

AVSC PreDevo



Freestyle & Alpine 2023/24

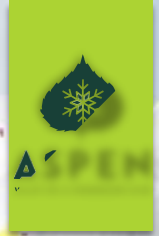
WELCOME





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



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





What's after PreDevo (next year)?

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

- **DEVELOPMENT TEAMS**
 - U10 34 days: weekends
 - U12 45 days: weekends + Wednesdays
 - Local Competitions
- **COMPETITION TEAMS**
 - U10 60+ days: weekends + Wednesdays, plus holiday and Spring camps
 - U12 90+ days: 5+ days weekly in-season, plus year round programming
 - 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

MICHAEL GLAH

FREESTYLE DIRECTOR

ERIC KNIGHT

ALPINE DIRECTOR

JOHNO MCBRIDE

ASK PROGRAMS

MEREDITH ELWELL

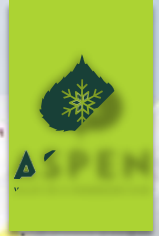
OFFICE MANAGER

STEPHANIE BRAUDIS

ACTING EXECUTIVE

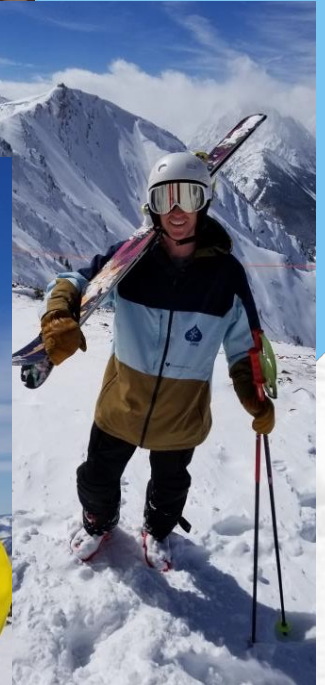
DAVID VOLZ

DIRECTOR



PreDevo COACHES

- ▶ Pete Welch
- ▶ Austin Northern
- ▶ Kevin Jordan
- ▶ Ansley Totten Ronay
- ▶ Greg DiSilva
- ▶ Carlie Urell
- Michael Glah (HC)



INTEGRITATIS COLLABORATION
the nomination of the
ity of the AVSC PreDevo Te
ygh Barker
is presented the
Most Improved
AWARD for the 2020-2021 season

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

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

OZONE

9:30 drop-off
3:00 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

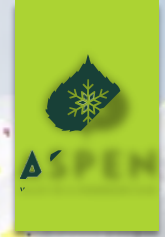
Gain skills, confidence & awareness needed for AVSC U10 & U12 Alpine or Freestyle Programs

Grow a lifelong love for skiing!!





A Few TEAM RULES:



▶ The **Golden Rule** rules!

Be respectful. Represent yourself and your team well!

Commitment, Integrity, Teamwork

- ▶ **Staying at home if feeling Sick!**
- ▶ **Learn and follow the Skier Responsibility Code**
- ▶ **Listen - To coaches and teammates**
- ▶ **No Music - Ipods, 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 and Wanting to Ski!**



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 1st 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 - THURSDAYS**
- ▶ **WhatsApp**
- ▶ **Contact group coach**
- ▶ **Contact program head coach**
- ▶ **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**
- ▶ **Head Coach/Program Director will do their best to reply within a 24 hour time frame**

Michael Glah
AVSC PreDevo Head Coach
mglah@teamavsc.org
970-948-7640

- ▶ **Note: Everyone should already be receiving emails. Last Week's email included links for the team calendar. Please check and contact me if you need to be added to the group email.**

Online Google CALENDAR!

Look here 1st to know when and where to be!!


Link this to your own calendar!

teamavsc.org/Alpine-Freestyle-PreDevo-22140



Mail - Michael Glah x | system.campminder x | Alpine & Freestyle P x | Google Calendar - V x | Alpine & Freestyle P x

teamavsc.org/Alpine-Freestyle-PreDevo-22140



HOME

SCHOLARSHIPS + FUNDRAISING

WINTER PROGRAMS


SUMMER PROGRAMS

CALENDARS

AUDI AJAX CUP

EVENTS

DONATE



Alpine & Freestyle PreDevo

2023/ 2024 Pre Devo Ski Days:
Dec. 9*,10*,16,17*,
Jan. 6,7,13,14,20,21*,27,28,
Feb. 3,4,10,11,24,25
Mar. 2,3,9,10

*half days for coaches training and assesment

Michael Glah (Head Coach) | (970) 948-7640 |
mglah@teamavsc.org

Meeting LOCATIONS

Aspen Mountain:

- ▶ Gondola plaza

Aspen Highlands:

- ▶ AVSC clubhouse

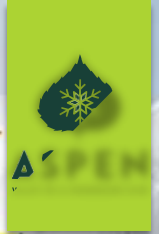
Buttermilk:

- ▶ On snow at end of main plaza

Snowmass:

- ▶ End of upper Snowmass Mall, top of Skittles Gondola

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



OVERALL SCHEDULE

Skills Evaluation Weekend:

- ▶ **1st Weekend of Training**

In-Season Training:

- ▶ **21 weekend days, December through Mid-March (some half-days)**
- ▶ **Dedicated Freestyle and Alpine specific activities**

Special Events:

Roaring Fork Series 2/25 – Alpine Race with all AVSC

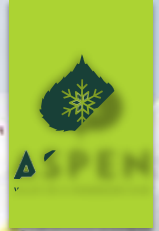
PreDevo Bowl Hike – Parents welcome

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:

A dedicated neck-gator/buff for warmth.



Everyday Checklist!



- ▶ **Skis, Boots, Poles, Helmet, Goggles, Gloves, PASS, buff!**
- ▶ **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 or Packed Lunch 😊**

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, or does not have the desire to ski, 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 head 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 or head-coach. (especially if your child is going home with another adult, or by themselves).**



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 and head 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) 9:00, load lift at 9:30

Group 2 (Ozone) 9:30, load lift at 10:00

LIFT-LOAD: Aztec at 9:30 sharp, Ozone Group at 10:00 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 pick-up

Group 2 (Ozone) 3:00 pick-up

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**

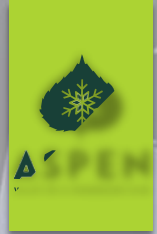
- **Separated Athletes:**

- ▶ **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' only separated**
- ▶ **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 with numbers to contact coaches in "separated" situations only**



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.
- ▶ **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.
- ▶ **Roaring Fork Race Series:** No entry fee. This year it will be February 25th. Age Class Awards, U10,U12,U14. Great introductory Alpine race. 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**

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**

PARENT Expectations

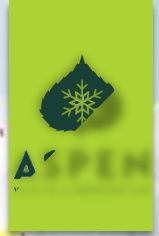
- ▶ **Make sure athletes are able to attend training on-time and prepared for the day**
- ▶ **Check in with coaches at both pick-up and drop-off each day**
- ▶ **Use cautionary judgment sending athletes to training if they haven't slept, eaten, or are not healthy**
- ▶ **Communicate special needs/conditions (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**





PARENT Work Deposit

- ▶ **Everyone paid a work deposit**
- ▶ **It is possible to work off 100% of your parent work deposit (up to 5 hrs which is \$150)**
- ▶ **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, T, W - 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!**