



ALPINE ATHLETE HANDBOOK

2018-2019

MISSION

The Mission of the Aspen Valley Ski/Snowboard Club is to provide all youth in the greater Roaring Fork Valley the opportunity to excel as athletes and as people through winter sports.

A BRIEF HISTORY

The organization presently known as the Aspen Valley Ski/Snowboard Club was founded in 1937 under the name of the Roaring Fork Winter Sports Club. Over the course of 65 years and several name changes, the organization has never lost sight of its mission: to provide quality skiing programs for youth of the Roaring Fork Valley.

In 1938, shortly after its inception, the Roaring Fork Winter Sports Club became the Aspen Ski Club, a name that endured until 1993. During this tenure, Aspen Ski Club's accomplishments in the sport of skiing have been many and far-reaching.

As early as 1941, the Aspen Ski Club made its mark on skiing when it hosted the U.S. National downhill and slalom championships on Roch Run. Several years later, in 1946, local philanthropist Walter Paepcke gave the Roch Cup Trophy. To this date, the Roch Cup is the oldest continuously awarded trophy in the history of U.S. skiing.

In 1950, Aspen and the Aspen Ski Club gained international renown as host of the 1950 FIS Skiing Championships. This event again makes U.S. skiing history as the first international championships ever held in the United States.

By November of 1965, the Aspen Ski Club received its 501(c)(3) non-profit status thus allowing the organization to aggressively raise funds and solicit contributions to support programs and offset the ever-increasing expenses of ski racing.

Over the next 30 years, the Aspen Ski Club continued to pursue excellence in the sport of skiing, both in the Alpine and Nordic disciplines. Dozens of skiers coming out of the tow programs earned berths on U.S. and Olympic teams. These skiers and many other athletes of the Aspen Ski Club continue to be involved in skiing and give back to the sport they so love.

In 1989, the Aspen Winter Club was founded. This organization, separate from the Aspen Ski Club, provided recreational ski programs for nearly 1,000 valley youths. Winter Club also took on the organization of Aspen's World Cup skiing events known as Aspen Winternational and America's Downhill.

By 1990, Aspen had several different organizations providing ski programs to area youth. The Aspen Winter Club offered the recreational alpine opportunities. The Aspen Ski Club housed the competitive alpine programs. The Aspen Nordic Team, which separated from the Aspen Ski Club in the mid-seventies, offered recreational and competitive cross-country skiing programs. And, snowboarding, in its infancy, was also developing programs and a team concept.

Funding of these individual ski programs became increasingly difficult due to the competition from over 300 other local non-profits. As a result, the Aspen Valley Ski Club was formed, thus bringing all local ski programs under one roof.

Today, the Aspen valley Ski/Snowboard Club offers eight different skiing programs to approximately 1,800 youth throughout the Roaring Fork Valley. These include competitive alpine, nordic, snowboarding and freestyle teams as well as recreational alpine, nordic, freestyle and snowboarding programs.

Most recently, with the building of the Friedl Pfeifer clubhouse, and the Five Trees lift, AVSC is moving into a new chapter of its future. This, combined with the return of upper level racing to AVSC, we plan and expect to be prominent in the development of young ski racers in Aspen, the Rocky Mountain Division, and United States.

CORE VALUES

- **Commitment**
- **Teamwork**
- **Integrity**

ALPINE PROGRAM

The AVSC Alpine programs are designed to provide athletes of all skill levels an opportunity to pursue their goals in ski racing built around the following objectives:

- Provide the opportunity for young athletes to have fun, be with their friends, and enjoy learning to become better skiers while ski racing.
- Provide a program focused on simplifying, developing and enhancing fundamental and advanced skills that will prepare athletes to progress to higher levels in the sport if they so chose.
- Provide a program that gives every young athlete the opportunity to be their best, progress individually while working and improving together as a team.
- To meet the needs of every aspiring ski racing athlete in the Roaring Fork Valley from 1st year U10 weekend skiers to our year -round U16 and older athletes striving to compete at the college and National Team levels.
- To take a holistic and long-term approach to athletic and personal development; look at the big picture as well as the fine details of conditioning, diet, equipment, technology, and the different learning styles of athletes to bring out the best in every individual.
- Challenge young athletes at the appropriate time and in the proper environment to provide athletes the opportunity to build confidence.
- To assist parents in teaching the life skills that will impact their children for their entire lives both in and out of sports.

The knowledge and experience shared by our staff consists of several decades of coaching at all levels from National Team to experienced Age Class coaches well respected throughout Rocky Mountain Division.

AVSC has a proud history of producing some of the best ski racers in US history including National Champions and Olympic Team Members.

Age Classification

The alpine program is divided into age groups that consist of Age Class and Ability Class categories. All age classifications are based upon a racer's age on December 31st of the current racing season. Age Class athletes are eligible for races based solely on age, while Ability/FIS athletes compete in a given series based on rankings and performance.

Because of the large numbers of Age Class and Ability/FIS Class racers participating in nationally sanctioned events, Age Class racers are assigned to specific sites and the region is divided into districts for Ability/FIS Class racers.

Age Class

Pre Devo – 6 (first grade) - 9 years old

U10 – 9 and younger

U12 – 10 and 11 years old

U14 – 12 and 13 years old

FIS / Ability Class

U16 – 14 and 15 years old

J19 – 16, 17 and 18 years old

U21 – 19 and 20 years old

SR - Ages 21 and older

*For more specifics refer to the US Ski and Snowboard competition guide

Tuition

Your involvement in this program requires payment of a program fee. It is important for you to understand that just by joining the team you are already receiving a scholarship from the community for approximately 40%. The fee you paid only covers half of the costs incurred in providing your racing experience. The remainder is solicited through private donations, business memberships and fund raising events. As you can imagine, this fundraising requires a great deal of effort on the part of our administrative office and board of directors. Please remember this while you are training or competing; someone is out there raising money for you. Through your behavior, actions, and representation of your team, you can help or hurt that process.

Costs covered by program fees and AVSC fundraising:

- Coach's salaries
- Vehicles
- Clubhouse
- Late lift costs
- Dryland training
- Gate training and video
- Entries to the Roaring Fork Series
- Logistical support for travel

Costs not covered:

- Ski equipment and uniforms
- US Ski and Snowboard, RMD, and FIS licenses
- Room and board, lift tickets, and entries for races
- Room and board, lift tickets, travel costs and camp fees at away camps
- Medical insurance, medical costs, or sports accident insurance
- Lost or stolen property while on trips or at the club

Refund policy

100% Refunds are permitted prior to the program start date. Once the program start date has passed, refunds are only available for documented medical reasons (that result in season-ending injury) or family relocation. Refunds are determined by the following: Prior to January 1 - 50%, Between January 1 and February 1 - 25%, After February 1 - No Refund. Any season pass discounted through enrollment in AVSC will be voided upon withdrawal. All refunds are subject to a \$100 processing fee.

The Aspen Valley Ski and Snowboard Club reserves the right to expel athletes from our programs who cause disruptions and create an atmosphere that is not conducive to learning. There will be no refund in such instances.

Volunteering and the Parent Work Deposit

We take pride in hosting world class events in Aspen, be it an introductory Roaring Fork Series Race or collaborating with the Aspen Skiing Company for the World Cup Finals. Our goal is to have each athlete in our team programs compete on their home hill at least once throughout the season. We cannot do this without your help. Volunteering for our home races is a great opportunity not only to have a positive impact on your athlete's race experience but also to earn back the Parent Work Deposit fees paid when you enrolled your athlete in one of our Team programs. How it works:

- All volunteer opportunities with AVSC will be managed and recorded through www.signup.com. In order to receive credit for your volunteer hours, you will need to officially sign up for a specific event & responsibility through www.signup.com
- Look for volunteer e-mail (be it for one of our home races or one of the many other AVSC events such as the AVSC Gear Swap, Ajax Cup, 4th of July Picnic, etc.).
- The AVSC event specific leader will sign off with the AVSC office manager on your volunteer hours post event.
- We will be tracking hours throughout the course of the season.
- You will receive \$15 / hour for your time.
- You can work off 100% of your PWD
- Two family households splitting the PWD fees will only be refunded their portion of the deposits according to the hours worked.
- You cannot earn more than you paid for the parent work deposit.
- Refunds and credits will be processed in July.

Aspen Skiing Company Lift Passes

Your Aspen Skiing Company four mountain pass is provided to you at a reduced cost out of consideration of your commitment to the sport of ski racing.

Athletes must be enrolled as participants in an AVSC program prior to purchasing a pass. Upon completion of your online registration (including all forms) you will receive an email confirmation from AVSC. This confirmation is your ASC pass voucher. Paper pass vouchers are available in the Administrative Offices of AVSC. Bring the voucher and your child to any open ASC ticket office beginning in August to complete your pass purchase. Early bird pricing on ASC passes ends in November. Check your age specific calendar for pricing and price increase dates.

It is a privilege to have "AVSC" printed on your pass and will give you access to early and late lift served training sessions as well as discounts at some local retailers. It also comes with a responsibility, as you now represent all of AVSC with your actions and behavior. We expect this representation to enhance the Ski Company's impression of our organization at all times. Any infractions of the Aspen Skiing Company rules or the Colorado ski safety act will be dealt with in a most serious manner.

SKIING OUT OF BOUNDS OR IN CLOSED AREAS WILL NOT BE TOLERATED.

US Ski and Snowboard and RMD

Athletes who race in any US Ski and Snowboard and/or FIS races are required to have the appropriate competition licenses. You can purchase or renew your US Ski and Snowboard and FIS licenses at <https://www.uskiandsnowboard.org/> Registration for a Rocky Mountain Division license is included on the US Ski and Snowboard application.

- U10 3 Day / Week and U12s – Need both a US Ski and Snowboard youth license and an RMD license. Weekend and Pre-Devo athletes are not required to have a license.
- U21s, U19s, U16s and U14s – Need a US Ski and Snowboard competition license and an RMD license. U21s and U19s who will be competing in FIS races need also need an FIS license. Please note that the deadline for FIS applications is August 15th. U16s are not eligible for FIS races.

Academics

Aspen Valley Ski Club is committed to collaborating with our local schools, Colorado Mountain College, and online platforms to develop academic pathways that provide robust learning environments, increase time to train and compete, and decrease the academic load during the competitive season. We believe that with advance planning, an understanding of student learning style, and a mutual focus on youth success, AVSC and our local schools can provide high quality academics while enabling committed athletes the time necessary to reach their potential.

Communication Avenues

Website: <http://www.teamavsc.org>

All program registration will be through our website and you will be able to check your athlete account and forms by logging in here: <https://teamavsc.campintouch.com/v2/login/login.aspx>

We will be updating the website often with current calendars, schedules, handbooks, etc.

Lead Staff Phone Numbers

Name	Title	Extension	Office	Cell / Home
Alice Black	Alpine Director	160	205-5160	970-393-2056
Torey Greenwood	Lead FIS Coach	126	205-5105	518-480-5483
Austin Nevins	FIS Women's Coach	114	205-5131	603-568-4441
Casey Puckett	Lead U16 Coach	130	205-5120	970-948-7868
Gill Hearn	Lead U14 Coach	128	205-5132	970-309-5014
Pat Callahan	Lead U12/U10 Programs & Race Director	111	205-5121	970-379-5878

Communication with Staff

We believe timely and on-going communication between staff, athletes and parent is key. There are no dumb questions, especially when it comes to ski racing so please be proactive with your questions and concerns. We understand ski racing is a complicated sport with many variables at play and we are here to help you navigate and learn about training and race plans, equipment, conditioning, injuries and return to sport protocols, travel and billing etc.

We do ask that you respect our staff's private lives and limit after hours calls to emergencies only.

While in season, Mondays are the coaches only days off. If you need to get in touch with our admin office during the week, you can reach Martha Rose at 970-205-5101 or mrose@teamavsc.org

We will also have parent liaisons for the U12 and younger groups, so parents can get a peer's perspective of what it's like to be an AVSC parent.

E-mail

E-mail is often the most effective way to begin communication and we have a staff policy to get back to phone and e-mail messages within 24 hours if at all possible. Lead coaches will send out a group e-mail for each program on Fridays to revisit the schedule for the coming weekend and outline the schedule for the following week.

Text Hotlines

We have a text hotline system in place, which will be used in case we have last minute changes to our weekly e-mails and at races to keep you updated on inspection and start times, meetings etc.

To join follow the instructions below:

U10 and U12 Weekend	Text U10U12WEEKEND to 84483
U10 (3 Days / Week)	Text U10ALPINE to 84483
U12	Text U12ALPINE to 84483
U14	Text U14ALPINE to 84483
U16	Text U16ALPINE to 84483
FIS	Text FISALPINE to 84483

To opt out reply to any text message from 84483 with the word: STOP. If you opt out this way you will be removed from ALL alerts until you opt in again.

Clubhouse, wax room, and lockers

AVSC has been blessed with the generosity and hard work of many community residents and as a result we now have the Friedl Pfeifer Clubhouse. This facility needs to serve athletes for many decades to come, so we expect all current athletes to treat this building with the utmost respect and care. There will be no tolerance for damage to the building, its contents, or the surrounding property by an AVSC member. AVSC reserves the right to terminate clubhouse privileges for any athletes who misuse or mistreat the facility.

Please do not bring skis into the main clubhouse; this will help eliminate long-term wear and tear on the building. There is an Alpine ski storage room towards the back of the building where skis can be kept. Please ask your Lead Coach for the lock combination.

Wax Room Rules:

Help keep wax room clean. Treat other AVSC members and their gear with respect.

Try to help new or younger team members.

When waxing, swiftly get your work done and vacate your bench as soon as possible.

Keep personal items in your locker.

Never borrow another skier's gear, clothing or tools without permission.

Cleanup after yourself and leave the wax room better than you found it.

Goal Setting

Goal setting is an important skill for ski racing and for life. AVSC offers the opportunity to learn both long term and short-term goal setting skills. Ski racing offers the opportunity to implement those skills. We strongly believe that one can accomplish anything as long as they are willing to put in the work. Setting goals gives you an idea of where you want to go and through the process, establishes a road map to get there. When you know your destination it gives you an idea of what is and is not important. It also gives you an idea of how hard you have to work to manifest your dream. Lead Coaches are here to help you through the goal-setting process and will provide you with a template. Always keep in mind that goal setting is a process that evolves over time. When you set goals you want to make them attainable so you get a sense of confidence and accomplishment. At the same time you want to make them challenging enough to keep you on your toes. The SMART method is a helpful tool you can use to check whether or not your goal setting is on track.

The SMART method is: * Specific * Measurable * Actionable * Realistic * Time Bound

Equipment

Hard goods

Be sure that your equipment complies with US Ski and Snowboard and FIS regulations.

Regulations for skis, helmets, suits etc. can be found here:

<https://www.usskiandsnowboard.org/sport-programs/rules-equipment/alpine-equipment>

Our staff is here to help guide you through equipment selection, purchase and set-up as well as representing you with equipment suppliers in sponsorship/direct purchase situations.

Necessary Equipment - Age Class

Pre-Devo, U10 and U12 Weekend

- One pair of all-around junior race skis, skis with bindings. Twin tips are ok for free skiing but not when training gates.
- Poles
- Boots
- Helmet (preferably with hard ear covers)

U10 and U12

- One pair of all-around junior race skis OR one pair SL and one pair GS with bindings
- Poles
- Boots
- Helmet with removable face guard and hard ears

U14

- One pair of SL, GS, and SG skis with bindings
- One pair straight tech poles and one pair bent poles for speed
- Boots
- FIS approved helmet with removable face guard and hard ears

Necessary Equipment Ability / FIS

U16

- SL, GS, SG, DH skis and bindings. If feasible, a second pair of SL and GS for training
- Tech and speed poles
- Boots
- FIS approved helmet with removable face guard and hard ears

U21 and U19

- SL, GS, SG, DH skis and bindings plus second pair of SL and GS for training
- Tech and speed poles
- Boots
- FIS approved helmet with removable face guard and hard ears
- FIS approved suit (FIS stamp)

**It is good idea for all athletes to have a pair of rock skis for marginal conditions

How to obtain Equipment

AVSC holds a one night new equipment buying opportunity annually in September. This is a chance to order your equipment for the upcoming season. All the companies that come to equipment night offer racing equipment at substantial discounts. There are levels of sponsorship and discounts according to the athlete's age/point ranking and results. Supplemental orders for AVSC members can take place through the coach before or after equipment night. We also have a couple of used

equipment swaps scheduled throughout the fall to give everyone a chance to sell and buy used equipment and are working on setting up an AVSC Gear Swap page on Facebook.

Uniforms

AVSC is an authorized Helly Hansen dealer. The uniforms will be available in November. When they arrive we will put out an email notifying you as to exactly when we will hold the sale. Based on availability we try to have the same uniforms for a 2-year run so they can be passed down to siblings or used for more than one season.

Helmet policy

Helmets are required of all athletes, free skiing, training or racing, in SL, GS, SG, and DH.

Training

We strongly believe that training (conditioning and on-snow ski specific) set the stage for successful racers. It's very hard to improve and work on specific skills in a race environment as often athletes are limited to only two runs throughout the day. Racing is also very expensive and time consuming. We put a lot of thought into our training progressions to ensure that athletes are appropriately fit when they start skiing, maintain their fitness and peak at the right time during the competition season. Therefore, attending as many sessions as possible throughout the summer and fall conditioning months and on-snow training is a crucial factor of an athlete's success.

Dryland

All training sessions will begin and end at the Clubhouse, unless otherwise specified. Please be here on time and prepared for training every day. We compete in ski racing, an outdoor sport, so we will train outdoors. Do not be deterred by cold or wet weather. Dress appropriately. This means having foul weather gear if need be. Also, bring appropriate clothes for physical activity. Please do not come to training wearing jeans or inappropriate shoes.

Age Class Dryland

Pre-season conditioning is an integral part of any skier's season. Stronger, better-conditioned athletes will always have an advantage over others. The AVSC Age Class program focuses on fun and getting skiers into racing shape. The overall goal as the athletes get older is to educate them with the skills necessary to prepare them for later years by adding more intensity. The U12s train in a fun, game-like atmosphere and the U14s have a longer training block with focus on cardio, agility and strength training (body weight only). The general training program consists of building strength and an aerobic base first, and then focusing on power and agility as we approach the ski season. Although the program starts in the fall, physical conditioning should be a year round endeavor. Athletes should stay active in the summer and fall. Fall sports are a great idea for Age Class racers, but also try to work in some dryland sessions for more ski specific training.

Ability / FIS Dryland

Dryland training for the ability/FIS athletes is a year-round endeavor. It is broken into two large blocks of prep period training and competition period maintenance.

The off-season training starts in May or June and ends in late November. The purpose of this block is to develop a strong aerobic and strength base. Then we will progress to anaerobic, power,

explosiveness and maximum strength. Balance, agility, and core strength is worked on throughout the whole year.

The in-season maintenance block goes from early December to early April. The purpose of this block is to maintain the gains from the off-season training and focus a great deal on recovery. Recovery is extremely important during the season. Ski racing is hard on the body and with good recovery the athletes will be stronger for the next race and they will have good stamina to endure the long season. Sometimes the best races are late in the spring. We recommend all Ability/FIS athletes have a heart rate monitor.

Dryland check list:

- Full water bottle
- Snack or recovery food for after training
- Appropriate clothing for the activity (good running shoes, t-shirt or sweatshirt, workout shorts and sweatpants, warm layers for afterwards)

Biking days:

- Mountain or road bike (depending on activity)
- Helmet (required) and sunglasses
- Spare tube and pump
- Full water bottle/snacks

On Snow training

Age Class - Early season

Depending on snow conditions, we usually do a few weekend free skiing training camps in Summit County in November.

Age Class - Regular Season

Training takes place at all four Ski Co mountains. Usually, we begin training on Aspen Mountain or Highlands in November, and move to the other mountains when conditions permit. Weekend training begins at 9:30 am and concludes at 2:30 pm for Pre-Devo kids and goes from 9 am until 3 pm for everyone else.

After school training begins at Highlands the first week in December (weather permitting). Full time (5 Day / Week) U14s and U12s train Tuesday, Wednesday and Thursday afternoons until 5PM. The 3 Day / Week programs will ski after school on Wednesdays only. We also hold training camps during winter, spring and summer breaks.

Ability / FIS

Much like dryland, on snow training is also broken down into a prep period and competition period training. During the prep period we encourage athletes to participate in our summer projects, which consist of a June camp at Mt. Hood or Mammoth Mountain. We will also schedule a September Camp in Europe or the Southern Hemisphere depending on snow situations, financial considerations and needs of the group.

Winter training happens here in Aspen. The volume and intensity of training depends largely on the race calendar. We generally train five days per week. We will do more or less volume at different periods of the season. The intensity of the session naturally goes up when doing less volume but we

would like to see the same high intensity no matter what the training volume is.

Schedules

Divisional race calendars are available on the US Ski and Snowboard website:

<https://usskiandsnowboard.org/sport-programs/regions-divisions/rocky-central-alpine-region/rocky-alpine-division-calendar> or you can pick one up from your coaches. They are also available on our website along with the training calendars: <http://www.teamavsc.org/>

Lunch and Restaurants

AVSC athletes almost always eat lunch in the on-mountain restaurants. No one is allowed to stop for lunch without approval from a coach.

Athletes have two options for lunch:

- a) Bring their own lunch
- b) Buy whatever they want. AVSC athletes do not get a discount on general purchases.

Remember that we represent AVSC when we are at lunch. Racers must sit in the area designated by the coach and need to ask permission before they leave. Please be quiet and courteous when in the restaurants. Say “please” and “thank you” to the employees and clean up after yourself.

Transportation

AVSC will most often provide transportation to away races for U16 and older athletes. We will also provide transportation for U14 and U12 athletes to select RMD projects, preseason and summer camps. Athletes and families may choose not to participate in AVSC transportation. Transportation is provided on a first come-first served basis. Once capacity is reached, it is the responsibility of the parent/athlete to make other arrangements. **Passengers and drivers must wear seat belts at all times.**

Races and Away Race Travel

AVSC Team Travel Policy

Team travel will be available mostly to U16 and older athletes. Team travel will be available to U14s for select projects such as SYNC races, pre-season, RMD and summer camps. There will be no team travel for U12s. All athletes who wish to be involved in team travel must read and sign the AVSC Team Travel Policies outlined in the Participant Expectations form and the AVSC Incidental Policy at the time they complete on-line registration.

FIS/Ability athletes are allowed to use their own vehicle to travel to and from camps and races.

During the camp or race, athletes are not allowed to use their vehicles unless given permission by the coach on the trip. Athletes are not allowed to transport other athletes while we are away at a camp or race unless given permission by both parties’ guardians and the coach on the trip.

Fact sheets

For each race, the race organizers produce a fact sheet, which has pertinent information regarding the race. These can be accessed at: <https://usskiandsnowboard.org/sport-programs/regions-divisions/rocky-central-alpine-region/rocky-alpine-division-calendar>

Race Entry Fees

For most races all athletes are required to sign up and pay using the US Ski and Snowboard athlete event registration through the US Ski and Snowboard website: <http://my.ussa.org/portal>
Communication between parents and staff about participation in races is a must so coaches can meet deadlines.

Billing

Our staff will make every effort to provide a cost estimate prior to away travel. Parents of attending athletes recognize this is an estimate only and the final cost may vary considerably. After each away pre-season camp or race, athletes will be billed promptly for all costs incurred while traveling with the team. Charges cover lift ticket cost, transportation, lodging, coach costs and sometimes race entry fees. Details regarding billing and incidentals procedures and timelines can be found in the AVSC Incidental Policies.

Racer Expectations

Ski races are obviously a very important part of your Ski Club experience. Traveling to races takes a lot of time, money and effort, and it is imperative that you take races seriously. The coaching staff will do their part to ensure that every racer has an opportunity to perform to their best.

This is what the coaches expect of the athletes:

- Be on time for all departures.
- Assist in loading, unloading and cleaning the team vehicles.
- Be sure all entry fees are paid in advance and they have all necessary licenses in order to compete.
- Attend the team meeting and pay attention to details.
- Know when you have to be at registration, inspection, start, etc.
- Being rushed in the morning will not be beneficial for your race. Give yourself some extra time to account for slow registration, lift lines, etc. If you are not sure, ask your coaches what time you need to be somewhere.
- Do not put yourself at a disadvantage by having equipment that is not race ready. Have your skis tuned and waxed. Make sure all your equipment is functional, i.e. boot buckles, pole straps etc.
- Have a good inspection. Take advantage of inspection by focusing on the course and create a strategy for your best possible run. Ask the coach questions. A good inspection can make a world of difference in your race.
- Focus at the start. Everyone is different and has different needs at the start. Figure out what works best for you to narrow your focus and do your best to make that happen every time. Good mental preparation can result in a much better race.

- Try your best. Your best may be winning a race or it may be finishing in the top 75. Either way put everything you have into having a good personal result.
- Win and lose with dignity and respect for your teammates and competitors. Whether or not you have a good race, be a good sport. Be genuinely proud of your teammates who did well. Don't gloat if you win and don't pout if you lose.
- Represent AVSC, the Roaring Fork community and yourself with pride. Be proud to be from AVSC and act this way. Be kind and courteous to race workers. Say please and thank you. Cheer on your teammates. Remember that your actions reflect upon a lot of people.
- Learn something from each race. Take some time after each race to reflect upon your run and think about what you could have done to be a little faster. Ask your coaches, but rely on your own judgment as well. From every race you should be able to learn something that will make you a better, faster racer.

Athlete Supervision

Whether AVSC coaches are traveling to an away race or training at home, the supervision of athletes is always one of our prime concerns. The job is complicated by the simple nature of our sport. Coaches need to set courses in the morning before the racers can load the lifts, and they must attend team captain's meetings, sometime late in the evening. They often will not be freed from coaching duties until well after the athletes have left the hill, eaten dinner, or even after the athlete's curfew. Athletes may go to lunch before the coaches have pulled their training course. Athletes will also make laps alone or in small groups while coaches work with others and maintain the training venue, etc. This is where the code of conduct comes in. We expect a certain amount of responsibility, relative to age of course, from all participants. We make every effort to set up the racers for success, by using parent chaperones, giving clear instructions on expected behavior, and being realistic with the capabilities of a particular group or individual to be responsible. While we will make every effort to intercede before an athlete violates the code of conduct, we can never be in a position to guarantee it. We can, however, guarantee our response to behavioral problems. We take the code of conduct, our core values, and our image in the community very seriously, and behavior that is contrary to those philosophies or threatens that image will result in disciplinary actions including, but not limited to, community service, suspension, or in extreme cases, expulsion.

When travelling with athletes, AVSC strives to have coaches adhere to and follow athlete travel policies including:

- Communicating to athletes and enforcing a no visitation policy to athlete's private rooms. Only athletes assigned to specific rooms are permitted to be in the rooms; additional interaction and communication is expected to take place in common areas.
- There will be at least one coach/supervising adult at the lodging accommodations at all times that athletes would be at the accommodations.
- Coaches will attend all internal team meetings.
- All coaches will have a complete list of athletes and their cell numbers.

- The Lead Coach will have possession of medical releases or access to forms on CampMinder for every athlete at all times, including emergency contact information of parents.
- Coaches will assist with supervision of athletes, including room checks every night.
- Coaches will conduct 1 hour of supervised evening study hall/quiet time on overnight trips.
- Room checks will be unannounced.
- Team Members should be informed of athlete whereabouts at all times. Athletes are required to officially “check-out” with the coaching staff, if they will be away from their assigned lodging during athlete free time.
- Supervise in accordance with US Ski and Snowboard Housing and Travel Best practices. In addition to following US Ski and Snowboard best practices for room assignment with respect to gender and the expectations for chaperones, AVSC strives to have at least one chaperone to match the gender of the athletes.
- Only AVSC employees are allowed to stay in AVSC accommodations unless prior approval from discipline Director is granted.

While skiing here are some specific steps we take whenever possible to keep track of Age Class athletes:

- We make sure all athletes are present before proceeding on each run and try to have a coach ski ahead of the group and one following behind. We have a meeting spot established in case an athlete does get separated from the group and stop by there every run.
- When free skiing we establish a buddy system so each athlete is responsible for knowing where their buddy is and riding the lift with their buddy.
- We discourage late arrivals or early departures from training but if they have to happen it is the responsibility of the parent to let us know and establish a meeting spot and time to pick up or drop off the athlete. Please be aware that the athlete might have to ski down on their own to meet you as the coaches need to stay with the rest of the group.
- At the beginning of each training session we let the athletes know what the plan is for the day and the meeting spot in case they get separated from the group.
- At the end of the day we make sure all athletes have been picked up and no athlete is left behind. Please be on time to pick up the athletes!!!!
- We make sure the athletes know it is their responsibility to let the coaches know if they need to go inside for whatever reason. It is unacceptable to leave the group without letting a coach know no matter what!

Vocabulary/Definitions

- **US Ski and Snowboard – US Ski Association**

Sanctioning body for national competition.

- **FIS – International Ski Federation**

World governing body of ski competition. Similar to USSA on an international level. Sanctions and establishes rules for international competition.

AGE CLASS (Ages 7-13) Age class racers compete in races based upon their age. A racer will compete against other racers of the same age, regardless of ability.

- **Age Class Open Series**

The Rocky Mountain Age Class Open series is a season-long series of children's racing designed to introduce competition in a fun, low intensity environment. Clubs are assigned race sites to reduce travel costs. Most competitions are two-day events with two one run races each day. License needs: US Ski and Snowboard Youth (U10 and U12), US Ski and Snowboard Competitor (U14s and older), RMD (all but Weekend and Pre-Devo Athletes).

- **Roaring Fork Series**

Race series designed to fulfill head to head racing needs at a local level, introduce new athletes to racing, and minimize travel costs. The RFS provides an athlete the opportunity to practice racing outside of the US Ski and Snowboard races and make some mistakes in a low intensity race. Also, it gives our coaches and parent volunteers a great avenue to practice running a race. Normally, the race series consists of three races in Aspen/Snowmass and one race in Sunlight. Open to all AVSC, Sunlight and Powderhorn age class athletes. No license or entry fee required.

- **Championship Races**

U10s and U12s compete in a two-day season finale, consisting of slalom and giant slalom. Athletes are not required to qualify. There are separate sites and dates for the U10 and U12 Championships. U14s compete to qualify for the Junior Championships through the Junior Championship Qualifiers in Breckenridge (SG) and Crested Butte - Prater Cup (SG, GS and SL). Those athletes who qualify will compete in the Junior Championships in mid-March. Athletes who do not qualify for the Junior Championships compete in the Council Cup, a three-day event at Ski Cooper, in March.

- **SYNC Series**

This is the entry level racing with national points. Open to any licensed RMD U16, U19, U21 or senior racer. License needs: US Ski and Snowboard, RMD. Designated SYNC races will also be available to U14 athletes.

ABILITY and FIS (Ages 14 and up)

U16s compete in the SYNC Cup Races and Junior Championship Qualifiers. U16s compete to qualify for the Junior Championships through the Junior Championship Qualifiers in Aspen for SG and Loveland and Eldora for GS and SL. Those athletes who qualify will compete in the Junior Championships in early March. Athletes who do not qualify for the Junior Championships compete in the Council Cup, a three-day event at Ski Cooper, in early March.

U19 and older racers compete in races based upon their ability. Faster racers compete against similar athletes, regardless of age.

This is a classification of athletes 16 years and older. These athletes compete divisionally in three main race series – SYNC, Surefoot Colorado Ski Country FIS Series and NorAms. Movement from series to series is based upon performance. National points and FIS (international) points are the primary determining factor of performance.

- **SYNC Series**

This is the entry level racing with national points. Open to any licensed RMD U16, U19, U21 or senior racer. License needs: US Ski and Snowboard, RMD. Designated SYNC races will also be available to U14 athletes.

- **Surefoot Colorado Ski Country FIS Series**

Highest level of Regional FIS competition. License needs: FIS, US Ski and Snowboard, RMD.

- **NorAm Series**

Highest level of Continental competition; International field.

AVSC ALPINE PROGRAMS PIPELINE

