

# AVSC Freeride



2024-2025

# Coaches

**Head:** George Rodney

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**Lead National:** Ethan Holcomb

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**Weekend Coaches:** Forrest Aley

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Max Bass (970)-989-4711

**Weekday Coach:** Shannon O'Conner

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Erin Young  
Head Athletic Trainer  
The Steadman Clinic Outreach Athletic Trainer  
[Eyoung@teamavsc.org](mailto:Eyoung@teamavsc.org)

•What is an athletic trainer and what do they do at AVSC?  
Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute, or chronic injuries and medical conditions.  
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](mailto:eyoung@teamavsc.org).



## AVSC CONCUSSION POLICY



- AVSC follows current best practices and Colorado law in regard 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 removed from training safely 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 do the return to sport progression with AVSC's athletic trainer. She can also help work with the school district on possible academic accommodations when concussion symptoms may be affecting their schoolwork.
- Please reach out to Erin if you suspect your child to have suffered a concussion at AVSC or outside of AVSC, she can help with their return to sport and return to school as needed.
- Reminder: *Athletes' safety is our primary concern, especially in regard to their long-term brain health. Currently, the long-term consequences of sub-concussive and concussive impacts are not well understood. While your athlete may have minimal signs and symptoms following a crash or head impact, it may take several days or weeks for brain function to return to normal levels.*

***Your brain is the most important piece of equipment.***

This is Freeride



## Core Values



# Commitment

*noun*

1. the state or quality of being dedicated to a cause/activity.



# Teamwork

*noun*

1. the combined action of a group of people, especially when effective and efficient.



# Integrity

*noun*

1. the quality of being honest and having strong moral principles.







## CODE OF CONDUCT

- Athletes shall abstain from the use of marijuana, illegal drugs, consumption of alcohol and all tobacco products
- Athletes will refrain from inappropriate sexual contact.
- Athletes shall abstain from the use of profane or abusive language.
- Athletes represent AVSC and their community and shall conduct themselves with honesty, integrity, and respect for others at all times.
- Athletes will contribute to a safe and positive learning environment for all.
- Athletes will respect all Club property, the property of other athletes, all on-mountain facilities, and the property of all hotels or accommodations.
- Athletes will obey regulations of the Aspen Skiing Company AVSC (ASC) and any mountains/venues on which they compete.
- Athletes will maintain a neat and clean appearance during travel and competition.

Disciplinary actions will be enforced if an athlete violates the AVSC code of conduct and or skier safety code.

Three strike policy: Strike 1) Athlete and parents are notified

Strike 2) Athlete disciplinary form

Strike 3) Athlete probation. Followed by athlete hearing including parents and coaches to determine further action.

## Skier Responsibility code

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.
6. Read and obey all signs, 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.

**Athletes and coaches  
are always representing AVSC.**







# Expectation of the Athletes

- Commitment to Yourself, your Teammates, and your Coaches
- Integrity throughout all aspects of your lives (athletic, academic, social)
  - BE ON TIME! Or we'll see you at lunch
  - Be Safe, Be open to learning, Have Fun!
- Come Ready to Learn and Ask Questions
  - Ski 5 days a week at most
  - Keep your phones out of sight

# Expectation of the Coaching Staff

- Monthly Phone call
- Higher Coaching level on technical skiing
  - Monthly outline of things we will work on as a team
- Higher Level of Communication
- Goal Setting and Tracking
- Leaving on Time



# Team Goals and Bonding

Team Goals: DOMINATE the IFSA, BUT more importantly have fun and love to ski for what it is!

Bonding: Our goal is to do some sort of activity once a month as a team. Anywhere from bowling to a movie night and pasta party at the clubhouse

## Injured Athlete Outreach

- Unfortunately injuries do happen, but when they do we want to include athletes in team activities as much as possible.



# Schedule

Training is offered Tuesday through Sunday

Winter Training Days:

Tuesday: 12:30-4:00 Highlands

4:00-6:00 AVSC Weight Room/ Ski Tune

Wednesday: 12:30-4:00 Highlands

4:00-6:00 AVSC Weight Room/ Ski Tune

Thursday: 12:30-4:00 Ajax

7:00-8:00 Gymnastics at the Red Brick

Friday: 12:30-4:00 Ajax

Saturday and Sunday: 9:00-3:00 Locations will vary



# Post Ski Day Opportunities and Health

- Workouts/ Recovery Sessions Twice a Week
  - Light weights to maintain strength and stretching
- Ski Tune Sessions Twice a Week (Ski Health)
  - Coaches can HELP tune skis for free at the club house
  - Athletes should be attending once every other week
  - Gymnastics is offered once a week
  - Maintain trampoline skills and more stretching times
    - Listen to your Body
      - Healthy Diet
      - Healthy Sleeping Habits
        - Hydrate
        - Stretch
- Communicate with coaches and trainer when things feel off

## GYM ATTIRE NUTRITION

Please come to the gym and tramp sessions in athletic clothing, with compression/spandex shorts under, and athletic shoes. Please be respectful with attire choice, fully covered torso, and appropriate fitting shorts. We have changing rooms upstairs and downstairs. If you choose to bike, please come with protective gear.

### **Please bring a water bottle everyday!**

The water fountain is not as convenient as you may think. Gym secessions are sometimes a circuit. You are wasting Time and energy running to the water fountain. We will not be in the gym all the time. You need to stay hydrated during Hikes, field exercises and trampoline sessions.

### **Please no energy drinks.**

We encourage our athletes to make healthy choices.  
Let's hold each other accountable!

## MENTAL HEALTH

Mental health always takes number one priority. Skiing is a very positive community and sport as that is the soul reason we are all here. It is up to all of us to maintain the Positive space at our club, at competitions and beyond.

**Bullying is never tolerated!** The integrity of oneself will affect  
Your peers.

We are here to listen and help guide athletes into a positive direction!

## **You are apart of the Freeride family**

COVID is still relevant. Our club follows CDC guidelines.  
If you are sick, please avoid the club and training.



# Equipment List

## Required

Helmet- 1 impact and done. Check regularly for damage.

Goggles with extra Lense. High light and Low light. No clear lenses

Mouthguard- Must have for jumping

Back Protector- Mandatory every day

Poles with straps and powder baskets

Skis- Roughly 100-110mm. Up to eyebrows or top of head

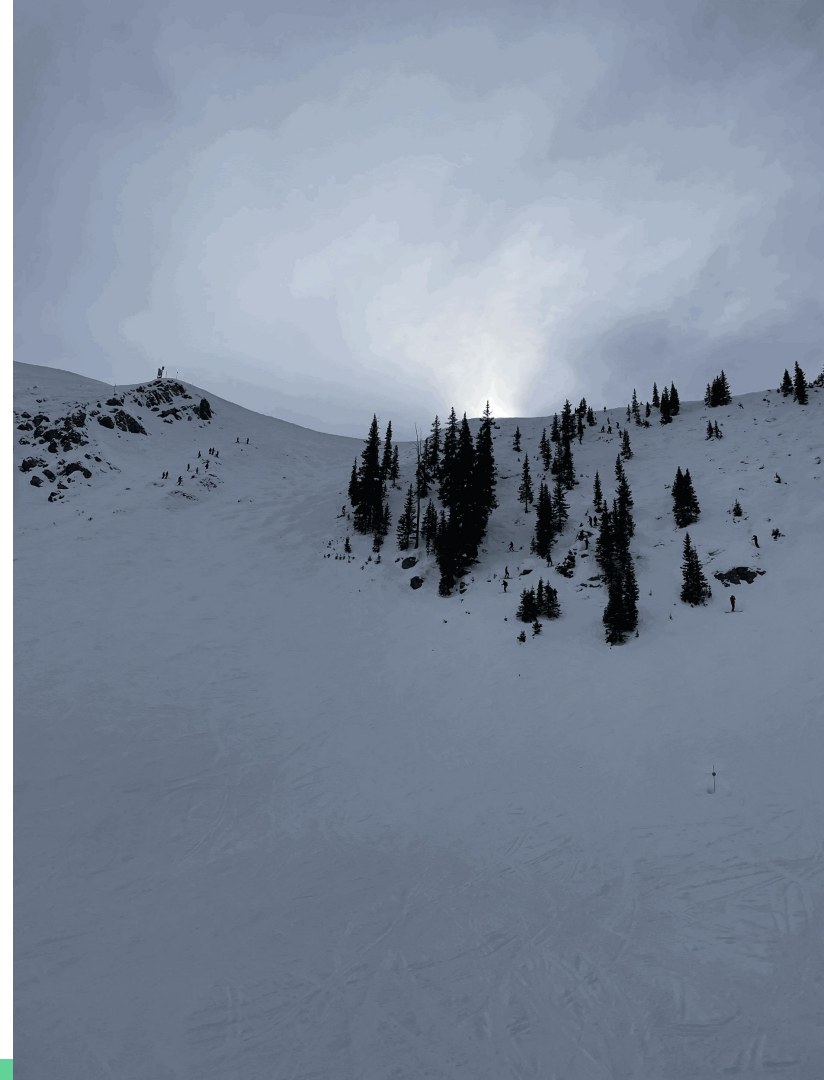
Bindings- Professionally fit to your boot

## Boots

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

## Recommended

- Backpack you can ski with and has ski carrying capabilities
- 2 Gloves
- Sunglasses
- Soft water flask
- Beacon, Shovel, Probe



# Student Athlete

- All schools across the valley do give AVSC weekly report cards
- If athletes have grades below Cs we will reach out to athletes and parents
- Go to study hall and catch back up!
- Skiing is a privilege not a right!
- Study Hall
  - Mondays after school beginning in the second quarter
  - There is a one time \$30 fee and registration through Green Circle, AMA
  - <https://www.teamavsc.org/Aspen-Mountain-Academy>
- Before Competitions
  - Communication with teacher 6 weeks prior to competition date
  - Remind teacher a week prior to travel date
  - Make a plan with teachers for submitting homework and test times

# Communication

Weekly Emails - Emails will be sent out by Wednesday night with a schedule going through the following weekend. First weekend will be confirmed second weekend will have a tentative plan.

U14-Parents emails

U19-Parents and Kids emails. Ideally your child is able to start to be incharge of their own schedule.

Online Calendar- <https://www.teamavsc.org/Freeride-Training>

Monthly Phone calls-families will receive a phone call by a coach. We want to stay connected and keep you up to date about your athlete's progression.

When you need us. Please reach out to your child's assigned coach first. If questions go unanswered you can reach out to Forrest, Ethan, or George.

In person meetings can be set up as needed.



# Athlete and Parent Meetings

We will be scheduling meetings with each athlete to discuss and set goals for this season and beyond, as well as planning individual competition schedules. Parents are encouraged to join this meeting. We will be emailing everyone with more information and to schedule meetings once IFSA has released the competition schedule.

What will be covered

- About IFSA and Rocky Mountain Freeride
- LiveHeats
- Competition Membership
- Competition Registration
- About National 3\* and Regional 2\*
- Point system
- Judging Criteria
- 2024 Competition List
- Team travel
- Athlete goal meetings