



**ASPEN**

**VALLEY SKI & SNOWBOARD CLUB**

Group Management

# Welcome to the team! This is freeride.

Freeride skiing is a style of skiing performed on natural, un-groomed terrain. It evolved throughout the sport's formative early years as Big Mountain skiing to the highly regimented style of skiing it is today.

Freeriders don't follow a marked route. On the contrary, they enjoy the freedom of untracked runs to perform airs and tricks off cliffs and other natural features while maintaining the fall line of the mountain.





# 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.

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.**



# On Snow Training Schedule: Saturday - Sunday

We have four incredible mountains at our disposal.  
Each week our schedule will change to take advantage  
of our divers training conditions.

Location	Pick up & Drop off / Time
Aspen Mountain	WEEKEND: 9:00 – 3:30 Outside of Gorsuch (lift ticket office side)
Highlands	WEEKEND: 9:00 – 3:30 Base area
Buttermilk	WEEKEND: 9:00 – 3:30 Infront of Bumps deck
Snowmass	WEEKEND: 9:00– 3:30 AVSC Snowmass club house (under Vanga Vanga)



## Gear check list

- Skis, Boots, Poles
- Helmet
- Back protector
- Backpack
- Water & Snack
- Extra layers

\*Late athletes must call or text a coach and wait for the team at the cider shack\*

## Athlete Management

- The daily flow
- Quality decision making.
- Energy attracts. Be the person you needed when you were younger.
- You're here to make an impression not to Impress.
- Know your group
  - Who can you trust?
  - Who is a wild card?
  - Be aware of group dynamics. Bullying is not tolerated.
- Find the teachable moment in the right/safe place.
- Separated athlete prodical.
- Injured athlete parodical.
  - Assess safety of scene.
  - Assess athlete.
  - Take action.
  - Contact head coach.
  - Document incident. ( Keep the incident report in phone)

## AVSC 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.

#### Ski Patrol Phone Numbers

Aspen (970) 920-0723

Highlands (970) 544-3052

Snowmass (970) 923-0530

Buttermilk (970) 920-0969

#### Head Coach

Lucas Urtiaga

(970) 445-0503

#### Female Head Coach

Rhianna Borderick

(970) 987-4808

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

If you don't know something, don't fake it or be untruthful, kids are always watching. Learn with them and build trust.

## The Daily Flow

- 8:30am Coaches arrive and plan for the day
  - Please be on time and prepared for the day.
  - Create the energy you want to attract.
    - Game plan for the day.
- 8:45/9:00 Athletes arrive.
  - Seize the opportunity to make positive connections with parents.
- 9:15 Promptly load lift.
- Split into groups.
  - 5-minute Warm Up/Stretching. (Sometimes let an athlete lead)
  - Check in. (While you warm up) Energy, gear, snow conditions, general public awareness.
- Warm up run. (Not a straight line to the lift)
- Lunch. Check in with your athletes and their energy levels. Plan around the rush hour.
  - Some athletes only have resort charge and some pack a lunch. Packed lunch/backpack can be stored at the cider shack.
  - Energy drinks and candy are highly discouraged.
  - Make sure athletes are being respectful of other people and the facility.
  - Lunch should not take all day.
- After lunch ramp down the day.
- 3:30 Pick up. Try to ski to the end.
- 3:30 – 3:45 Coaches discuss the day. (Exciting moments from the day and things to improve)

## Reading the mountain and athletes

- Daily goals. What can we improve?
  - Dedicate a few runs for technique drills.
  - Have fun!
- Safely locate athletes for meeting zones.
  - Unsafe examples are blind rollers, under lifts, unfavorable snow conditions and busy zones.
- Snow conditions play a big role when planning the flow for the day. Follow the sun and learn the best aspects to ski through the day safely.