all athletes to have a pair of rock skis for marginal conditions

How to obtain Equipment

AVSC holds a one night buying extravaganza annually at the club in September. This is a chance to order your equipment for the upcoming season. All the companies that come to equipment night offer racing equipment at substantial discounts, known as Pro Forms. There are levels of sponsorship and discounts according to the athlete's age ranking. Supplemental orders for challengers and team AVSC members can take place through the coach before or after equipment night.

Uniforms

AVSC is an authorized Spyder dealer. We are able to get wholesale prices on all Spyder products and you can order everything but the uniform at the equipment night. The uniforms will be available mid-November. When they arrive we will put out an email notifying you as to exactly when. The uniforms will be the same for a 3-year run and then we will move to a new uniform so you can acquire additional pieces as needed.

Helmet policy

Helmets are required of all athletes, free skiing, training or racing, in SL, GS, SG, and DH.

Training

Dryland

All training sessions will begin and end at the Clubhouse, unless otherwise specified. Please be here on time and prepared for training every day. We compete in ski racing, an outdoor sport, so we will train outdoors. Do not be deterred by cold or wet weather. Dress appropriately. This means having foul weather gear if need be. Also, bring appropriate clothes for physical activity. Please do not come to training wearing jeans or inappropriate shoes as you will be sent home. All athletes will have their own locker and we suggest keeping your dryland gear in there.

Age Class Dryland

Pre-season conditioning is an integral part of any skier's season. Stronger, better-conditioned athletes will always have an advantage over others. The AVSC age class program focuses on getting skiers into racing shape. The overall goal as the athletes get older is to educate them with the skills necessary to prepare them for later years by adding more intensity. The J5's train in a fun, game-like atmosphere, whereas the J3's have a longer training block with education in proper movement patterns and lifting technique. The general training program consists of building strength and an aerobic base first, and then focusing on power and agility as we approach the ski season.

Although the program starts in the fall, physical conditioning should be a year round endeavor. Athletes should stay active in the summer and fall. Fall sports are a great idea for Age Class racers, but also try to work in some dryland sessions for more ski specific training.

AVSC has a program with staggered starting dates depending upon age. J3's generally start training in September, J4's in October and J5's in November.

Ability Class Dryland

Dryland training for the ability class is a year-round endeavor. It is broken into two large blocks of prep period training and competition period maintenance.

The off-season training starts in May and ends in late November. The purpose of this block is to develop a strong aerobic and strength base. If the program is adhered to and the athletes enter September with a good aerobic foundation, then they can start work on their anaerobic system by doing threshold and peak lactate workouts. If they have their strength foundation then they can work on max strength and power in the weight room. Balance, agility, and core strength is worked on throughout the whole year.

The in-season maintenance block goes from early December to early April. The purpose of this block is to maintain the gains from the off-season training and focus a great deal on recovery. Recovery is extremely important during the season. Ski racing is hard on the body and with good recovery the athletes will be

stronger for the next race and they will have good stamina to endure the long season. Sometimes the best races are late in the spring. We recommend all Ability athletes have a heart rate monitor.

Down Valley Dryland

Down Valley Dryland is also available for all age groups starting the 1st of October. Please let the coaches know if you would like to participate and we will send you a detailed schedule.

Dryland check list:

A Good Attitude!!!

Water bottle

Snack or recovery food for after training

Appropriate clothing for the activity (good running shoes, t-shirt or sweatshirt, workout shorts and sweatpants, warm layers for afterwards)

Biking days:

Mountain or road bike (depending on activity)

Helmet (required)

Bike shorts

Spare tube and pump

Sunglasses

On Snow training

Age Class

Early season

Depending on snow conditions, we usually do a few weekend free skiing training camps in Summit County in November.

Regular Season

Training takes place at all four SkiCo's mountains. Usually, we begin training on Aspen Mountain in November, and move to the other mountains when conditions permit. We will train on weekends until winter break. Weekend training begins at 9:00 am and concludes at 3:00 pm.

After school training begins at Highlands the first week in January. J3 and J4 Team members train Tuesday, Wednesday and Thursday afternoons until 4:45 pm, and will have video sessions scheduled after that. J3's will also train on selected Fridays. J5s train on Wednesdays and optional Thursdays until 4:45. The J5 Devo program does not have after school training.

We also hold training camps during winter, spring and summer breaks.

Ability

On snow training, like dryland, is also broken into a prep period and competition period training. During the prep period we encourage athletes to participate in our summer projects which consist of a June camp at Mammoth Mountain, California and then we have a late July to early August project in La Parva, Chile for second year J3 athletes and older.

In-season training happens here in Aspen during the winter months. The volume and intensity of training depends largely on the race calendar. We generally try to do three to five days of training per week. We will do more or less volume at different periods of the season. The intensity of the session naturally goes up when doing less volume but we would like to see the same high intensity no matter what the training volume is.

Hotline

The Hotline is the single best way to stay up to date with the Club's training plans. It is updated nightly and has the next day's training schedule as well as meeting and pick up times and places. Please check it every night.

Age Class 205.5126

Ability Class 205.5116

Schedule

Race / Training Calendars

Race calendars are available on www.rmdussa.com or you can pick one up from your coaches. They are also available on www.teamavsc.org

Lunch and Restaurants

AVSC athletes almost always eat lunch in the on-mountain restaurants. No one is allowed to stop for lunch without approval from a coach.

Athletes have two options for lunch:

- a) Bring their own lunch
- b) Buy whatever they want. AVSC athletes do not get a discount on general purchases

Remember that we represent AVSC when we are at lunch. Racers must sit in the area designated by the coach and need to ask permission before they leave. Please be quiet and courteous when in the restaurants. Say “please” and “thank you” to the employees and by all means clean up your mess.

Transportation

AVSC will most often provide transportation to away races for J3 athletes and older. We will also provide transportation for J4 and J5 athletes for select RMD projects and preseason and summer camps. Athletes and families may choose not to participate in AVSC transportation. Transportation is provided on a first come-first served basis. Once capacity is reached, it is the responsibility of the parent/athlete to make other arrangements.

Passengers and drivers must wear seat belts at all times.

Races/Travel

AVSC Team Travel Policy

Team travel will be available only to J3 and older athletes. There will be not team travel for J5s or J4s with the exception of preseason and summer camps as well as RMD Projects. All athletes who wish to be involved in team travel must read and agree with all AVSC Team Travel Policies outlined in this manual.

Fact sheets

For each Age Class race, the race organizers produce a fact sheet, which has pertinent information on the race. These can be accessed at www.rmdussa.com. Additional information can be accessed on our website http://www.teamavsc.org/Hotline/Alpine_homepage.cfm

Entries

We do team entries for Age Class races. Communication between parents and staff about participation in races is a must so coaches can meet deadlines for race entries. Coaches cannot perform miracles for racers who miss the deadline.

Racer Expectations

Ski races are obviously a very important part of your Ski Club experience. It is the reason you are a racer. Traveling to races takes a lot of time, money and effort, and it is imperative that you take races seriously. The coaching staff will do their part to ensure that every racer has an opportunity to perform to their best.

This is what the coaches expect of the athletes:

- Be on time for all departures.
- Assist in loading, unloading and cleaning the team vehicles.
- Be sure all entry fees are paid in advance and they have all necessary licenses in order to compete.
- Attend the team meeting and pay attention to details.
- Know when you have to be at registration, inspection, start, etc.
- Being rushed in the morning will not be beneficial for your race. Give yourself some extra time to account for slow registration, lift lines, etc. If you are not sure, ask your coaches what time you need to be somewhere.
- Do not put yourself at a disadvantage by having equipment that is not race ready. Have your skis tuned and waxed. Make sure all your equipment is functional, i.e. boot buckles, pole straps etc.

Have a good inspection

- Race day is not all playtime. Take advantage of inspection by focusing on the course and trying to memorize the fastest line down. Ask the coach questions. A good inspection can make a world of difference in your race.

Focus at the start

- It is very easy to get distracted at the start by playing with friends. Use the time at the start area to get ready for the race. Make sure your skis and equipment are ready. Move away from the crowd and focus on your race. Good mental preparation can result in a much better race.

Try your best

- Your best may be winning a race or it may be finishing in the top 75. Either way put everything you have into having a good personal result.

Win and lose with dignity

- Whether or not you have a good race, be a good sport. Be genuinely proud of your teammates who did well. Don't gloat if you win and don't pout if you lose.

Represent AVSC, your community and your teammates with pride

- Be proud to be from AVSC and act this way. Be kind and courteous to race workers. Say please and thank you. Cheer on your teammates. Remember that your actions reflect upon a lot of people.

Learn something from each race

- Take some time after each race to reflect upon your run and think about what you could have done to be a little faster.
- Ask your coaches, but rely on your own judgment as well.
- From every race you should be able to learn something that will make you a better, faster racer.

Hotel Reservations and Cancellations

J3 and older athletes who are not traveling with their parents are welcome to stay in the same hotel as the coaches. The coaches will make the reservation for all athletes who register for housing. Athletes must confirm their wish to stay with the Club by the deadline.

Once committed to stay with the Club, athletes are obligated to pay the cost of their accommodation, even if they cancel. If possible, the coaching staff may be able to fill the room with another racer, or cancel the room at no cost to the Club. If not, the athlete is responsible for the full cost.

*Coaches will not stay in the same room as athletes, with the exception of unusual circumstances.

*Athletes will not stay in a room with a member of the opposite gender.

AVSC Athlete Supervision

Whether AVSC coaches are traveling to an away race or training at home, the supervision of athletes is always one of our prime concerns. This job is greatly complicated by the simple nature of our sport. Coaches need to set courses in the morning before the racers can load the lifts, and they must attend team captains meetings, sometime late in the evening. They often will not be freed from coaching duties until well after the athletes have left the hill, eaten dinner, or even after the athlete's curfew. Athletes may go to lunch before the coaches have pulled their training course. Athletes will also make laps alone or in small groups while coaches work with others and maintain the training venue, etc. This is where the code of conduct comes in. We expect a certain amount of responsibility, relative to age of course, from all participants. We make every effort to set up the racers for success, by using parent chaperones, giving clear instructions on expected behavior, and being realistic with the capabilities of a particular group or individual to be responsible. While we will make every effort to intercede before an athlete violates the code of conduct, we can never be in a position to guarantee it. We can, however, guarantee our response to behavioral problems. We take the code of conduct, our core values, and our image in the community very seriously, and behavior that is contrary to those philosophies or threatens that image will result in disciplinary actions including, but not limited to, community service, suspension, or in extreme cases, expulsion.

With that in mind here are some specific steps we take to keep track of athletes, especially younger ones:

- We make sure all athletes are present before proceeding on each run and try to have a coach ski ahead of the group and one following behind. We have a meeting spot established in case an athlete does get separated from the group and stop by there every run.
- When free skiing we establish a buddy system so each athlete is responsible for knowing where their buddy is and riding the lift with their buddy.

- We discourage late arrivals or early departures from training but if they have to happen it is the responsibility of the parent to let us know and establish a meeting spot and time to pick up or drop off the athlete. Please be aware that the athlete might have to ski down on their own to meet you as the coaches need to stay with the rest of the group.
- Whenever possible we put lunch time and place on the hotline.
- At the beginning of each training session we let the athletes know what the plan is for the day and the meeting spot in case they get separated from the group.
- At the end of the day we make sure all athletes have been picked up and no athlete is left behind. Please be on time to pick up the athletes!!!!
- We make sure the athletes know it is their responsibility to let the coaches know if they need to go inside for whatever reason. It is unacceptable to leave the group without letting a coach know no matter what!

Vocabulary/definitions

USSA – US Ski Association

Sanctioning body for national competition

FIS – International Ski Federation

World governing body of ski competition. Similar to USSA on an international level. Sanctions and establishes rules for international competition.

AGE CLASS (Ages 8-14)

Age class racers compete in races based upon their age. A racer will compete against other racers of the same age, regardless of ability.

Age Class Open series

The Rocky Mountain Age Class Open series is a season-long series of children's racing designed to introduce competition in a fun, low intensity environment. The Age Class Opens also are used to seed J4's for the Junior Olympic Qualifiers. Clubs are assigned race sites to reduce travel costs. Most competitions are two day events with (2) one run races each day. Super G is only open to J3's and J4's. License needs: USSA youth (J4, J5), USSA competitor (J3), RMD (J3, J4, J5).

Roaring Fork Series

Race series designed to fulfill head to head racing needs at a local level, introduce new athletes to racing, and minimize travel costs. The RFS provides an athlete the opportunity to practice racing outside of the USSA races and make some mistakes in a low intensity race. Also, it gives our coaches and parent volunteers a great avenue to practice running a race. Normally, the race series consists of three races in Aspen/Snowmass and one race in Sunlight. Open to all AVSC, Sunlight and Powderhorn age class athletes. No license or entry fee required.

Championship Races

J5's compete in a two-day season finale, consisting of slalom and giant slalom. Athletes are not required to qualify.

J3's and J4's try to qualify for the Junior Olympics through the JO Qualifiers. Those athletes who qualify will compete in the Junior Olympics in mid-March. Athletes who do not qualify for the Junior Olympics compete in the Council Cup, a three-day championship event at Ski Cooper, in early March.. The winner of the Council Cup qualifies for the Junior Olympics. J5s are also welcome to participate in the Council Cup tech events (SL and GS).

ABILITY CLASS (Ages 15+)

Ability class racers compete in races based upon their ability. Faster racers compete against similar athletes, regardless of age.

This is a classification of athletes 15 years and older. These athletes compete divisionally in three main race series – Smartwool, Surefoot Colorado Ski Country FIS Series and NorAm's. Movement from series to series is based upon performance. National points and FIS (International) points are the primary determining factor of performance.

Smartwool Series

This is the entry level racing with national points. Open to any licensed RMD J3, J2, J1 or senior racer.

License needs: USSA, RMD

Surefoot Colorado Ski Country FIS Series

Highest level of Regional FIS competition. Athletes qualify through the Smartwool series or by their FIS points. License needs: FIS, USSA, RMD

NorAm Series

Highest level of Continental competition; International field



I, (print name) _____, Have read all of the policies outlined in the AVSC Alpine Athlete Manual. I understand the material outlined and agree to comply with said policies.

Athlete's Signature

Date

Parent's Signature

Date