



ASPEN

VALLEY SKI & SNOWBOARD CLUB

Freeride Team

2023-2024

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Curriculum

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

Welcome to the team!

This is freeride.

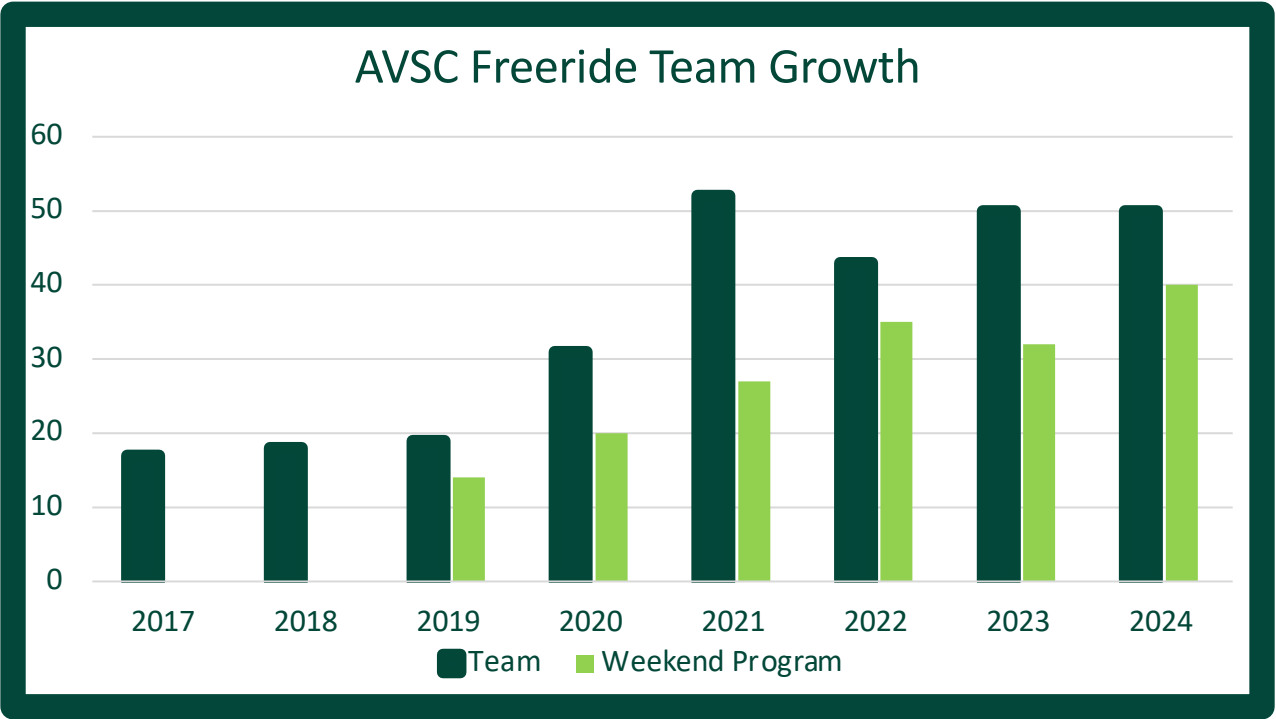
Freeride skiing is a style of skiing performed on natural, un-groomed terrain. It evolved throughout the sport's formative early years as Big Mountain skiing to the highly regimented style of skiing it is today.

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.

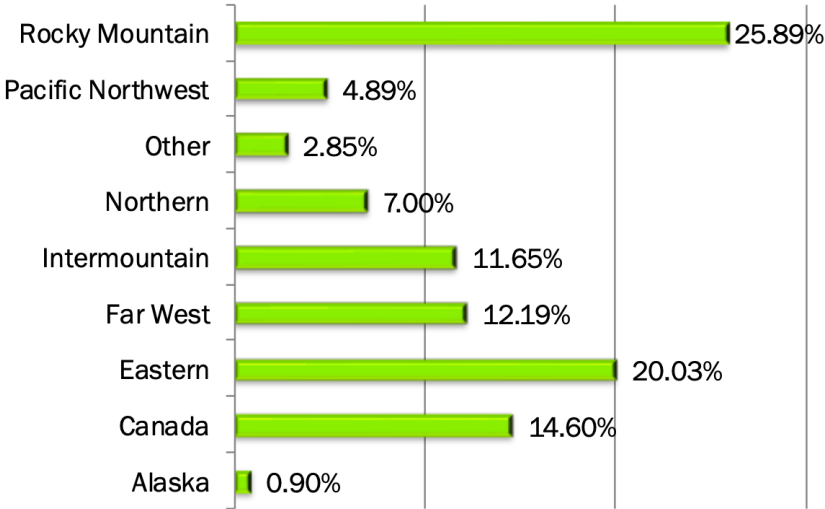


Retaining dedicated athletes and parents have bult a sustaining team since 2013. The magnitude of support has brought many well qualified coaches over the years who have contributed to create the culture and structure our team is today. We thank new and old families for embracing our club, our team and 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 recourses** - From support by AVSC and provided scholarships, athletes can utilize out of reach opportunities. Our environment and club recourses 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.





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.

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)

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

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 divers training conditions.



Weekday training has two drop off times;
12:30 and 1:00 to Accommodate athletes
who get out of school later.
A couch 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 Infront of Bumps deck
Snowmass	WEEKEND: 9:00– 3:30 AVSC Snowmass club house (under Vanga Vanga) WEEKDAY: 12:30 – 4:00 AVSC Snowmass club house

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

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
 - Midlayer
 - 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 **MADATORY**
- Lunch
- Snacks
- Lunch money

**We highly encourage healthy meals and snacks.
A high sugar diet is found 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 Freeride Coaches



Lucas Urtiaga
Freeride head coach
(670) 445-0503
lurtiaga@teamavsc.org



Rhianna Borderick
Female Head Coach
(970) 987-4808
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Ethan Holcomb
U14 Lead Coach
(860) 634-3254
eholcomb@teamavsc.org



Ian Doherty
Assistant coach
(802) 282-3846
idoherty@teamavsc.org



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



Health and Dryland

- AVSC Athletic Trainer
- About Dryland
- Summer Programing



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 athlete who miss 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 secessions 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 apart 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 safely 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 quite and supervised space during
The study hall time.

Thank you for your dedication to the Freeride program

