



ASPEN

VALLEY SKI & SNOWBOARD CLUB

Freeride Team

2023-2024

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.



Core Values



Commitment

noun

1. The state or quality of being dedicated to a cause/activity.



Teamwork

noun

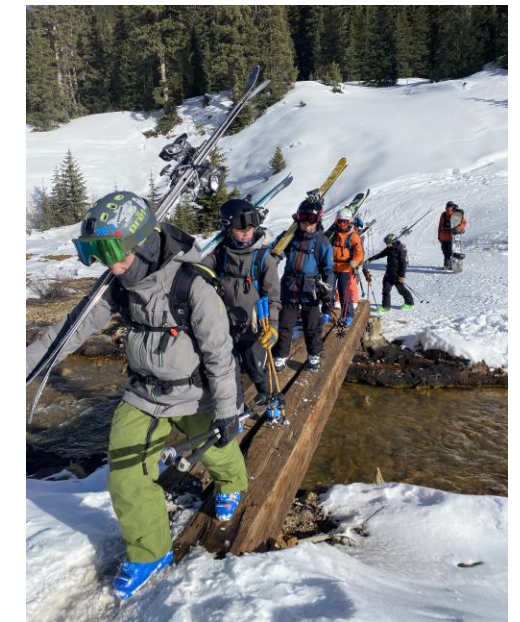
1. The combined action of a group of people, especially when effective and efficient.



Integrity

noun

1. The quality of being honest and having strong moral principles.



Freeride athletes must be a Level 9+ skier and will undergo a first day assessment

Athletes will ski for 32 days, meeting on weekends from December 9th – March 24th, plus December 29th and 31st.

Athlete safety is our primary concern. Our program requires all athletes to wear a back protector, helmet, and recommend mouthguards for training...every day.

Please take the time to ensure your child's gear is in a safe functioning order. If you need assistance with this, please reach out to a coach. Let's have a safe and long season!

- We are here as a team and community to share the joy of skiing.
- Athletes will work on skiing technique and learn the ways of the mountains in a safe and fun environment.
- Coaches are given training goals and technique drills to Work on each week.
- Groups have a one to seven coach and athlete ratio.
- There groups are determined by age and ski ability.

Let's have a safe and long season!



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.

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.**



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.

Training Schedule: Saturday - Sunday

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



Families will receive a weekly email with the schedule and additional information by the Weekend head coach.

Location	Pick up & Drop off / Time
Aspen Mountain	9:00 – 3:30 Outside of Gorsuch (lift ticket office side)
Highlands	9:00 – 3:30 Base area (Right side, next to the Ritz rock wall)
Buttermilk	9:00 – 3:30 In front of Bumps deck
Snowmass	9:00– 3:30 AVSC Snowmass clubhouse (under Venga Venga)

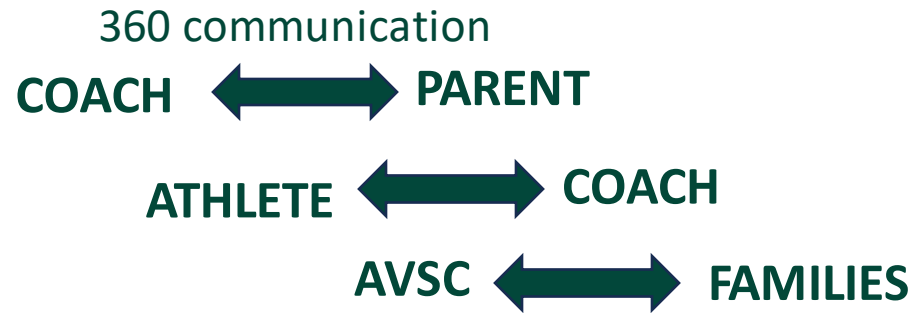


Gear check list

- 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

COMMUNICATION PLAN



Weekend Lead Coach: owenweiss98@gmail.com

- Every Wednesday a weekly communication email will be sent out to families. This email will include: The schedule for the following week, and special notes.
- Please use an email that is up to date and checked often. You may make changes by logging into your Camp Minder account.

Mid season; 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.



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