



ASPEN

VALLEY SKI & SNOWBOARD CLUB

**SKIMO PARENT
INFORMATIONAL
MEETING '24-'25**

Skimo Staff Introductions



Kevin Roop - Skimo Lead Coach

970 389 4270

kroop@teamavsc.org



August Teague – Nordic Director

What is Skimo?

Ski Mountaineering Racing, or Skimo, is a wintertime triathlon that combines multiple disciplines into a high-stakes race against the clock and fellow competitors.

Athletes ascend and descend peaks several times, switching between uphill skiing with skins, Alpine downhill skiing, and boot packing steep up hills.

This demanding sport tests both mental and physical endurance and is rapidly gaining popularity in the United States.

Skin



Boot Packing



Alpine Skiing



Transitions



History/Background

Already a staple in Europe for decades, Skimo is the fastest-growing segment of snow sports in America. It will make its Olympic debut in 2026 in Cortina, Italy, where athletes will compete in sprint and team relay events. The sport encompasses five disciplines: Individual Distance, Individual Sprint, Individual Vertical, Team Duo (similar to the Power of 4), and Team Relay.

This season, AVSC athletes will train and compete across all these disciplines. Additionally, Skimo offers excellent winter cross-training for endurance sports such as cross-country running, cycling, triathlon, and trail running.

Skimo Team Mission

- The **skills learned and taught at the Developmental and Competitive Level will be the same skills required for the highest World Cup Level.** Both programs will create a strong technical foundation for each athlete to build his or her own skimo 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, drills and transitions,** then applying these skills 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. Comfortable being Uncomfortable!!**
- **Have fun and ascend and descend** the best terrain on every mountain especially on the best snow days of the year!

COMPETITIVE PROGRAMS

The SkiMo Race Program is a comprehensive, year-round training and racing initiative designed for experienced ski mountaineering athletes committed to excellence. This program is ideal for individuals with a strong work ethic and a passion for reaching the highest levels of competition in ski mountaineering.

Participants in the Race Team are expected to compete in regional races and engage in summer dryland training. Our training program is structured to support athletes in achieving peak performance, with each member receiving a personalized, year-round training plan tailored to their specific needs and goals.

Key values such as character, sportsmanship, work ethic, leadership, and inclusion are integral to our curriculum. These principles are emphasized throughout the program to develop well-rounded athletes who excel both on and off the slopes.

U20 SKIMO RACE (BIRTH YEAR 2005-2008)

- Year-round training (August 1 – July 31st) On-snow training: year-round as weather allows. Training in winter is 5-6 days a week, training in summer is 4-5 days a week.
- Includes Summer Training Camp(s) and Thanksgiving Training Camp.
- Athletes will have the opportunity to participate in competitions, which may include team travel and housing.
- Program Fee: \$6,380 . Additional Parent Work Deposit \$600

DEVELOPMENT PROGRAMS

Based out of Aspen (AVSC Clubhouse & City of Aspen Trails), this program serves as a great stepping stone for athletes interested in learning more about SkiMo or looking to enhance their skills and endurance for the Race Team. It caters to athletes of all ability levels, focusing on fundamental skills and enjoyment while introducing them to racing and goal setting.

U16 SKIMO DEVO (BIRTH YEAR 2009-2012)

- 3 days a week during winter (Wednesdays and Weekends) from October 28th – April 14th (No training Dec 23 – 31st).
- Includes Thanksgiving Training Camp.
- Athletes will have the opportunity to participate in competitions, which may include team travel and housing. [L]
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- Program Fee:; \$3,500. Additional Parent Work Deposit \$450_

Volunteer Opportunities

- Parent Work Deposit (PWD hours)
- Not just for SkiMo events!
- Contact Sari Anderson sanderson@teamavsc.org

USA Skimo

USA Skimo is our Governing Body

ISMF is the world governing body for Skimo

Membership: <https://www.usaskimo.org/usa-skimo-membership/>

Only \$40 per year!!

- USA Skimo license number
 - Eligible to compete and accumulate points for the national rankings determined by placement in USA Skimo sanctioned races
 - Eligible to make national team (US Citizens only)
 - Monthly newsletter
 - Benefits with USA Skimo partners
 - Contribute to the improvement and sustainability of USA Skimo and ski mountaineering
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- A person is seen from behind, skiing down a snowy slope. The slope is covered in fresh, white snow with visible ski tracks. In the background, there are evergreen trees and a building with a red roof. The sky is a pale, clear blue.

Equipment

Comp Team Required Equipment:

<https://www.usaskimo.org/mandatory-gear/>

Devo Team Required Equipment:

Uphill Skis, Alpine or Tele

3 sets of skins

Uphill Poles

Uphill Boots

Uphill Helmet

Light Uphill Specific Clothing

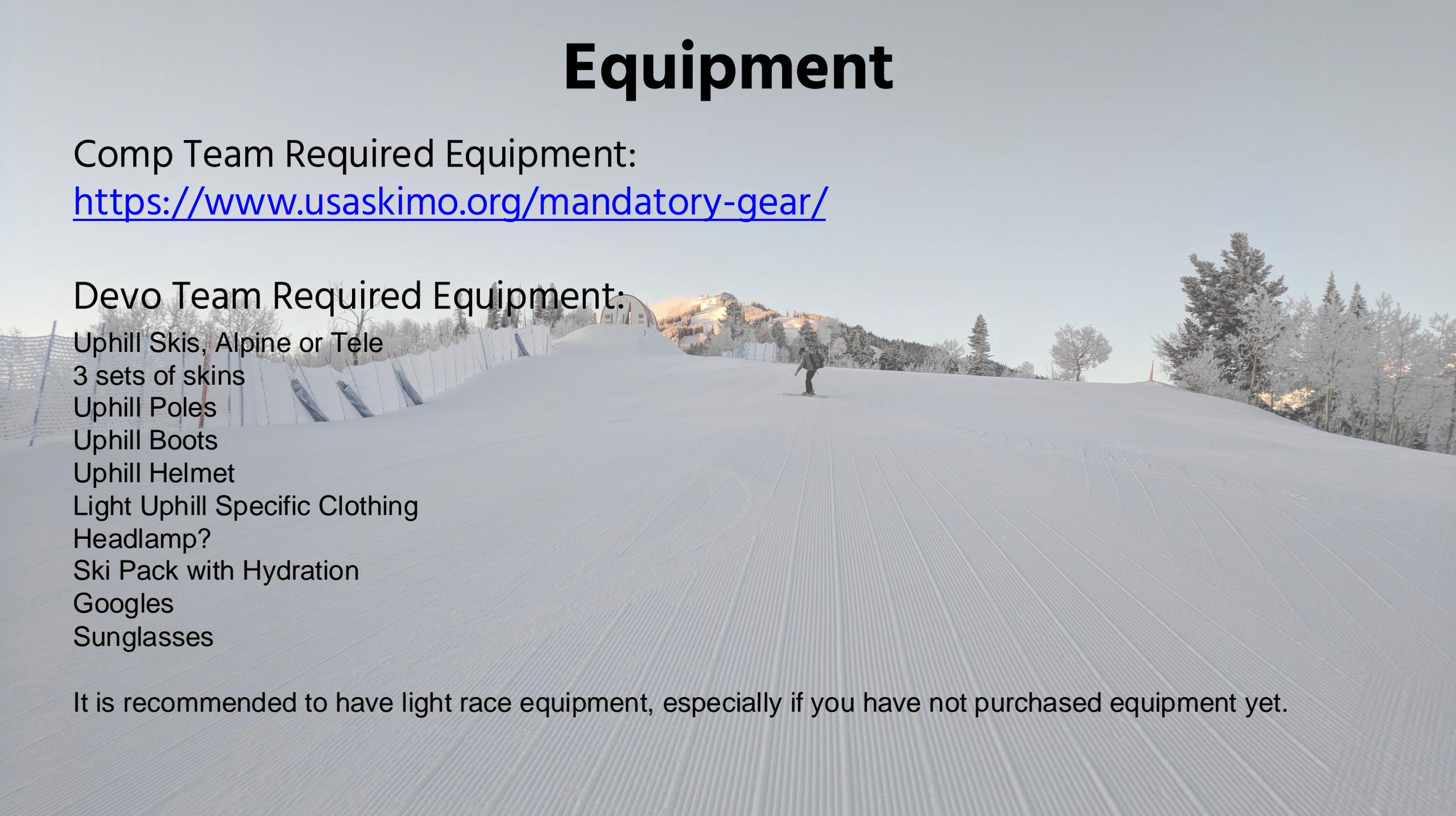
Headlamp?

Ski Pack with Hydration

Goggles

Sunglasses

It is recommended to have light race equipment, especially if you have not purchased equipment yet.



USA Skimo National Team Training Camp in early November

The Roaring Fork Valley has long been passionate about Skimo, and now, thanks to AVSC, local youth will have the opportunity to engage in this dynamic sport. Aspen Snowmass is already recognized as a hub for Skimo, and the excitement is building as USA Skimo plans to hold a training camp at Aspen Highlands in early November. This camp will provide AVSC athletes with invaluable exposure to some of the nation's top athletes and coaches.

Staff Education

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

Athletic Trainer



Erin Young

Contact Kevin to set up sessions with Erin

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-

- **3 Long Term Life Goals**
- **3 Short Term Goals for this season, can be anything-Athletic, Performance, Academic, Fun!!, Fundamentals, other activities and interest**
- **How can your parents best help you reach your goal?**
- **How can your coaches best help you reach your goal?**

Communication

- **Weekly Emails-** You will receive a weekly email every Friday with the schedule for the upcoming week.
- **Calendar-Also on AVSC Website**
- **WhatsApp-** Last minute information

WhatsApp

QR Code



AVSC Devo Skimo
WhatsApp group



Scan or upload this QR code using the WhatsApp camera to join this group



AVSC Comp Skimo
WhatsApp group



Scan or upload this QR code using the WhatsApp camera to join this group

Dryland

- Things to bring to dryland: water bottle, favorite snacks, swim suite, warm work out clothing, backpack, good running shoes, rain jacket, extra socks, hat and gloves, and money if we stop for ice cream or snacks.

Cell Phone Use and Communication Protocol

- Cell Phones for Communication and Emergencies only, no Social Media at practices
- **Communications**-Parents will be copied on all coach/athlete communications, please make sure your young athlete does this when communicating with their coach (athlete/coach)!!

A wide-angle photograph of a snowy ski slope. In the distance, a skier is visible on the slope. The background features a line of trees and a mountain peak under a clear sky. A large, bold, black text overlay reads "Questions?".

Questions?