



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



noun

Commitment

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



noun

Teamwork

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



noun

Integrity

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



Weekend Training

- 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.



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.**



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
 - Midl-ayer
 - 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

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) |

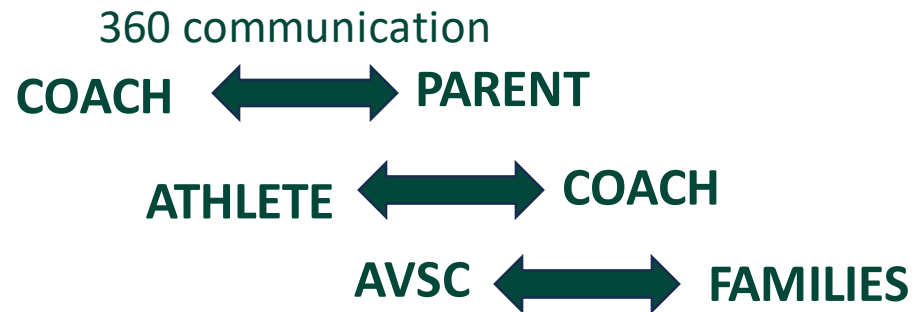


Gear check list

- 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