



ASPEN

VALLEY SKI & SNOWBOARD CLUB

U10 DEVO TEAM PARENT MEETING

WELCOME

U10 Staff Introductions

- Johnno McBride – Alpine Director
- Gill Hearn- Alpine Youth Coordinator
 - (970) 309-5014
 - ghearn@teamavsc.org

Staff Education

- USSA Coaches Education
- NCSI Annual Background Screening
- CDC Concussion Training
- SafeSport Training

Youth Race Team Mission

- Have fun and freeski the best terrain on every mountain especially on the best snow days of the year!
- The skills learned and taught at the U12 level will be the same skills required for the highest World Cup level. The U12 program will create a strong technical foundation for each athlete to build his or her own ski career from and reach the highest level of racing they dream of.
- Technical growth and change is made outside of courses with quality repetition in freeskiing and drills then applying the skill to different course sets and terrain.
- A strong team culture is built for each athlete to feel comfortable to push his/her own limits, and step outside his/her individual comfort zone.

Communication

1st Day Nov. 27th

- **Weekly Emails-** You will receive a weekly email every Friday with the schedule for the upcoming week.
- **Calendar-**
<https://calendar.google.com/calendar/u/5?cid=YXZzYy51MTJkZXZvQGdtYWlsLmNvbQ>
- **WhatsApp-** Last minute information-please let me know if I can add you to the group WhatsApp.
- **Monthly Emails-** What is our focus, What are we going to do to accomplish it for each month

Equipment – label everything

- Skis-
 - 1 pair of SL radius skis with a slightly longer length than a SL size. (Approximately to the child's nose) or multi event ski.
 - 1 pair of all mountain free skis.
- Boots- 4 buckle Boot
- Helmet- Hard-ear helmet
- Poles- 1 pair of straight poles
- Guards- no guards necessary to start with. A coach will discuss this with the athlete and parents when your child is ready for guards. This includes pole guards, shin guards, and arm guards.
- Goggles- A pair that will fit properly with the helmet.
- Speed Suit- Optional This is up to each family. It is not required. If you do have a speed suit side zip off pants are necessary to wear over the suit in order to take them off over ski boots.
- Team Jacket- Optional- Strafe team jackets for sale on campminder. Reach out to Stephanie with any questions. (970)205-5101 sbraudis@teamavsc.org
- Goggles- A pair that will fit properly with the helmet.



Goal Setting Parents and Athletes

Parents-

- What are your goals for your child this season?
- How will you help your child reach these goals?
- What are some of the most important things a coach can do to help you help your child reach his/her goals?

Athlete-

- What is your DREAM goal (if you could be anything in the world when you grow up?)
- What do you want to accomplish this ski season?
- How could your parents best help you reach your goal?
- How could your coaches best help you reach your goal?

Roaring Fork Series Tentative Schedule

- Dec 23rd SL
- Dec 31st SG-Part of Speed Camp
- Jan 17th GS
- Jan 29th SL
- Feb 19th SL
- March 5th GS
- March 20th Dual GS -Last Day of Programs



Volunteer Opportunities

- Parent Work Deposit
- Contact Pat Callahan pcallahan@teamavsc.org

Questions?