



Aspen Valley Ski and Snowboard Club

SnoCru & SnoWarriors at Highlands

When: **Saturdays from January 6 - March 3**
There are no classes on Presidents weekend - February 17

Where: **Aspen Valley Ski and Snowboard Clubhouse**
Located behind the Aspen High School at 300 AVSC Drive. You will be pre-assigned to a pro before the first day, your family will receive an email in early January with your pro name.

Times: **9:30am to 3:00pm**
Be ready to Ski at 9:30am.
Parents, you can pickup your SnoWarrior at 3:00pm at the AVSC Clubhouse

PLEASE BE ON TIME FOR THE FIRST DAY OF PROGRAM TO ENSURE A SMOOTH PROCESS

Clothing: ****Helmets are required for all participants****
Helmet, neck gator, waterproof pants, jacket, and gloves or mittens
Sun screen and lip balm. Don't forget eye protection. Bring sunglasses or goggles; goggles are preferred-weather conditions can change quickly!

Equipment: **Bring your skis and poles - wear your boots**

Lunch: **Ski/Snowboard school lunches cost \$12 each day**
PLEASE give your child exact change! This makes your ski pros life a LOT easier!
Please note: If you want to pack a lunch for your child they must be able to carry it with them while skiing. A fanny pack works well for this. You can use a resort charge, as long as the group is eating at the Merry-Go-Round.

Lift Tickets: **Season pass or 8 day pass – well sealed inside LEFT JACKET POCKET.**
Don't forget to bring your pass every Saturday. If you do forget it let your Ski Pro know right away. The Aspen Skiing Company will only issue one replacement ticket per child, per season.

Parking: **Parking will be in the Aspen Middle School lot.** Access to the lot will be through the lower school entrance and AVSC families only will be allowed to drive up to the High School lot and exit on Moore Drive. This is a special exemption to the school policy of a car free campus and was only granted for these specific 8 Saturdays. Please DO NOT park in the Five Trees Lot, your car will be towed at your expense.

Contacts: **To contact your child's Pro on program days** it is best to get their cell phone # and call them directly. Or call Highlands at 544-3040 or 544-3081, and ask them to contact the SnoWarrior coordinator, Becky Blair by radio.

If you have any questions contact Trish Shepard at tshepard@teamavsc.org,
970-205-5160

~Aspen Valley Ski and Snowboard Club~

Control List: Are you prepared for the mountain?

Clothes:

- Exterior Clothes:** pants, jacket, gloves and neck gator (jackets must be waterproof and warm).
- Eye protection:** Goggles or sunglasses – goggles are preferred as weather can change quickly!
- Sun protection: Sunscreen for face and lips (even on a cloudy day!)
- ** All participants MUST have a helmet. Helmets are mandatory for AVSC participants!****

Equipment:

- Bring your skis – have your boots on!**
- Skiers: Do not forget your ski poles!*

Lift pass: **Please bring your full season pass - have this in left jacket pocket or on a lanyard!**

- Do not forget to bring your ski pass. If you do forget, tell your instructor straight away. Aspen Skiing Company only issue one free replacement pass, per person, per season.

****If you do not have your pass, please take your AVSC pass voucher to any Aspen Skiing Company Ticketing Office and get your photo taken and your pass.**

Highlands Bowl Assessment Information

Let's **ASSESS ALL** their skills.

Cognitive skills:

- Do they know about hydration, altitude, blood sugar, fitness and conditioning
- Do they know of the different aspects and do they have an appropriate route.
- Do they have beta on the current visibility, weather and snow conditions?
- Do they know about hiking etiquette and allowing faster hikers to pass?
- Do they have a plan for if someone gets lost or hurt?
- Do they know how to find a missing and submerged ski?
- How is their judgment?
- Do they know how to contact patrol or ski school if there is a problem.

Affective skills:

- What are their motivations to go into the Bowl?
- Do they need bowl straps?
- Do they need a second instructor or patroller to join them?
- Have they hiked with their skis part way up and down?
- How do they feel about the snow cat ride, the hike, and traversing boxcar?
- Do they have a fear of heights?
- How aggressive are they, can they ski over a steep lip without stopping?
- Do they have a supportive group and an expedition mentality?
- What should your role be, that of an instructor or a guide?

Physiological skills:

- How is their turn shape? Round or breaking "stopping" turns?
- How are their "Hop turns" or "spies turns" in various snow conditions?
- How is their Sideslip in steep crud?
- How are their Kick turns (standing 180's)?
- Can they Self Arrest in various steep terrain, with and without skis and poles?
- Do they link turns with a pole plant, moving down the hill with speed?
- Can they put their skis on by themselves on a steep pitch?

Take the time to do a check in with a coordinator or trainer to get current information or to use as a safety back-up.

Some good runs to practice these maneuvers are The Wall, Hot Spot, Sodbuster, and the lower Hot Y's via Hyde Park.

Have fun in our ultimate mountain playground.

Aspen Highlands Terrain Chart

*We coach participants on skills based learning and choose terrain accordingly

Level 5

Terrain: Green and some Blues

Runs: Laps on Exhibition with care

Characteristics: hips often behind feet, feet wider than hips, not much ankle flexion

Tipping Skills: Wedge initiation in blue bumps

Turning: Outside leg turns later than inside

Flexing: some ankle, more hip and knee flex & extension

Level 6

Terrain: Blue, some Blue Bumps

Runs: Scarlet's, bottom Grand Prix

Characteristics: often thrown forward or back by terrain, wide stance

Tipping Skills: mostly simultaneous edge change in the bumps

Turning: Passive inside leg steering

Flexing: more ankle flexion, still mostly knee and hip, often hinges at waist

Level 7

Terrain: Solid Blue, some Black bumps

Runs: Alps, Scarlets

Characteristics: often levered back or forward

Tipping Skills: simultaneous edge change in the bumps, starting to carve on piste

Turning: Actively turning legs from hips

Flexing: Starting to actively absorb bumps

Level 8

Terrain: Solid Black, some double black bumps

Runs: Mushroom, St. Moritz

Characteristics: hips sometimes fall behind feet at end of turn, little versatility of width

Tipping Skills: Active inside leg tipping in and out of bumps, carving on groomed slopes

Turning: Upper and lower body independence

Flexing: Absorbing bumps with ankles & knees

Level 9

Terrain: Solid Double Black Terrain

Runs: Highlands Bowl, S Castle, Deception, Wall

Characteristics: hips over feet throughout turn, feet appropriate width, width changes based on terrain

Tipping Skills: Parallel leg shaft and edge angles in the bumps, caring double ruts on groomed slopes

Turning: Stable upper body with active legs steering

Flexing: Accurate and active flexion and extension, absorbing and managing pressure, speed control via pressure control, ankles are articulating fore aft pressure