



FIS Parent/Athlete Meeting 18-19

- Communication with your team and coaches to be most effective
 - Weekly email on Friday for upcoming schedule
 - Austin managing women Torey managing men.
 - Goals - intents - equipment.
 - Come in at scheduled times so a coach can be there.
 - Google calendars online. everybody get them?
- Rules
 - Be on time, work hard
 - We are here to push you to be better and achieve your goals
 - Read Athlete handbook (teamavsc.org>programs>alpine>alpine manuals)
 - Expected to be at training
 - If you have a conflict with schedule let us know 1 DAY prior so we can plan accordingly.
 - If you don't show up it just looks like you don't care
- What's expected: Communication and maturity
 - Take care of what needs to be done. Use your time wisely
 - skis ,workouts, school, work so you can get the best out of your training.
 - We have great training available but you need to make sure you take advantage of it.
- Goals
 - Schedule a goal meeting with us
 - This helps us put a schedule together for you and what races you need in order to achieve your goals
 - Goal sheets and comp analysis forms
 - We have simplified it so it takes less time.
- Training
 - Tuesday- Sunday.
 - Depending on group sizes 2 courses for guys and girls.
 - Morning training is geared toward PG's
 - 2-3 days a week will have double sessions or do a maintenance workout in the afternoon
 - Away camps and races if your driving yourself you are expected to be at the meetings and video. Be ON TIME. Don't leave everybody else hanging. We are a team
- Races
 - FIS level
 - Most races will be in Colorado with one SL qualifier in Central
 - Point system similar to USSA but based worldwide. Still score USSA points at FIS races in the US.
 - First years we shoot for about 25 tech starts

- It takes 8 finishes to have a FIS profile in 4 Events.
 - HS racing and FIS.
 - Plan schedules
 - Nor Ams, NPS, US nationals, Jr nationals
 - Qualified off of your FIS points in the region.
 - Head to Head 3 race series. Eldora GS, Spirit, MN SL, Aspen SG
 - NPS 20 athletes NTSM yob 99,00
 - 10 NTSM 01
 - 15 divided by 3 regions. Regional selection method, coaches discretion.
- Equipment. Gorsuch with Napa Jonathan. FIS conforming Equipment.
- Video
 - Google drive shared folder. Also have video with a coach a few times a week with some direction and chalk talk. (hard/thumb drive)
Thundershack/Adaptive/Club
- Athlete meetings
 - We will have meetings to touch base and go through every couple weeks to regroup and have feedback
 - Self reg sheets/ comp analysis sheets (dumbed them down)
- Athlete nutrition
 - Athletes living on your own.
 - Protiens, veggies, hydration.
 - Apps, My fitness pal, my plate
 - Calorie counters
- Billing and Expenses
 - We will have a cost estimate out to you all 5 days ahead of departure. So you can let us know if you're going or not. (hard when its an out of region race.
 - Post race we will submit actuals to billing and they will invoice you on CAMPMINDER. You will then have time to pay by check or at the end of the month your account will be charged on Campminder.
 - Log in at any time to see your account.
- Schedule
 - Teamavsc.org>programs>Alpine>alpine ability>schedule
 - Google calandars.
 - Ussa.org > alpine > rmd > Calandars
 - Fisski.com > alpine > calandars
- House keeping
 - No cars in AVSC parking lot
 - Pass at highlands is \$100/month or 4 or more is free. Meet up
 - Departing from trips we will go to the golf course again.
 - Clean up tuning room and bunker
 - Dryland Rack weights and have a buddy for spots
 - Pass Vouchers from Martha