

Aspen Valley Ski and Snowboard Club



RidgeRunners at Aspen Highlands & Aspen

When: January 6, 7, 13, 20, 27, 28 February 3, 10, 11, 24 March 3, 4
*Check with your pro, most groups will meet on Aspen Mountain on Sundays
There are no classes on Presidents weekend - February 17&18

Where: **Aspen Valley Ski and Snowboard Clubhouse**
Located behind the Aspen High School at 300 AVSC Drive. Ridgerunners will meet around the back of the clubhouse up on the small hill. We are not able to meet at the base of Highlands

Times: **9:15am to 3:00pm**
Be ready to Ski at 9:15am.
Parents, you can pick up your RidgeRunner at 3:00pm where you dropped him/her off.

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 School lunches cost \$12 each day
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.

Lift Tickets: **Season Pass – well sealed inside LEFT JACKET POCKET!**
Don't forget to bring your pass every program day. 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.

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 Nathalie Nevins by radio.

If you have any questions contact Trish Shepard at tshepard@teamavsc.org
205-5160 www.teamavsc.org
OR Ridgerunners co-coordinator Nathalie Nevins, 970-379-0072, Natnevins@gmail.com



RIDGERUNNERS

Tentative Program Calendar 2018

Jan 6	Highlands	<i>Group Formation</i>
Jan 7	Aspen	(we drop off at Lift 1A, free parking in town)
Jan 13	Highlands	<i>Team Building: Obstacle & Scavenger Hunt</i>
Jan 20	Highlands	<i>Alpine Race Practice</i>
Jan 27	Aspen	(we drop off at Lift 1A, free parking in town)
Jan 28	Highlands	<i>Alpine Race</i>
Feb 3	Highlands	<i>Powder Day!</i>
Feb 10	Buttermilk or Highlands	<i>Team Choice: Big Mountain Skiing on Highlands or Terrain Park on Buttermilk</i>
Feb 11	Aspen	(we drop off at Lift 1A, free parking in town)
Feb 17 & 18	NO GROUPS PRESIDENT'S WEEKEND	
Feb 24	Highlands	<i>Mogul Competition Practice</i>
Mar 3	Highlands	<i>Mogul Competition, Scarlet's</i>
Mar 4**	Highlands	<i>Team Theme Fun Ski Awards & BBQ</i>

also daylight savings fyi

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, carving 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

Parking and Drop Off for AVSC Clubhouse



SATURDAYS

AVSC Parking Plan

1. Be early
2. Be patient
3. Utilize the one way counter clockwise layout
4. Maroon Creek Left on Moore
5. Left on AVSC Drive
6. Drop off at HS lot (5 min limit)
7. Proceed down back alley to MS
8. Day skiers and parents may park at MS ONLY!
9. Return to Maroon Creek from MS