



**ASPEN VALLEY SKI AND
SNOWBOARD CLUB**

ALPINE ATHLETE MANUAL

AVSC 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.

Team AVSC Alpine

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.

Core Values

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

ASPEN VALLEY SKI/SNOWBOARD CLUB - 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 Skiing.

ALPINE PROGRAM

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 – 8 and 9 years old
- 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 or 20 years old
- SR - Ages 21 and older

*For more specifics refer to the USSA 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
- USSA, 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 allowed before the program start date only. Once a program begins, refunds are only available for documented medical reasons or family relocation. Refunds are determined by the schedule below. Any season pass discounted through AVSC will be voided upon withdrawal.

Prior to January 1: 50%

Between January 1 and February 1: 25%

After February 1: No Refund

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.

Aspen Skiing Company Lift Passes

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

USSA and RMD

Athletes who race in any USSA and/or FIS races are required to have the appropriate competition licenses. Applications for USSA and FIS licenses can be downloaded from www.ussa.org or you can register on-line. Registration for a Rocky Mountain Division license is included on the USSA application.

U12s – Need both a USSA youth license and a RMD license. U10s who are part of the three day per week program also need a USSA youth and RMD license. Weekend and Pre Devo athletes are not required to have a license.

U21s, U19s, U16s and U14s – Need a USSA 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.

Communication Avenues

Staff Phone Numbers:

| Name | Title | Extension | Direct Line | Cell/Home |
|-----------------|-----------------------|------------------|--------------------|------------------|
| Alice Black | Alpine Director | 131 | 205-5113 | 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 | 111 | 205-5121 | 970-379-5878 |
| David Divine | Lead U10 Coach | | | 916-580-5280 |

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, team travel information, schedules, and manuals.

E-mail

We rely on electronic mail as much as possible. We will send out a group e-mail for each program on Friday afternoon 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. Once you subscribe to the appropriate age group you will get a text message prior to each scheduled training session with a reminder regarding when and where to meet, what equipment you will need, pick up location and times, 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 to do so.

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 USSA and FIS regulations for each discipline. They can be found here: <http://alpine.uskiteam.com/alpine-programs/officials/rules>

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 with bindings to match. 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 to match

- One pair straight tech poles and one pair bent speed poles
- Boots
- FIS approved helmet with removable face guard and hard ears

Ability/FIS

U16 - SL, GS, SG, DH, - one pair of each and, if feasible, a second pair for training

- Tech and speed poles, boots, and bindings
- FIS approved helmet with removable face guard and hard ears

U21 and U19 – two pair each of SL, GS, SG, DH skis with bindings to match the skis

- Tech poles, speed poles
- Boots
- FIS approved helmet with removable face guard and hard ears

**It is a 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

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 U12's 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)

Bike shorts

Spare tube and pump

Sunglasses

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.

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 per week) U14s and U12s train Tuesday, Wednesday and Thursday afternoons until 5PM. The three days a 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.

Schedule

Divisional race calendars are available on the USSA website: <http://alpine.usskiteam.com/alpine-programs/regions/rockycentral-region/rocky-mountain-division> 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 and 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/Travel

AVSC Team Travel Policy

Team travel will be available only to U16 and older athletes. There will be no team travel for U14s or U12s with the exception of preseason and summer camps as well as RMD Projects. 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.

Fact sheets

For each race, the race organizers produce a fact sheet, which has pertinent information regarding the race. These can be accessed at: <http://alpine.usskiteam.com/alpine-programs/regions/rockycentral-region/rocky-mountain-division/calendar-and-announcements>

Race Entry Fees

For most races all athletes are required to sign up and pay using the USSA athlete event registration through the USSA website: <http://my.ussa.org/portal>

Communication between parents and staff about participation in races is a must so coaches can meet deadlines.

Billing

After each away 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. This job is greatly 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 captains 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.

With that in mind here are some specific steps we take to keep track of athletes, especially younger ones:

- 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

- **USSA – 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: USSA youth (U10 and U12), USSA 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 USSA 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 early 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: USSA, 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: USSA, 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, USSA, RMD.

- **NorAm Series**

Highest level of Continental competition; International field.