



ASPEN

VALLEY SKI & SNOWBOARD CLUB

Freeride Team

2023-2024

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- **Student Athlete** Expectations and study hall
- **IFSA** History, code of conduct, memberships, competition registration, judging, competition schedule, Team travel, athlete meeting.



Curriculum

- What is Freeride
- Core Values & Code of Conduct
- Team Logistics
- Gear

Welcome to the team! This is Freeride.

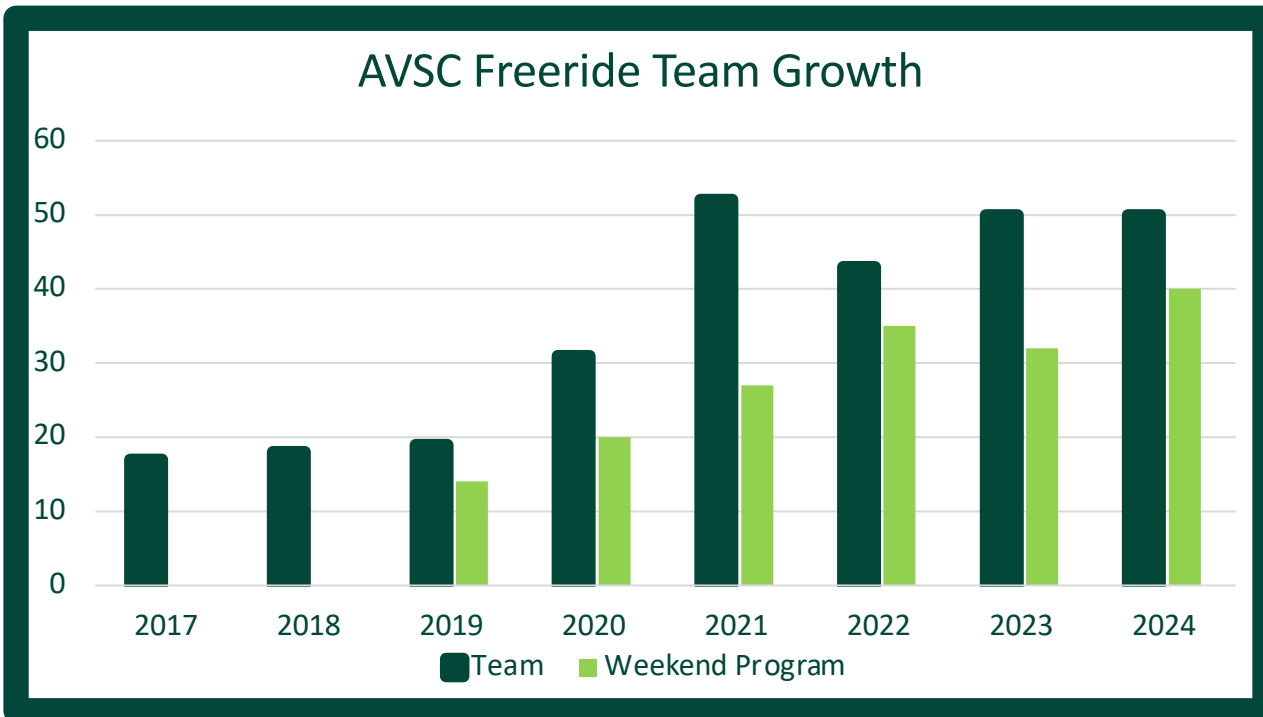
Freeride skiing is a style of skiing performed on natural, un-groomed terrain. It evolved throughout the sport's formative early years as Big Mountain skiing to the highly regimented style of skiing it is today.

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.

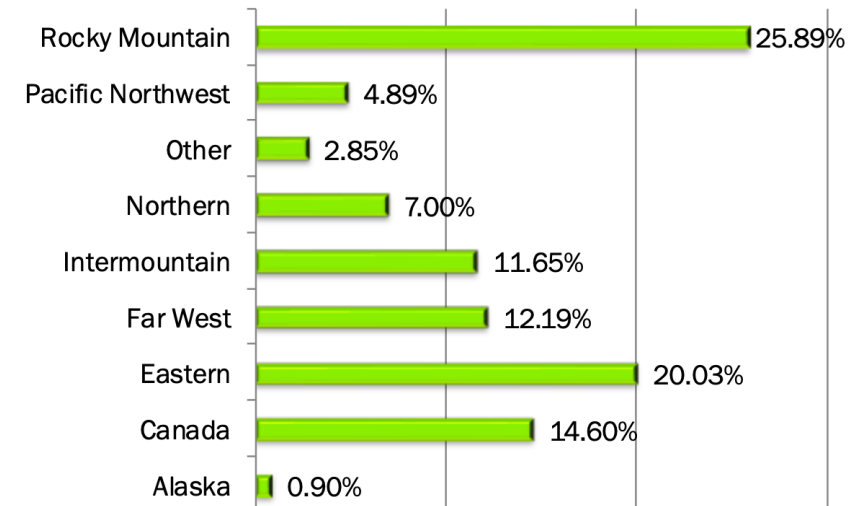


Retaining dedicated athletes and parents have built a sustaining team since 2013. The magnitude of support has brought many well qualified coaches over the years who have contributed to create the culture and structure our team is today. We thank new and old families for embracing our club, our team and our freeride organization.

- **Coaches** - The love for the sport and taking extra care in athletes' growth brings success for both coaches and athletes. All coaches go through a training every year and complete IFSA L100 and up to L200 and USASA certifications.
- **Athlete to Athlete** - Peer mentorship and providing equal training and teamwork. Creating community holds our team together.
- **Athlete resources** - From support by AVSC and provided scholarships, athletes can utilize out of reach opportunities. Our environment and club resources is gratefully unique with an array of training facilities so athletes will be engaged in many ways year-round. Coach retention creates a trusting relationship to strengthen our AVSC community.



Freeride is the largest growing sport in skiing and we have a huge part in that.



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.





ASPEN
VALLEY SKI & SNOWBOARD CLUB

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 (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.**



COMMUNICATION PLAN

PARENT ↔ COACH

ATHLETE ↔ COACH

AVSC ↔ FAMILIES



- Every Friday a weekly communication email will be sent out to families. This email will include: The schedule for the following week, notes and upcoming dates/events.
- Please use an email that is up to date and checked often. You may make changes by logging into your CampMinder account. Parents are welcome to add their athlete's email to also receive weekly emails.

U14 Communication: Ethan Holcomb eholcomb@teamavsc.org

U19 Communication: Lucas Urtiaga lurtiaga@teamavsc.org

Female athletes Rhianna Borderick rborderick@teamavsc.org

Office Hours

May – October: Tuesday – Friday 1:00 – 4:00

November - April: Wednesday and Thursday 10:00 – 12:00

Monthly; 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.

Families have access to athlete training schedule in two places

- 1: Weekly emails
- 2: online calendar

On Snow: The Thunder bowl on snow training facility opens beginning of November. (Pending snow conditions)



- HOME
- SCHOLARSHIPS + FUNDRAISING
- WINTER PROGRAMS
- SUMMER PROGRAMS
- CALENDARS**
- Alpine
- Alpine & Freestyle PreDevo
- Freestyle**
- PreDevo Calendar
- U10 Comp Team Training calendar
- U10 & U12 Development Team Training Calendar
- U12 Comp Team Training Calendar
- Mogul Team Training
- Park & Pipe Comp Team and Weekend Team Training
- Freeride Training Calendar**
- USASA AspenSnowmass Series Calendar
- Nordic

Freeride Training

Lucas Urtiaga, Freeride Head Coach
(970) 445-0503 | lurtiaga@teamavsc.org

Rhianna Borderick, Female Freeride Head Coach
(970) 987-4808 | rborderick@teamavsc.org

Ethan Holcomb, U14 Lead Freeride Coach
(860) 634-3254 | eholcomb@teamavsc.org

Holiday Schedule

AHS & RFV

Thanksgiving: Nov 18-26

Christmas: Dec 21-8 Jan

Spring Break: Mar 23-31

Training times: TBD

Freeride U14 Comp Team U14 Freeride

Today ◀ ▶ September 2023 Print Week Month Agenda

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	Sep 1 4pm Mtb ride AVSC	2
3	4 OFF	5 4pm gym AVSC	6 4pm tramp/agility A	7 4pm Gym AVSC	8 4pm Bike or hike AV 4pm Mtb ride AVSC	9
10	11 OFF	12 4pm gym AVSC	13 4pm tramp/agility A	14 4pm Gym AVSC	15 4pm Bike or hike AV 4pm Mtb ride AVSC	16
17	18 OFF	19 4pm gym AVSC	20 4pm tramp/agility A	21 4pm Gym AVSC	22 4pm Bike or hike AV 4pm Mtb ride AVSC	23
24	25 OFF	26 4pm gym AVSC	27 4pm tramp/agility A	28 4pm Gym AVSC	29 4pm Bike or hike AV	30

Scroll down for
U19 Calendar



On Snow Training Schedule: Tuesday - Sunday

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



Weekday training has two drop off times; 12:30 and 1:00 to accommodate athletes who get out of school later. A coach will be at the base to retrieve them.

Location	Pick up & Drop off / Time
Aspen Mountain	WEEKEND: 9:00 – 3:30 Outside of Gorsuch (lift ticket office side) WEEKDAY: 12:30 - 4:00 Outside of Gorsuch (lift ticket office side)
Highlands	WEEKEND: 9:00 – 3:30 Base area 1:00 drop off WEEKDAY: 12:30 – 4:00 AVSC club house or Base area At base area
Buttermilk	WEEKEND: 9:00 – 3:30 In front of Bumps deck
Snowmass	WEEKEND: 9:00– 3:30 AVSC Snowmass clubhouse (under Venga Venga) WEEKDAY: 12:30 – 4:00 AVSC Snowmass clubhouse



Gear check list

- Skis, Boots, Poles
- Helmet
- Mouth guard
- 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 Equipment

•SKIS

Ski size needs to be middle of forehead and above

- Ideally ski is taller than the skier (eg.)
 - 5'10 = 186cm
 - 5'5 = 167cm
 - 5'0 = 153cm

•100mm underfoot is ideal

- Between 90-110mm is the recommended footprint

•Directional ski recommended for competitions

•Twin tips work great too, just not really soft skis

•Female skis are OK for all genders

- They offer a larger size run and more options

•Boots

Proper sizing and shell last

- not too stiff
- should be able to easily flex in store

•Walk or A/T ok, but needs to be DIN

•Footbed mandatory

•Boot heaters are very helpful

Bindings

Make sure they fit the boot

- Junior boot / Marker Squire
- Adult boot = adult binding
- NO A/T Pin bindings for daily training!
 - Platform bindings ok (Marker Duke etc.)

Poles

Adjustable poles are recommended

- Proper size and not bent will also work

Helmet & Goggles

New year = New helmet

- The human brain is irreplaceable

•MIPS is recommended

• 2 goggles are recommended

- High/low light lens

•Sunglasses with side protection or mountaineer specific frame are strongly recommended

Back Protector & Mouthguard

IFSA requires all athletes to wear this safety equipment

- Failure to do so results in disqualification

•AVSC strongly recommends wearing this equipment daily

- Use of airbag requires both

Athlete Gear

Jacket & Pants

Shells are very strongly recommended

- 10k + waterproofing
 - Cold and wet is not a great way to go through the day. Make sure outerwear fits well and is waterproof
- Layers
 - Lightweight synthetic fibers
 - Vest
 - Mid-layer
 - Compression leggings
- Facemask (for facial protection from the elements)

Gloves

2 pair of gloves are MANDATORY

- Mittens & gloves
 - It is unacceptable to attend training without gloves

Nutrition

- Water pack or bottle MANDATORY
- Lunch
- Snacks
- Lunch money

**We highly encourage healthy meals and snacks.
A high sugar diet is frowned upon.**

Snow Safety Equipment

Avalanche Shovel

- Probe
- First Aid Kit (Adventure medical kit .5)
- Beacon (many IFSA competitions require the use of a beacon)
- Ski Strap Having a couple comes in handy



Freeride Coaches

Your Full-Time Freeride Coaches



Lucas Urtiaga
Freeride Head Coach
(670) 445-0503
lurtiaga@teamavsc.org



Rhianna Borderick
Female Head Coach
(970) 987-4808
rborderick@teamavsc.org



Ethan Holcomb
U14 Lead Coach
(860) 634-3254
eholcomb@teamavsc.org



Ian Doherty
Assistant Coach
(802) 282-3846
idoherly@teamavsc.org



Lukas Keating
Assistant Coach
(802) 777-6151
lkeating@teamavsc.org



Health and Dryland

- AVSC Athletic Trainer
- About Dryland
- Summer Programming



Erin Young

Head Athletic Trainer

The Steadman Clinic Outreach Athletic Trainer

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.

Year-Round Training

One of the benefits of being a comp team athlete is year-round programming! Having a successful and healthy ski season does not start and end the day the mountain opens and closes – it's a continuous, year-round process! We have developed safe, well-rounded, age specific programming for the entire year.

GYM

GYM Sessions are created by Erin.

All sessions for the week can be viewed on the Train Heroic app.

If you wish to access the workouts by app at home contact Erin for the access code. This is helpful for an athlete who misses Dryland training.

Download the app



Multi-Sport Athletes

We encourage athletes to pursue other sports as a part of their overall athleticism! But we also want to make sure multi-sport athletes aren't overdoing it. Please let us know if you're participating in another sport so we can work on a personalized schedule that works for everyone. Our year-round strength training can be easily adjusted to accommodate multi-sport athletes, and can challenge single sport athletes, but we need to know when to adjust.



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 sessions 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 a part of the Freeride family

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

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 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.

SUMMER PROGRAM

May & June

- Glacier/Tramp May: Weekends June: Camp and Team
- Camp: M,T,W 8:30-12 tramp 12:00-3:30
- Team: TH,F,S 8:30-12 tramp 12:00-3:30

Camps

- Mt Hood: TBD
- Whistler: TBD

July & August

GYM U14: T/Th Tramp/agility M/W/F Mountain Biking/Hike TBD

GYM U19: M/W/F Tramp/agility T/Th Mountain Biking/Hike TBD

Camps

- UOP Camp TBD
- New Zealand or South America TBD

Mountain Bike

- Snowmass Tuesday Night Races U14 and U19 (offered to freestyle and alpine (must meet specific skill level and race) 2:00- 6:00p





Student Athlete

- Expectations/Rules
- AVSC Study Hall

Student First

- Athletes need a passing grade in each class in order to attend training and competitions.
- We are understanding that grades can be delayed due to teacher submission times.
*Please be honest as we will accommodate to the circumstances.

Before Competitions

- Athletes are expected to communicate with teachers six weeks prior to competition date.
- Athletes are expected to remind their teachers a week prior to travel date.
- Make a plan with your teachers for submitting homework and test times.
- Bring homework to competitions.

Athlete Study Hall

AVSC study hall for athletes will be posted in the team weekly email.

The downstairs conference room will be a quiet and supervised space during the study hall time.





IFSA

- [About](#)
- [Rock Mountain Freeride](#)
- [Registration](#)
- [Judging](#)
- [Team Travel](#)

HISTORY OF IFSA



The International Freeskiers Association (IFSA) was established in 1996 by freeskiing pioneer Shane McConkey. Freeskiing in the 1990s was comprised of the different disciplines of skiing outside of Alpine racing which included big mountain, slopestyle, half-pipe, big air, and skier-cross. McConkey believed that the sports included in freeskiing needed an athlete-driven governing body to ensure that the athletes had a voice in the development and governance of their sport. Since then, the sport of freeskiing has grown rapidly and each of the disciplines have evolved into strong individual sports. Today the IFSA is centered on junior and adult big mountain Freeride competitions and is now known as the International Freeskiers and Snowboarders Association.

The IFSA began sanctioning junior events in the 2010-2011 season. Explosive growth and a need for sanctioning in Region 2 at the FWQ Adult level led the IFSA to partner with the Freeride World Tour in the 2014-2015 season. Since that time, the IFSA has unified events across North and South America to form the Junior and FWQ Series within Region 2. The explosive growth of the sport has led to an incredible amount of evolution within the IFSA organization and to the sport of competitive Freeride itself.



ROCKY MOUNTAIN FREERIDE SERIES

ABOUT ROCKY MOUNTAIN FREERIDE



Rocky Mountain Freeride Series (RMFS) was formed to create a cohesive group within the IFSA Rocky Mtn. Region (Colorado and New Mexico) to benefit junior athletes through Freeride competitions under the governing body of IFSA.

The RMFS series was formed under the guidance of coaches with the goal of achieving consistency across all events in our region while guaranteeing 3 starts for all Rockies athletes. All event registrations will be run by RMFS to ensure this happens.

The regional dues collected will support the man hours required to ensure starts for all RMFS athletes, as well as continuous coach contact throughout the year, coaches meetings, judging and TD organization, RMFS-specific helmet numbers for athletes, RMFS website updates with important information specific to our region.

<https://rockymountainfreerideseries.com/about-us/>

IFSA CODE OF CONDUCT

Good sportsmanship is defined as, but not limited to respect for:

- Competition Officials
- Resort Employees
- Fellow IFSA Competitors and Employees
- The Skiing and Snowboarding Public
- The Resort Facilities and Operating Procedures
- All Run Closures, Rope Lines, Boundaries, and Closed Areas

The use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from the use of alcohol and use of illegal or banned drugs is expected.



IFSA Membership

- Log in or sign up on the IFSA membership page
<https://www.freeskiers.org/membership/register-now.html>
 - Make sure you use an email that is up to date and checked regularly
- We are the Rocky Mountain series → Select: Junior full membership

REMEMBER YOUR LOG IN AND PASSWORD
(You will need it for competition registration)

IFSA x Live Heats Tutorial

<https://youtu.be/zh79cz5dQnk?si=PrKxhmnKN7OhKO4g>

- IFSA Regional Membership is also purchased on Live Heats.
(You must have both)

Please Purchase your memberships sooner rather than later.



COMPETITION REGISTRATION

- Athletes and parents are responsible for registering for events.
- You will receive an email prior to event registration opening from IFSA in addition to your weekly team email.
- Become familiar with The Driven (Live Heats).
- Log in prior to event registration opening.
- Take deep breaths.

Which competitions and why

- Selected in conjunction with RMFS/IFSA staff.
- Team schedule coordination.
- Provide every athlete an opportunity to excel.
- 2* and 3* events.
- Provide multiple starts.
- Rotating the schedule every year to ensure we see new resorts along with the advantage of knowing recurring locations.



IFSA Competition Registration

REMEMBER YOUR LOG IN AND PASSWORD

How
To

Prior to competition registration opening you will receive an IFSA rope drop email confirming the times and dates of registration. Additionally, you will be reminded in the AVSC team weekly email.

Register

- On the IFSA event page you will find your desired competition.
- Click on the event and check the schedule and info.
- Log into live heats and search event.
- Know your membership number.
- Check all athlete information is correct.
- First time athletes without points will be added to the waitlist according to the time stamp of their registration



<https://liveheats.com/organisations?search=IFSA>

Live Heats is the online driven for memberships, registration, event start lists and results.

The IFSA, in conjunction with the Freeride World Tour, debuts a new partnership with the LiveHeats platform to globally unify our membership, event registration, and scorekeeping. For the first time ever, IFSA juniors and adults will utilize the same membership platform, joining all members of global Freeride family on LiveHeats. Previous IFSA members will receive an email from LiveHeats with login information to access your account, no need to create a new one.

THE ORDER IN WHICH A SEEDED RIDER REGISTERS DOES NOT MATTER. It is their Seed List Ranking which dictates the likelihood of earning a place on the competition roster.

Regional 2* Events: Once the 72-hour registration window comes to a close, the top-seeded athletes will be moved off the waitlist and confirmed until 50% of the event is full. The remaining 50% of event starts will be awarded by registration timestamp.

National 3* Events: Once the 72-hour registration window comes to a close, the top-seeded athletes will be moved off the waitlist and confirmed until 90% of the event is full. The remaining 10% of event starts will be held until three weeks before the competition, to allow athletes to move up the seeding list during the competition season. Three weeks prior to the start of a 3* event, the 10% registration window will close, and remaining top-seeded athletes will be moved off the waitlist and confirmed until the event is 100% full.

2* Regional competitions are a one-day event and are the first building block for athletes to build points and experience.

3* National competitions are a two-day event with a higher caliber of competing with more extreme venues and experienced athletes. Day 1: qualifier Day 2: Finals. Each age category will get a cut line from the natural point break on day one. All athletes who continue to finals will have a combined score from both qualifier and finals.

THE NORTH AMERICAN JUNIOR CHAMPIONSHIP (NORAM) IS NOW CALLED THE JUNIOR FREERIDE CHAMPIONSHIP (JFC)

After the last National and Regional, points and ranking will determine the athlete invites for JFC. There are three official JFC invite rounds. As athletes accept or deny their invitation, additional rounds will go to the next ranked athlete until the category is filled.

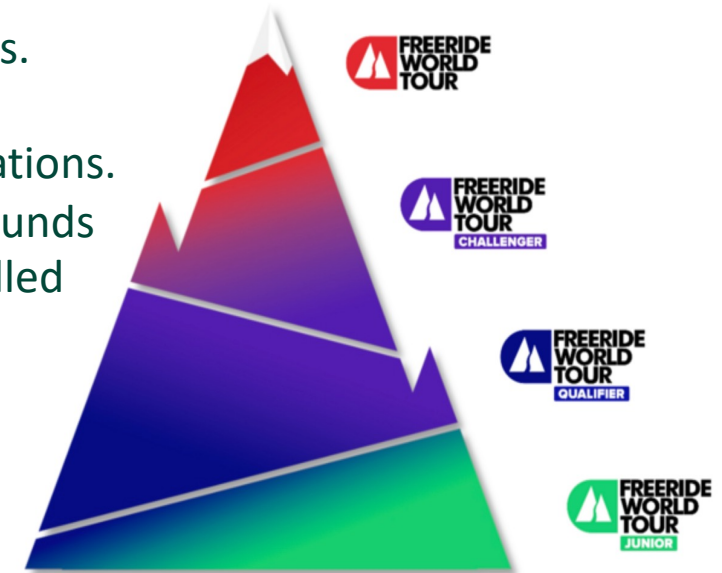
Junior Worlds

15-18 JFC podiums will get an invitation to Junior Worlds. This event is hosted in Europe the following season. Top ranked athletes from both regions will receive invitations. As athletes accept or deny their invitation, additional rounds will go to the next ranked athlete until the category is filled

- Region1:** Europe and Oceania
- Region2:** United States, Canada and South America



Junior Freeride tour



Adult Freeride tour

Regional 2*

Regional athletes may choose four regional 2* events.

First year and regional athletes will start with regional competitions. A top 3 finish at a regional may grant enough points to be seeded into national registration.

or

After collecting points and moving up in the ranking (could happen after first comp). This gives an athlete a chance to move up to national 3* competitions.

National 3*



- Athletes from last season are on a 52-week seeded list from last year's points.
- The more points an athlete collects will grant a higher chance of getting into national competitions.
- More points equals higher ranking and higher on the seeding list.
- National athletes will choose three national 3* events and one regional 2* event

How many events can you participate in?

Regional: If you are not participating in the National 3* Events you are allowed to register for up to three Regional 2* Events in the Rocky Mountain Region (RMFS). IFSA allows you to have up to four events in one season, however you may have to travel out of region for that fourth event unless a RMFS Regional 2* Event hasn't reached capacity, then you are allowed to use that specific Regional Event (2*) as your fourth event.

National: If you are seeded high enough to gain entry into National 3* Events, you will be allowed to register for up to three National 3* Events and you may compete in one Regional 2* Event. If you still need a fourth event and a RMFS Regional 2* Event hasn't reached capacity, then you are allowed to use that specific Regional Event (2*) as your fourth event.

Waitlisted for Nationals

The waiting list will be revisited six weeks before the event and will be racked and stacked according to current seed positions.

The Event Organizer will award the last 10% of the event's starts based on the seeded waiting list.

Regional registration

Registration will open for a 72-hour period, and athletes can register at any time during that window. All registrants will initially be placed on a waitlist. Once the 72-hour registration window comes to a close, the top-seeded athletes will be moved off the waitlist and confirmed into 50% of the Regional Event's starts. The remaining 50% of the event starts will be awarded by registration timestamp. You will get a confirmation email from Live Heats that confirms you are in. You can also look at the waitlist and confirmation list at any time and see your chances.

The RMFS website has a vary helpful FAQS page <https://rockymountainfreerideseries.com/faq/>

JUDGING CRITERIA



Judging video: <https://www.youtube.com/watch?v=M11vZ6zMI3k&t=2s>

Line Choice: Each competitor chooses his/her line or route down the course. High scores are given for choosing difficult routes. Difficulty is determined by steepness, exposure, air, snow and course conditions.

Control: Competitors must remain in control at all times. Any loss of control will result in a lower score. Skillful recoveries will reduce penalties.

Fluidity: Constant direction towards a goal. This includes continuity, pace, and smooth transitions between sections of the course. Falling or stopping can have a negative impact in this category.

Technique: Competitors are judged on style and turn quality relating to big mountain freeriding.

Style & Energy: This encompasses the pace, energy and creativity with which a competitor attacks or descends his/her chosen line or route. Style focuses on freestyle execution of maneuvers.



POINT SYSTEM

Finish Place	Regional Competitions	National Competitions	North American Championship
1st	500pt	1000pt	1250pt
2nd	417pt	835pt	1044pt
3rd	369pt	738pt	923pt
4th	335pt	670pt	837pt
5th	308pt	617pt	771pt
6th	287pt	573pt	717pt
7th	268pt	537pt	671pt
8th	252pt	505pt	631pt
9th	238pt	477pt	596pt
10th	226pt	452pt	565pt

Regional= 2* National= 3*

- First year and regional athletes will start with regional competitions. A top 5 finish at a regional will grant national registration.
- Athlete IFSA ranking will consist of their best 3 finishes (highest point earning) from their first 4 events, regardless of point value.
- End of season ranking will determine Junior Freeride Championship invitation (JFC).
- Points carry over to the next year and determine athlete's rankings, regardless of previous year age division.
- Due to a season ending injury points will be frozen and carry over to the next year.

Regional Competitions 2*

January

Sun, 21st **Steamboat** Travel: Jan 21st – 22nd

Sat 27th **Wolf Creek** Travel: Jan 25th -28th

February

Fri, 2nd **Telluride vol1** Travel: Jan 31st – 4th

Sat, 3rd **Telluride vol2** Travel: Jan 31^h – 4th

Mon, 5th **Copper** Travel: Feb 4th – 6th

Sat, 10th **Crested Butte vol1** Travel: Feb 9th – 12th

Sun 11th **Crested Butte vol2** Travel: Feb 9th – 12th

Thurs, 29th **Monarch** Travel: Feb 28th – 2nd

March

Thurs, 7th **Vail** Travel: Mar 6th - 8th

Mon, 11th **ABasin vol1** Travel: Mar 10th – 13th

Tuesday 12th **ABasin vol2** Travel: Mar 10th – 13th

Thurs, 14th **Aspen Snowmass**

Sat 16th **Breckenridge vol1** Travel: Mar 15th – 18th

Athletes may choose up to Four events

National Competitions 3*

January

Thurs, 11th - 14th **Kicking Horse**

Travel: Jan 9th -15th

February

Tues, 6th – Fri, 9th **Copper**

Travel: Feb 5th – 10th

Thurs 22nd – Sun 25th **Crested Butte**

Travel: Feb 21st – 26th

March

Fri 1st – 4th **Snowbird**

Travel: Feb 28th – Mar 5th

Junior Freeride Championships (JFC) April 6th- 10th Location TBD

Team travel for all events for U19 athletes

**Seeded athletes must have three national events
and one regional event.**

****Athletes cannot attend an event without a coach****

TEAM TRAVEL



Team travel is offered for every competition.

As our team has grown, we have made a system to fairly accommodate all athletes.

As we reintroduce team travel, we are going to start with Only U19 athletes

- National athletes will pick all four team travel locations.
- Regional athletes will pick three team travel locations.
(There is a chance to move up and receive more spots according to ranking)

Cancellation Policy

Canceling two weeks prior to an event due to sickness/injury will be charged one day of team travel expenses. Canceling outside of sickness/injury will be charged the full trip cost.

Skier 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.

Athlete expectations

- Participate in homework time
- Contribute to house clean up and cooking
- Code of conduct violation may result with parents retrieving athlete without competing.

AVSC 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 (ASC) and any mountains/venues on which they compete.
- Athletes will maintain a neat and clean appearance during travel and competition.

ATHLETE MEETING

Individual athlete meetings will be scheduled with a year-round coach to discuss training, competitions and goals.

When: Through the month of October and November.

-During dryland we will select athletes that are ready for their meeting. Or parents and athletes will schedule a meeting

Some things to think about before your athlete meeting

- How are you?
- School schedule. When will we expect you on snow?
- Competition wish list.
- Season goals and competition goals.
- Questions.

Parents are welcome to join athlete meetings if desired.

Please let us know ahead of time on which dryland time works for your schedule.

2024 Athlete Goals

Athlete:

2023 season recap

★ Commitment Teamwork Integrity ★

Training Schedule: W

Priority List: Health, Family, School, AVSC training

Competition Schedule

-
-
-
-

Competition Goals

- Short-term:
 - Mid-term:
 - Season:
 - Dream:
- Achievement plan:

Skiing Goals

- Short-term:
 - Mid-term:
 - Season:
 - Dream:
- Achievement plan:

Skiing strengths and areas of improvement

- Strengths:
- To improve:



Thank you for your dedication to the Freestyle program and the Freeride team