

ALPINE POST-GRADUATE PROGRAM

ASPEN VALLEY SKI & SNOWBOARD CLUB



ABOUT THE PROGRAM

Aspen Valley Ski & Snowboard Club offers a Post-Graduate (PG) program to give alpine athletes the opportunity to dedicate a year to pursuing their high-level goals in ski racing, whether their goal is to make their respective National team or be a top contributor on a Division I collegiate team. AVSC has incredible resources, notably our coaching staff and training facilities, which make Aspen an ideal place for athletes to achieve their goals.

ELIGIBILITY

Consideration will be given to highly motivated high school graduates who are on track to make a national team or Division I collegiate team. We will compete at the FISU, FIS, and NorAm level. Athletes must demonstrate our core values: commitment, teamwork, integrity. The group will be approximately 12 athletes.

TRAINING FACILITIES

Alpine athletes primarily train on the Stapleton Training Venue, a private venue at Aspen Highlands which provides 400m vertical of varied terrain and is FIS homologated for slalom, giant slalom, super g, and downhill. AVSC has control over the surface, safety, and features of the hill – we modify conditions to ensure the best training for our athletes. Beyond the training venue, Aspen Highlands provides some of the most incredible in-bounds skiing in the world, including the famed Highlands Bowl... and it's all accessible via a lift from the AVSC clubhouse. In addition to Aspen Highlands, Aspen Skiing Company includes three other mountains: Aspen Mountain, Snowmass, and Buttermilk. PGs will train and free ski at all four mountains, including on the World Cup venue on Aspen Mountain. Variety is an important aspect of our program.

Off the hill, the AVSC clubhouse is outfitted with a full gym, a tuning room, and equipment storage. We have an in-house Athletic Trainer to support athletes through injury prevention and rehabilitation.

We love where we live: in addition to skiing, the Roaring Fork Valley is known for outstanding mountain and road biking, trail running, rock climbing, fishing, hiking, and more.



2021 DU Invitational (FISU) at Aspen Highlands. Photos by Matt Power.

QUESTIONS? CONTACT KRIS SHAMPENY
LEAD POST-GRADUATE COACH

KSHAMPENY@TEAMAVSC.ORG
435.602.9276

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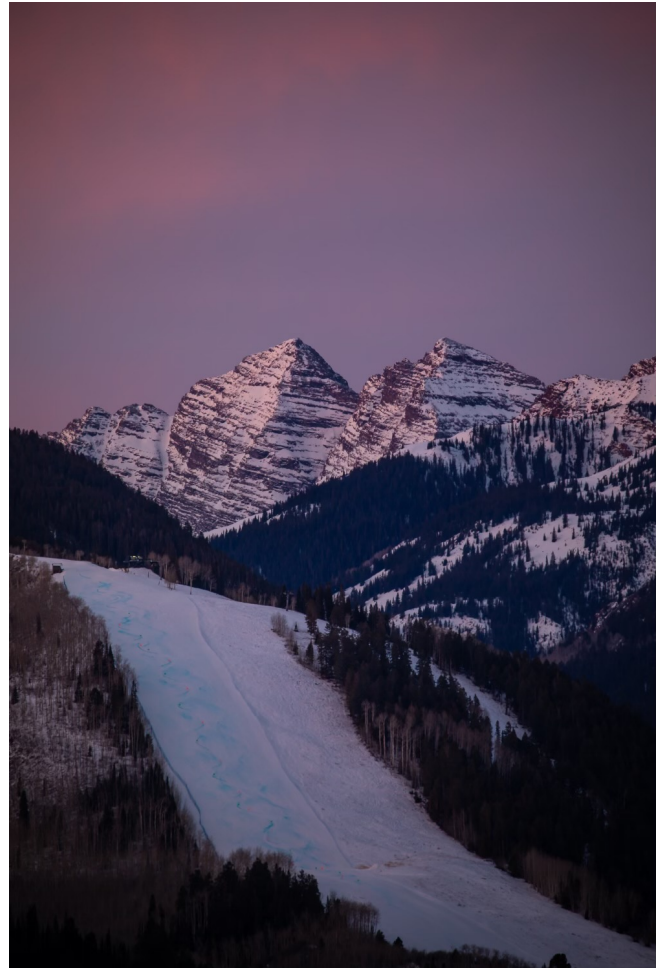
COACHING STAFF

KRIS SHAMPENY, Lead Post-Graduate Coach

Kris grew up skiing at Bridger Bowl in Montana. He raced at the NorAm level for multiple years before skiing for Montana State University for two years, after which he transitioned to a student assistant coach for his remaining two years at MSU. After graduation, Kris spent a year as the Lead FIS Coach at Bridger Ski Foundation before spending seven years coaching the US Women's Alpine Ski Team. 2021-2022 will be Kris' second season with AVSC. He sees Aspen as the perfect place to spend a post-graduate year due to the variety of training venues, proximity to races, and ability to provide a great progression for athletes.

JOHNO McBRIDE, Alpine Program Director

Johno was born and raised in Aspen and grew up skiing for AVSC before moving on to the University of Vermont and the US National Team. He began his coaching career at AVSC and has since returned to run the program after an impressive career with the US and Canadian National Alpine Teams, pushing athletes to achieve their best on snow and in the gym. Johno has held many roles at the World Cup level: US Ski Team Head DH/SG Coach and Head Combined Coach; Head Coach for Bode Miller / Team America; Head Coach Alpine Canada Men's Speed team.



Sunrise at the Stapleton Training Center. Photo by Sam Ferguson.

TENTATIVE SCHEDULE

The Post-graduate program starts in May to allow us to work together to build a strong fitness and technical base going into the competitive season. The tentative schedule below excludes travel associated with races.

BLOCK 1 | May 26th - 31st Copper GS/SL

BLOCK 2 | June 10th - 14th Copper GS

BLOCK 3 | Dryland June 15th - July 9th

BLOCK 4 | July 10th - 21st Mt. Hood GS/SL

BLOCK 5 | Dryland July 26th - Sept 17th

BLOCK 6 | Sölden Sept 30th - Oct 14th GS/SL

IN SEASON | On snow in CO October 25th through the end of the season (mid-April)

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HOUSING + TRANSPORTATION

Housing is not provided by AVSC, but we will do our best to help PGs find a good situation. Aspen has an incredible (in most cases, free) public transportation system; PGs do not need a car. Athletes do not need to live in Aspen; our staff and athletes live in many of the surrounding towns (Snowmass Village, Basalt, Carbondale, Glenwood Springs).

ACADEMICS

Colorado Mountain College has a campus in Aspen where athletes can elect to take courses.

COST

\$14,700 (does not include ski pass and race / trip fees)



HOW TO APPLY

Contact Kris Shampeny, Head PG Coach by June 1st, 2021 to set up a phone interview

Kris' contact information:
kshampeny@teamavsc.org | (435) 602-9276

FROM AN ATHLETE'S PERSPECTIVE ...

Training at AVSC is incredible because you're not limited to a narrow designated trail like so many other clubs. Highlands has awesome variable terrain and it's wide enough for a different course set every day of the year. It's also really valuable to get some skiing in on Ajax after they've prepped the race hill to perfection for the World Cup. On top of that, the coaching dynamic works really well. Not only do they have a great technical eye, but their enthusiasm for the sport really shows. I'm not sure many other clubs have a coach hopping in the course to show you how it's done.

My PG year gave me the opportunity to spend a huge amount of time skiing, which is important because once you get to college and take on some tough classes you're pretty limited with time on snow. Everything is so fast paced in college and I hardly ever communicate with my coaches, let alone get more than four runs in a day. I got a lot more than I asked for out of a PG year; I thought the goal was to lower my FIS points, which I definitely did, but in retrospect I really appreciate all the experience I gained and also the amount of time spent working with coaches.

- Devon Cardamone, Middlebury College Ski Team

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