# ASPEN

VALLEY SKI & SNOWBOARD CLUB

## U12 Freestyle Comp Team

2024-2025





# AVSC Core Values & Mission Statement

- Commitment
- Teamwork
- Integrity

## **AVSC Mission Statement:**

To provide all youth in the greater Roaring Fork Valley the opportunity to develop as athletes and as people through winter sports.







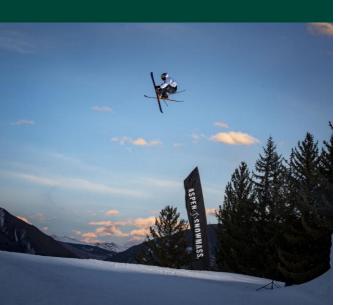
# U12 Freestyle Comp Team Program Plan

- Early Season Skiing: all mountain skiing, build a strong base, working on technical skiing
- Set Goals Note Cards
- Explore All Freestyle disciplines: Moguls, Park & Pipe, Freeride (Big Mountain)
- Option to Compete in Park, Freeride or Mogul Comps
- Goal to instill the love of skiing









# Goals for the season

- Give athletes a well-rounded experience, while continuing to improve our skiing.
- Train with a plan and review goals regularly
- To give your child the training program to help realize their athletic potential.
- To provide positive influence and mentorship supporting positive character development.
- To help instill morals, AVSC core values.
- For each athlete to look forward to continuing with AVSC & livelong love for skiing.









# Rules

- BE NICE!!!!!!!
- Be on time
- No music
- No cell phones exceptions being emergencies or with permission from coaches.
- Food Healthy choices recommended: 1 sugar
- Zero tolerance for any verbal or physical abuse.
- Only show up when 100%, it's ok to miss a day: sleepovers, not feeling well, birthday parties.



## **U12 Freestyle Comp Coaches**

Peter Ferraro : U12 Head Coach (Park & Freeride) 970-343-2014 pferraro@teamavsc.org

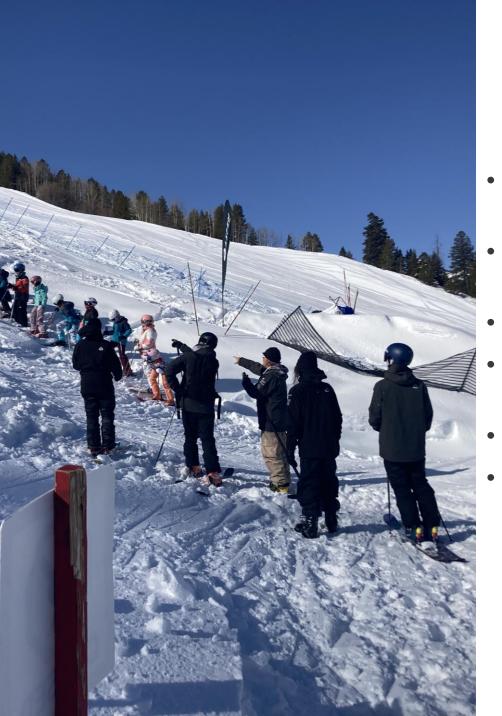
Jetzen O'Connor : Assistant Coach (Mogul) 310-433-5712 joconnor@teamavsc.org

Declan McDonagh-Poh : Assistant Coach (Park & Freeride) 508-395-9016 dmcdonaghpoh@teamavsc.org

Aaron Lee: Weekend Coach (mogul) 970-379-0951 alee@teamavsc.org







# **Coach expectations**

- Keeping the wellbeing and safety of athletes is our firstpriority.
- Inform parents of any concerns the coaches experience with athletes.
- To be on time to training sessions and competitions.
- To provide the best possible experience for athletes and parents.
- To return phone calls and emails in a 24 hour time frame
- All coaches undergo background screening, CPR, concussion and AVSC coaches training every year.





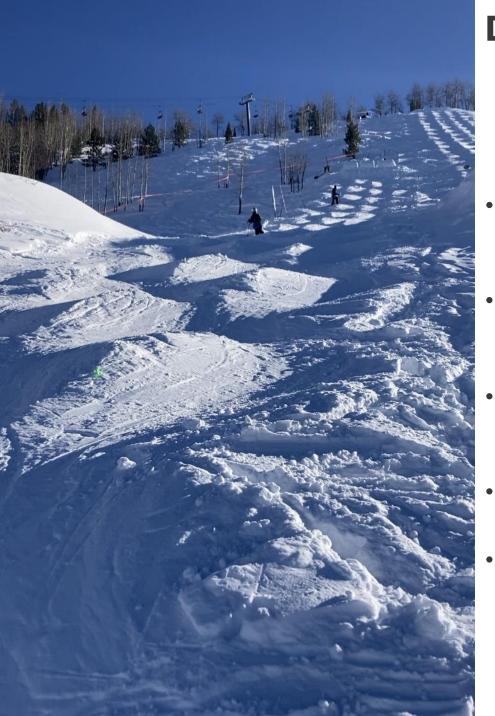
## **Communication Policy**

- Weekly email on Thursdays
- Training calendar will be updated on team website
- Email is preferred contact
- Please give us 24hrs to respond
- Coaches will call families one each month to check in
- When in doubt reach out!

## Parent work deposit and volunteers

- U12 Freestyle Comp will pay \$450 work deposit
- Work hours are equated at \$30/hour. 15 hours
- You can work off 100% of your parent work deposit
- Parent work opportunities will be emailed to parents from Stephanie Braudis at AVSC.
- Please help out





## Disciplines: Freeride (BigMountain) Moguls Park and Pipe

- At the U12 level, athletes may focus on a specific discipline of freestyle. All athletes will ski all disciplines at times during the season and are encouraged to do all intraclub competitions.
- We will maintain heavy all mountain skiing focus until December 22nd, and afterwards spend more time on specific disciplines after making a competition plan or the season.
- At the end of the season, we will have our Triple Crown Competition where athletes will compete in each discipline and for the overall score.
- For our intraclub competitions, cookie medals are awarded to the top 3 in each age group. No overall results are posted.
- We believe each discipline complements the others and help build the strongest all-around skiers and life-long passion for skiing.



			oetta U12 C		379-9622   ek guls 970-6		c.org rmendoza@1	teamavsc.org a@teamavsc.or
		Today V N					Print Week	Month Agenda
HOME		Sun	Mon 30	Tue	Wed Nov 1	Thu	Fri	Sat
SCHOLARSHIPS + FUNDRA	ISING				NUV	7pm U12 Freestyle		
WINTER PROGRAMS	~							
SUMMER PROGRAMS	~							
CALENDARS	~	5	6 2:30pm AVSC Tutor	7	8	9 3:16pm Elementary	10	
Alpine	~		6pm Athlete/Parent		2:16pm Positive Coa	4pm Middle School		
Alpine & Freestyle PreDevo					5:30pm Positive Coa			
Freestyle	•	12	13	14	15	16	17	18
Nordic	~	12pm All U-12's	2:30pm AVSC Tutor			3:15pm Elementary 4pm Middle School I		12pm All U-12's
Snowboard	~				-quint madrie e enteen			
AUDI AJAX CUP	~							
EVENTS	~	19 12pm All U-12's	20 2:30pm AVSC Tutor	21	22 3:15pm Elementary	23	24	25 U12 Freestyle Con
DONATE					4pm Middle School			
ABOUT	Ť							
	× I	20	27 2:30pm AVSC Tutor	28	29	30	Dec 1	2
CONTACT DONATE		Events shown in time	zone: Mountain Time - Denv	rer				+ Google Calendar

# Winter Schedule

- Wednesday Sunday
- Weekends will be full days
- Wednesdays: Highlands
- Thursday: Highlands/Clubhouse training
- Friday: Clubhouse
- Monday holidays, MLK and President's Day





ASPEN



# **Interclub Competitions**

- Jan 12: U12 AVSC Interclub Mogul Competition
- Feb 9: U12 AVSC Interclub Freeride (Big Mountain) Competition
- Mar 2: U12 AVSC Interclub Park Competition
- Mar 16: U12 AVSC Triple Crown Competition
- Note: No registration, entry fee or license needed. Awards for the top three in each age group
- Core Value Commitment, integrity, teamwork Awards!
- No overall results posted
- Dates subject to change





# U12 Mogul Competition Schedule

- January 24, 25, 26: Steamboat
- January 31 / Feb 1, 2: Aspen
- February 14, 15, 16: Vail
- March 6, 7, 8, 9 Championships at Winter Park. (dual moguls on 9th)
- Comp Schedule: Friday = Training day, Saturday = RQS, Sunday = Devo
- Must compete in 2 competitions to qualify for Championships



# Freeride (Big Mountain) Schedule

- February 7th : Crested Butte
- March 5th: Vail
- March 17th TBD: Breckenridge
  - March 6th-TBD: Queen of the Mountain (U12 Girls)



 Inspection will be offered the day prior to competition.





# **Park and Pipe Competitions**

- Feb 2: Slopestyle 1 Snowmass
- Feb 9: Slopestyle 2 Snowmass
- Feb 12: Halfpipe 1
- Feb 22: Halfpipe 2/Rail Jam 1 Buttermilk
- Feb 23: Halfpipe 3/Rail Jam 2 Buttermilk
- March 1: Slopestyle Snowmass
- March 2 : Rail Jam 3 Buttermilk
- April 4-9: USASA National Championships Invitation only
- 3 results needed





# **Meeting Locations**

- Please be on time. Once a majority of the group has arrived, they can go ski. It is not fair to the group to ask them to wait longer than 5 minutes.
- Aspen Mountain: Meet at benches in front of Gondola Base
- Aspen Highlands: Meet at the AVSC Clubhouse
- Buttermilk: Meet outside between the Summit Express lift and Bumps restaurant in the plaza.
- Snowmass: Meet at the end of the mall outside Venga Venga on the snow.

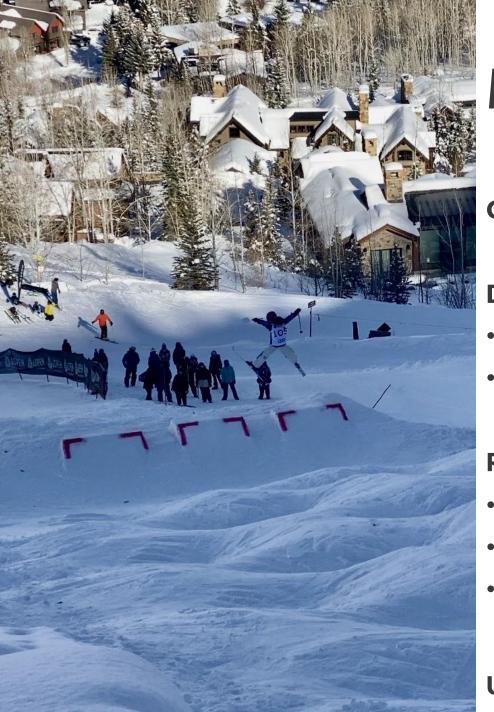




# Aerial Training and Progressions

- Athletes must show proficient jumps between 360 & 720 rotations, demonstrate flips on trampoline or water to a coach
- 60 flips on airbag
- Test: 5 flips on airbag
- On snow in controlled area until comfortable then test 5 flips
- Qualified
- Mouthguards required for inverted maneuvers.





# Moguls

**Governing Body: USSS** 

## Devo

- Turns 75%
- Air 25%

## RQS

- Turns 50%
- Air 25%
- Speed 25%

**USSS License required** 





# Park & Pipe

**Governing Body: USASA** 

## **Events**

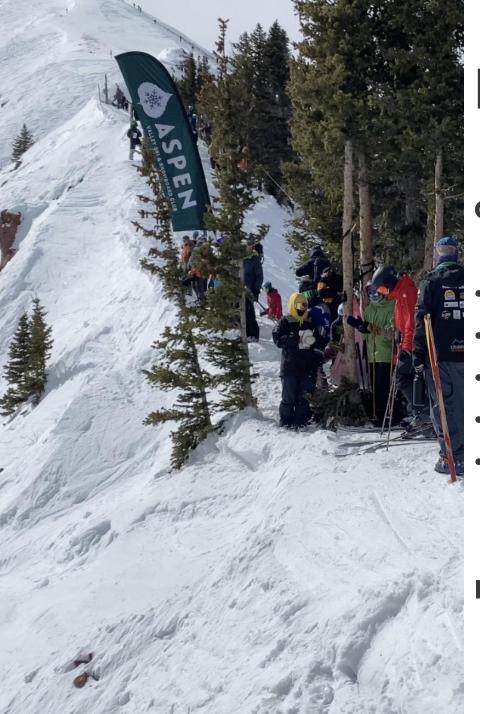
- Slopestyle
- Halfpipe
- Rail-Jam
- Big Air

## Judged

- Execution
- Difficulty
- Amplitude
- Variety

### **USASA license required**





# Freeride (Big Mountain)

## **Governing Body: IFSA**

- Line Choice
- Control
- Fluidity
- Technique
- Style and energy

## **IFSA license required**



# **AVSC Code of Conduct**

- All athletes have signed athlete code of conduct
- Please review athlete code of conduct with your kids.
- All parents have signed parent code of conduct

AVSC Three strike policy: strike 1) Athlete notified strike 2) Athlete and parent meeting strike 3) Athlete will take 1-2 weeks off



# **Skier Responsibility Code**

- Ruthie's Ru 1. Always stay in control. You must be able to stop or avoid people or objects.
  - 2. People ahead or downhill of you have the right-of-way. You must avoid them.
  - 3. Stop only where you are visible from above and do not restrict traffic.
  - 4. Look uphill and avoid others before starting downhill or entering a trail.
  - 5. You must prevent runaway equipment.

Internationa

AMERICA'SI

Aspen Mountain

TTENTION RACE

SETUP IN

- 6. Read and obey all sighs, warnings, and hazard markings.
- 7. Keep off closed trails and out of closed areas.
- 8. You must know how and be able to load, ride and unload lifts safely.
- 9. Do not use lifts or terrain when impaired by alcohol or drugs.
- 10.If you are involved in a collision or incident, share your contact information with each other and a ski area employee.



# **Athlete Equipment**

Skis

• Ski size needs to be a little lower than eyebrow to middle of forehead.

Boots

- Proper sizing and shell last, not too stiff, should be able to easily flex in store.
- Footbeds are suggested.
- Boot heaters are helpful if you get cold feet

Poles

• Must have pole straps and baskets

Bindings - Make sure they fit the boot

Helmet - New year = check your helmet. Your brain is the most important piece of equipment. Back protector and mouthguard (recommended)

• IFSA requires all athletes to wear back protection.

Mouthguards are required for all inverted training

Please program coach's numbers into Smart Watches and Phones.



## Erin Young – Head Athletic Trainer The Steadman Clinic Outreach Athletic Trainer eyoung@teamavsc.org



AVSC's athletic trainer is a free resource for AVSC athletes.

She works with athletes of all levels from initial injuries, through their return to sport/snow and helps with prevention with dryland training.

### How to contact Erin:

"I am often at the AVSC clubhouse during training & business hours and will always try to accommodate drop ins. But I do sometimes go out on the mountain for races and competitions, or when injured athletes are returning to snow. When possible, email me to schedule a day/time that works for both of us."eyoung@teamavsc.org



### CONCUSSION In Sports



# **AVSC Concussion Policy**

### **SIGNS & SYMPTOMS**

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
  Forgets an instruction
- Is unsure of game, score, or opponent
  Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
  Can't recall events after hit or fall

### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

January 2021

### **ACTION PLAN**

#### As a coach, if you think an athlete may have a concussion, you should:

- 1. Remove the athlete from play.
- 2. Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a healthcare provider. Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess an athlete for a possible concussion.
- 3. Record and share information about the injury, such as how it happened and the athlete's symptoms, to help a healthcare provider assess the athlete.
- Inform the athlete's parent(s) or guardian(s) about the possible concussion and refer them to CDC's website for concussion information.
- 5. Ask for written instructions from the athlete's healthcare provider about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
  - Be back to doing their regular activities (such as school).
  - Not have any symptoms from the injury when doing regular activities.
  - Have the green-light from their healthcare provider to begin the return to play process.

### IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



For more information, visit www.cdc.gov/HEADSUP

You can also download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.



The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider. AVSC follows current best practices and Colorado law with regards to concussion care. All coaches have taken Heads-Up concussion training and are trained in recognizing possible concussion symptoms.

If an athlete is suspected of having suffered a possible concussion, they will be safely removed from training and will need to be cleared by their doctor before returning to training.

Athletes can return to training after they are symptom free, have completed the recommended return to sport progression, and have medical clearance from their doctor.

Athletes are able to return to sport progression with AVSC's athletic trainer.

Please reach out to Erin if you suspect your child has suffered a concussion at AVSC or outside of AVSC, she and help with their return to sport and return to school as needed.





# Year-round training & Multi-sport athletes

- One of the benefits of being a comp team athlete is yearround programming! Having a successful and healthy ski season does not start and end the day the mountain opens and closes – it's a continuous, year-round process. We have developed safe, well-rounded, age specific programming for the entire year.
- We encourage athletes to pursue other sports as a part of their overall athleticism! But we also want to make sure multisport athletes aren't over doing it. Please let us know if you're participating in another sport so we can work on a personalized schedule that works for everyone. Our yearround training can easily be adjusted to accommodate multisport athletes, and can challenge single sport athletes, but we need to know when to adjust.





# Glacier Camp, Summer Programming, Mountain Biking, Trampoline, Conditioning

Buttermilk Glacier Camp with Trampoline traing at AVSC

• June 5 – June 27: Thursday, Friday, Saturday 9-3pm

Summer Programming July & August

• Three sessions per week: Times to be determined

Mountain Biking, Hiking, Trampoline, Conditioning: Details to be sent in March



### WHO WE ARE

MISSION: Be a catalyst for a positive youth sports culture in all communities across the U.S. VISION: All youth can benefit from a positive, inclusive sports culture that develops social and emotional skills, molds character and prepares them for competition and for life.

WHAT WF NN PCA inspires and empowers youth and high school sports organizations to leverage the unique opportunity sports presents to build character in our youth. We provide research-based training and resources for coaches, parents, athletes and leaders to improve culture and ensure a positive youth development experience for ALL kids through sports.



## Student First

- Athletes need a passing grade in each class in order to attend training and competitions. Subject to change to "C" to ski.
- Before Competitions athletes are expected to communicate with teachers six weeks prior to competition date.
- Athletes are expected to remind their teacher a week prior to travel date.
- Make a plan with your teachers for submitting homework and test times.

## **Positive Coaching Alliance**

- Mission: Be a catalyst for a positive youth sports culture in all communities across the U.S.
- Vision: All youth can benefit from a positive, inclusive sprots future that develops social and emotional skills, molds character and prepares them for competition and for life.
- Parent workshop December 4: Positive sport parenting
- Athlete workshop December 5: Triple Impact Competitor



# **Aspen Mountain Academy**

Dave Baugh Andy Davies



VALLEY SKI & SNOWBOARD CLUB

**About AMA:** The AMA is a specialized academic program developed by AVSC for middle and high school athletes. Designed to meet the unique needs of high-performing student-athletes facing time constraints and energy demands, AMA offers tailored academic support. With a focus on learning strategies and lifelong skills, AMA fosters individualized learning, recognizing that every student requires different levels of support to succeed.

For Additional Questions please reach out to

Andy Davies (AVSC's High Performance Academic Coach (HPAC)) 970-404-2111

adavies@teamavsc.org

https://www.teamavsc.org/Aspen-Mountain-Academy



# Let's have a great season! Thank you



