

# AVSC Predevo Freestyle & Alpine 2022

# WELCOME

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## WELCOME to the TEAM

- PreDevo is an INTEGRAL program within AVSC.
- MULTIDISCIPLINARY bridge between the ASK programs and both the Alpine and Freestyle programs
- Ski all 4 Mountains:
  - Aspen, Snowmass, Highlands & Buttermilk
- PreDevo offers both:
  - An introduction to competitive skiing
  - And an all-mountain experience for young skiers
- All based on:
  - Learning fundamental movements
  - Safety
  - Awareness
  - Fun
  - Independence & Ownership

# **AVSC Core Values**

Teamwork

Integrity

**Commitment** 



**Mission:** Provide all youth in the greater Roaring Fork Valley the opportunity to excel as athletes and as people through winter sports



Alpine and Freestyle offer programs for U10 and U12 skiers with options for:

- U10 DEVELOPMENT TEAMS
  - Choose Freestyle OR Alpine
  - Total of 34 days: weekends
  - Local Competitions
- **U10 COMPETITION TEAMS** 
  - Choose Freestyle OR Alpine
  - Total of 60+ days: weekends + Wednesdays, plus holiday and Spring camps
  - Travel to Competitions

In these programs athletes will train for and enter more competitions while still maintaining a healthy balance of all mountain directed freeskiing.



### **AVSC PreDevo LEADERSHIP**

PREDEVO HEAD COACH AMY BERESFORD **ERIC KNIGHT** FREESTYLE DIRECTOR **ALPINE DIRECTOR JOHNO MCBRIDE MEREDITH ELWELL ASK PROGRAMS** ASPEN **STEPHANIE BRAUDIS** OFFICE MANAGER **EXECUTIVE DIRECTOR** MARK GODOMSKY

**VALLEY SKI & SNOWBOARD CLUB** 

## **PreDevo COACHES**



**Pete Welch** Polly Hilleke Jackie Welgos Frank Howard **Cooks Braun** Sydney Schachter **Tami Solondz** Isabella Stepnoski Amy Beresford yeh Ba

Most In

### **PreDevo TEAM STRUCTURE**



### WE ARE ONE TEAM!

- Same special events & intermural competitions
- Same location and meeting spot
- Same daily focus

### SMALL GROUPS:

- 7 athletes per coach
- Cohesive, move same speed
- Most groups co-ed
- Same coach for season
- Team-teach opportunities
- Coach-swap for specific days

### TWO PICK-UP & DROP-OFF GROUPS:

Logistically, to support efficient pick-up & drop-off as well as aid social distancing, individual groups will be assigned to one of two larger groups (Aztec or Ozone), with 30 min. staggered start/end times.

AZTEC

8:30-9:00 drop-off 2:30-3:00 pick-up

OZONE

9:00-9:30 drop-off 3:00-3:30 pick-up

### **PreDevo TEAM GOALS:**



Safety & Awareness: Navigate and ski mountains & parks safely

Have Fun Each Day!

Build foundational skills and athleticism (ABCs)

Learn and demonstrate AVSC Core Values

Friendship & Camaraderie

Gain skills, confidence & awareness needed for AVSC U10 & U12 Alpine or Freestyle Programs

Grow a lifelong love for skiing!!





The Golden Rule rules!

- Be respectful. Represent yourself and your team well! Commitment, Integrity, Teamwork Always wear masks inside, follow COVID guidelines Learn and follow the Skier Responsibility Code Listen - To coaches and teammates No Music - I pods, speakers, headphones, etc. No Phones - OK for emergencies, otherwise ask permission Food - Healthy choices please! One treat per day Be On-time – Or be early!
  - Show-up READY to Ski!

## **COVID Protocol & Guidelines**



### teamavsc.org/COVID-19-Guidelines



#### HOME SCHOLARSHIPS + FUNDRAISING

#### COVID-19

WINTER PROGRAMS
SUMMER PROGRAMS
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COMMITMENT TEAMWORK INTEGRITY



#### **COVID-19 Guidelines**

AVSC 2021-22 COVID-19 Protocol Updated November 12, 2021

AVSC takes seriously the health and safety of all our athletes, coaches, staff and community. From the onset of the COVID-19 pandemic, AVSC has followed all local, state and federal guidelines to prevent further spread of the virus. As a club, we have continuously monitored protocol and guidelines in order to provide programming to our athletes in a safe and fun manner while adhering to guidelines.

All participants, regardless of vaccination status, are permitted and encouraged to join AVSC programming. As of October 11, 2021, AVSC implemented a mandatory vaccination policy for all staff. Additionally, any athlete that elects to travel overnight with team travel, is required to show proof of vaccination for COVID-19.

Unvaccinated athletes will be able to participate in all training, competitions, camps, etc. but will be required to provide their own lodging and meals. All athletes, regardless of vaccination status, are able to travel in club vehicles for day trips and to/from events. All athletes are required to wear masks covering nose and mouth at all times in vehicles.

AVSC recognizes the value of team travel to athletes and families. This policy is designed to gives us the best possible opportunity to safely travel without interruption. Full cooperation from all staff, athletes and families is critical during this time. We have made this decision after careful consideration based on the following:

- Fully vaccinated individuals are no longer required to quarantine after close contact with COVID-19 exposure.
- U.S. Ski and Snowboard requires proof of vaccination for participation in any U.S. Ski Team travel. Our policy is consistent with their policy.

## **PreDevo COVID Guidelines:**



### We are grateful to be skiing!! We will do our part to keep chair lifts spinning!

Our Strategy:

• Follow all AVSC, Aspen Ski Co, State and County COVID-19 Guidelines Key Points:

- Athlete temperature to be taken before leaving home each day
- Attendance taken at all sessions (contact tracing)
- Wear masks when indoors and in gondolas
- Staggered start times
- Small groups. Maintain pods/cohorts as much as possible
- Maximize time outside
- Efficient inside warm-up and lunch breaks
- Eat lunch and take breaks outside whenever possible

### **COVID MASKS!**



- No Mask = No Training
- One is not enough:
  - Bring more than 1 (Wear one and pack a spare!)
  - Must be worn indoors and in gondolas
  - Real face mask is recommended!

Wear a mask plus a thermal neck-gator/buff. This helps ensure masks stay in place without constant adjustment, limits touching masks/faces, gators can be used to regulate temperature without being sopping wet from breathing, spare dry masks are small and fit in pockets!



### PreDevo PREREQUISITE Guidelines

- Level 7 Skier: "I am able to ski all blue terrain in varied conditions, make parallel turns with a pole plant, and working on black terrain, including bumps, trees, and terrain parks."
- Age 7 by December / Program Start Date
- Proficiently Pass On-Snow Skill Evaluation (More info on next slide)
  Ability to load lift with a buddy, not always a coach
  Ability to independently buy lunch and carry lunch tray
  Most Important: Demonstrate a desire to ski every day

### **PreDevo ASSESSMENT**

Takes place 1<sup>st</sup> weekend of training. Intended for all athletes, especially first year Pre-Devos. Goal is to help identify cohesive groups for the season as well as ensure proper program placement.

Note: Modified format this year due to snow conditions and limited hill space

Listen to directions from coaches Participate in group warm up Carry & use equipment without help Safely load lift with a teammate Skate and glide on gentle slope **Pole jumpers\* GS** gates\* Side Slip & Hockey Stops Traverse both directions across hill Control speed and turn shape \*Some exercises modified this year

## COMMUNICATION

- **Online** Calendar
- Weekly Email
- WhatsApp
- Contact group coach
- Contact program head coach

- Amy Beresford AVSC PreDevo Head Coach <u>aberesford@teamavsc.org</u> 505-331-4760
- Find us in person at pick-up and/or drop-off
- Call or text during training and for immediate reasons
- Please email for all other reasons
- Coaches will do their best to reply within a 24 hour time frame

<u>Note</u>: Everyone should already be receiving emails. Today's email included links for the team calendar and WhatsApp message group. Please check and contact me if you need to be added to the group email.



## **Online Google CALENDAR!**



Look here 1<sup>st</sup> to know when and where to be!! Link this to your own calendar!

teamavsc.org/Alpine-Freestyle-PreDevo-22140



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1	CALENDARS
	ACADEMICS
	SUMMER PROGRAMS
	WINTER PROGRAMS
	COVID-19
	SCHOLARSHIPS + FUNDRAISIN
	HOME

ACCOUNT LOGIN



COMMITMENT TEAMWORK INTEGRITY



#### Alpine & Freestyle PreDevo

Amy Beresford PreDevo Ski Days: Dec 11-12, 18-19, Jan 2, 8-9, 16, 22-23, 30, Feb 5-6, 13, 20, 26-27, Mar 6, 12-13 Head Coach Pre Devo 505 331-4760 AB

ABeresford@teamavsc.org

Freestyle Program Director Eric Knight: (970)-205-5130 | eknight@teamavsc.org

 AVSC PreDevo

 Today
 Image: December 2021
 Image: December 2021



## **Meeting LOCATIONS**

**Aspen Mountain:** Gondola plaza **Aspen Highlands: AVSC clubhouse Buttermilk:** On snow at end of main plaza **Snowmass:** End of Snowmass Mall, top of Skittles Lift

We are privileged to be able to ski at all 4 Aspen/Snowmass resort locations!!

### OVERALL SCHEDULE



Skills Evaluation Weekend: 1<sup>st</sup> Weekend of Training

In-Season Training: 20 weekend days, December through Mid-March

Dedicated Freestyle and Alpine specific activities Special Events:

PreDevo Bowl Hike – Parents welcome

**Triple Crown Challenge** 

Team BBQ + Awards

Notes:

- Always check the online training calendar!
- Training is a "GO" if the mountain is open, regardless of weather



## **Specific Training VENUES**

Skiing at all 4 area mountains provides unique training opportunities at each location, including:

- Highlands Playground: located on Nugget (old NASTAR course): Gates and skill exercises
- Hildebrand Side-yard Training Center Airbag: AVSC Clubhouse: Freestyle jump training

Red Rover Terrain Park: Buttermilk: Small Freestyle Park

**Terrain Parks & Half Pipes:** Buttermilk and Snowmass: Small Parks OK, Medium Parks with permission only, No Large Parks- with exception of half pipes.

- Stapleton Training Center: Highlands (top of T-Bowl chair)
- Moguls Venue: Highlands (Thunderbowl)

### EQUIPMENT



#### **RULES OF THUMB:**

#### SKIS:

Nose to Eye Height. Opportunities for twin-tips and race skis. Only one pair of skis is needed. Choose appropriately based on height and weight. twin-tips or rounded tips and tails with decent side-cut is ideal.

#### **BINDINGS:**

Things to check: DIN settings match, middle of range is ideal, boot aligns with center mark, brakes are functional

#### POLES:

How to check length: Look for 90 degree elbow at side and forearm should be flat when gripping pole while standing in skis.

#### HELMET:

Make sure padding and chinstrap are snug, check fit and signs of damage. Wearing a balaclava or beanie underneath can be helpful, esp. on cold days. Googles need to fit properly with helmet. Stickers are awesome!!!

#### BACKPACK:

Small day-pack. Shoulder straps need to be adjustable and set to fit without coming loose. Any extra straps need to be tied-up out of the way, not loose where they can easily get caught in the chairlift and/or while skiing.

#### **BOWL STRAP:**

Athletes each carry their own equipment on Bowl-Hike day. If you don't own one, you can buy a simple version from the Highland's Ski Patrol, you can buy a sturdier, more expensive version from a ski shop, you can make your own, or ask a friend or family member to borrow one!

#### MASK:

True covid face mask (over the ears) is recommended! This is in addition to a dedicated neck-gator/buff



## **BACKPACKS:**)



Always bring a backpack with food and extra clothing layers!

- Reduce need to go inside and makes lunchtime efficient
- Backpacks to be dropped at a central location first run
- Intent is NOT to ski with backpacks all day, but to be more selfsufficient throughout the day, maximize time outside vs inside
- Coaches will make sure to take groups inside as needed when staying outside is not a good option. Warmth, bathroom breaks, food/hydration are still priorities

Handwarmers, dry

mask, and a snack in a

pocket is a good idea

### PACKING LIST:

- Food & Water Bottle
- Alternate Clothing Layers
- Extra mask
- Hand Warmers

## **Everyday Checklist!**



- Skis, Boots, Poles, Helmet, Googles, Gloves, PASS, Backpack, mask!
- Is everything yours?
- Does everything work?
- Ski Pass: Make sure it is loaded and active to use!
- Clothing: Check the weather! We ski the whole mountain. Conditions can be different at the top! Dress in layers. Always bring a neck-gaiter (or two!). Toe and hand warmers can be a good idea! Generally, too warm is better than too cold ©
- Sunscreen: Wear it! And keep a small tube in your pocket, even on cloudy days!
- Lunch Money PLUS Packed Lunch: Please bring both! This keeps lunch options open, and makes lunchtime more efficient ©



### **ATTENDANCE Policy:**

At the PreDevo level, coaches view your children as young athletes.

We expect your child to be ready to ski and take part in training every day they come to practice.

We understand that training can be vigorous and that PreDevo is not the only activity on kid's schedules. We do not expect your child to have 100 percent attendance, but we do expect them to be 100% engaged when they're in attendance.

If your child is feeling physically exhausted, sick, or stayed up too late at a sleepover the night before, PLEASE DO NOT SEND THEM TO TRAINING. It is not fair to the other athletes to have to deal with someone who is not feeling up to it.

#### **IMPORTANT:**

Make sure to notify your coach if your athlete will be absent!

For attendance as well as safety and communication reasons, always check-in and check-out with your athlete' coach.

## **LATE for Training?**



"IF YOU CAN'T BE ON TIME, BE EARLY!"

- famous ski coach

- Groups load the lift promptly at the designated time, OR sooner, if all athletes have arrived : ) !!!
- Please avoid holding up the group
- If You're Late:
- Do not ask the group to wait for you, even for 5 minutes!
- Late athlete and parent are responsible for finding the group
- Contact your group coach
- In most cases, go to the meeting spot and wait, groups can do a "sweep" on their first run if they know you are close
- You may be asked to meet-up at lunchtime depending on the circumstance

### **TRAINING DAY**



DROP-OFF: 30 min window in the morning, check-in with coach Group 1 (Aztec) 8:30-9:00, aim for 8:45 Group 2 (Ozone) 9:00-9:30, aim for 9:15 LIFT-LOAD: Aztec at 9:00 sharp, Ozone Group at 9:30 sharp (30 min apart) STRETCH/WARM-UP: Top of the lift/first run, set daily goals & focus MORNING SKI SESSION: Skill progressions, drills/exercises, inspection / pre-ride & re-ride runs. LUNCH on the Mountain: +/- 11:15 (typically 30-40 min break) AFTERNOON SKI SESSION: Skill application, mountain exploration, TtoB miles, park sessions, race-course timing PICK-UP: 30 min. window in the afternoon, check-out with coach Group 1 (Aztec) 2:30-3:00, aim for 2:45 Group 2 (Ozone) 3:00-3:30, aim for 3:15 IMPORTANT: Please check-in with your coach at BOTH drop-off & pick-up

### **SPLITS:**



### Forming Groups:

Coaches work together to form cohesive groups Initially based on results from skill assessment, age, maturity, and interest If possible and a good fit, we will accommodate requests Changes may happen at anytime per coaches discretion We ask parents to respect and support decisions made by coaches

### Separated Athletes:

Ski areas are big, fun places to explore, athletes can become separated! Most often this happens unintentionally Occasionally, athletes choose to pick-their-own adventure Most importantly, athletes should know they're not 'lost' Secondly, they should be aware enough to go to the nearest meeting spot and find an adult (another coach, ski-patrol or another grown-up) Contact cards will be provided for each athlete to keep in their pocket



## **Special EVENTS:**

**Pre-Devo Highlands Bowl Hike:** A Pre-Devo tradition held toward the end of the season. A sunny day with good snow conditions is strategically chosen for ALL Pre-Devo groups to venture up the bowl, catching the cat-ride and hiking to the top. Parents are welcome and encouraged to take part! A true team event and sense of accomplishment and fun for all.

#### ASPEN () SNOWMASS

**Triple Crown Challenge:** This is the culminating competition event of the season. Athletes put their skills to work in a three-part competition, showcasing all they have learned throughout the season. The event includes 2 runs of freestyle moguls, 2 runs of big mountain off-piste skiing, and 2 runs of alpine giant slalom racing. The event is held on the second to last day of training, with awards ceremony at the party the following day.

**End-of-Season Party:** The last day of Pre-Devo is a party on skis! Costumes emerge and Pre-Devo takes a run as a whole team to the top of Aspen Highlands for the annual team picture and to ski The Wall together. Awards and Party afterward. Note: pending COVID-19 restrictions

**Roaring Fork Race Series:** No entry fee. Age Class Awards, U10,U12,U14 Cookie Medals. We will send out info closer to the events.



### COACH Expectations



- Athlete well-being & safety is first priority
- Provide the best possible experience for athletes and parents
  - Always model responsible behavior & be on time and ready to coach
  - Communicate daily at training, including informing parents of any concern's and/or accolades

Return phone calls and e-mails in a 24-hour time frame

Follow COVID Guidelines

### TRAINING

- Background Check every year
- CPR & First Aid every 2 years
- Safe Sport training every year
- Concussion awareness every year
- AVSC Coaches Training every year



# ATHLETE Expectations

Want to ski !!!

Be ready to ski !!!

Have a goal in mind

Speak-up/tell a coach if anything is wrong

Respect and follow directions from coaches

Be a teammate and representative of AVSC

Follow COVID guidelines



### PARENT Expectations

- Make sure athletes are able to attend training on-time and prepared for the day
- Check in with coaches at both pick-up and drop-off each day
- Use cautionary judgment sending athletes to training if they haven't slept, eaten, or are not healthy
- Communicate special needs/conditions (i.e. inform AVSC of all existing medical conditions which could affect the safety and participation of your athlete and/or other athletes)
- Model responsible behavior when attending training/races
- Support the decisions of coaches and promptly address problems
- Only enter racing and/or training venues with specific permission and as directed by a coach
- Follow-up and/or go ski with athletes outside of training time to check for understanding and help engrain new skiing skills
- Follow COVID Guidelines



### PARENT Work Deposit



- Everyone paid a work deposit
- It is possible to work off 100% of your parent work deposit
- Hours worked equate to \$30/hr
- Events to keep in mind:
  - PreDevo Triple Crown Challenge several volunteer positions, from race starters and timers, to judges, to course workers, etc.
  - PreDevo BBQ & Awards Help with set-up and tear-down
  - U10, U12, U14 Competitions and events
  - Freestyle Team and Alpine FIS competitions
  - AVSC all-club events throughout the year



### AVSC Spring & Summer CAMPS



### Buttermilk Glacier Snow Sessions

- Starting June
- M F, 4 weeks
- Airbags, Boxes, Rails
  - Race Courses
    - Skill focus each day

### Tramp Camps

- July & August
- Each week, M F
- Supertramp
- Flybed Trampolines
- Mini Tramps
- Tramp skis



# SEE YOU ON THE HILL!