



U10 PROGRAMS FACT SHEET 2017-18

CORE VALUES: Commitment • Teamwork • Integrity

PHYLOSOPHY: Great Athletes! Great Kids!

MISSION: The Mission of the Aspen Valley Ski/Snowboard Club is to provide all youth in the greater Roaring Fork Valley the opportunity to excel as athletes and as people through winter sports

STAFF:

Pat Callahan – U12/U10 Lead Coach	pcallahan@teamavsc.org	970-379-5878
David Divine – U10 Lead Coach	ddivine@teamavsc.org	916-580-5280
Greta Muxworthy – U12/U10 Coach	grmuxworthy@teamavsc.org	585-643-9066
Tyler Williams – U12/U10 Coach	twilliams@teamavsc.org	970-355-9533
Anda Smalls – Parent Liaison	andasmall@mac.com	970-618-8508
Alice Black – Alpine Programs Director	ablack@teamavsc.org	970-393-2056

PROGRAMS OVERWIEV:

The U10 Program focuses on all around skill building through skiing moguls, powder and steeps in addition to training Slalom and Giant Slalom and doing race-specific drills. U10s must be a level 7 skier or higher and able to ride the lift by themselves.

2-DAY (WEEKEND)

- On snow training only from December 2nd through March 25th (35 days)
- Holiday Camp included (December 27-30)

3-DAY (Weekend + Wednesday)

- Dryland training after school from November 1 through November 29th on Tuesdays, Wednesdays and Thursdays
- On snow training from December 2nd through March 25th on Weekends and Wednesdays after school (50 days)
- Holiday Camp included (December 27-30)

SPRING BREAK CAMP (March 27-29 – available at extra cost - \$200)

More info [HERE](#)

WHAT PARENTS CAN EXPECT IN THE AVSC U10 PROGRAM:

This program is an introductory program into the life of ski racing. This is VERY exciting time for your little skiers as well as for you as parents! New U10 athletes will be introduced to ski racing while returning U10 skiers continue to advance their race skills. The U10 season will be full of free skiing and racing, learning what a training day looks like, what a race day looks and feels like, and how to follow coaches' directions for warm up runs, free runs, and fun runs!

Please don't get overwhelmed with the race talk if this is your skier's first year in this program. Ask parent liaison, Anda Smalls or any other parents if you have any questions about how this whole thing works, you will get the hang of it in no time!

Here are some overall guidelines for the season:

- Safety and Fun are number one! We take our job seriously and will take care of your kids when they are with us. Please read the ATHLETE MANUAL by clicking

[HERE](#) and PARENT SUGGESTIONS documents by clicking [HERE](#) – they will answer many of your questions!

- Skiing starts in early December, usually on Aspen Mountain
- When conditions permit, we move to Highlands where most on-snow training days happen for the season
- Typical weekend day: 9:00am – 3:00pm; many days we will train gates in the morning and free ski in the afternoons – be prepared to bring multiple skis if needed; Coaches will organize kids into groups, ski with them or send them to warm up on their own while they are preparing the training venue; kids will have clear directions about what they need to be doing and where they need to meet.
- Wednesday after school (for 3 Day / Week athletes): 2:00 – 4:45pm; usually we train gates on Thunderbowl. The Thunderbowl lift will run until 4:45.
- Goal Setting – Your kid is not going to the Olympics this year yet but it might be a good time to talk about goal setting regardless! How about making a family goal of skiing together X number of times, maybe going to X number of races, or hiking and skiing Highland Bowl together? This is not about setting goals to win but rather to set a fun goal you can achieve together. Good skill to learn at a young age!
- Cell Phones – it's OK for your kid to have a cell phone for direct communication with you if needed. However, we don't want them to have it available at all times so our guidelines are to leave all electronics in the backpack or boot bag at the bottom of the hill. They can check in with you during lunchtime or right at the end of the day. We are big proponents of NOT looking at the screens while riding chairlifts or while having lunch with friends.
- Lunch info - AVSC athletes almost always eat lunch in the on-mountain restaurants. No one is allowed to stop for lunch without approval from a coach. Athletes have two options for lunch:
 - o Bring their own lunch
 - o Buy whatever they want. AVSC athletes do not get a discount on general purchases.

Remember that we represent AVSC when we are at lunch. Racers must sit in the area designated by the coach and need to ask permission before they leave. Please be quiet and courteous when in the restaurants. Say “please” and “thank you” to the employees and clean up after yourself

ANNUAL AVSC EVENTS and GATHERINGS (with exact dates if available):

You are now a part of the great AVSC family. WELCOME! Skiing is what brings us together but we do so much more! We hope to see you at various AVSC events and gatherings.

- AVSC program registration - September for U10 athletes
- AVSC Ski Swap – October 8
- 5 Trees Run - fun all AVSC athlete/family/friends run up to top of 5 Trees chair – October 14
- AVSC Ajax Cup - biggest AVSC fundraiser – December 30
- FIS races hosted by AVSC - great to see and/or volunteer to help with ski racing at higher levels - January 20-25 and April 1-7
- AVSC Nordic Bonfire Dinner - great community event/fundraiser on cross country skis - supports AVSC Nordic programs – February
- **NEW - AVSC Olympics** – an opportunity for Alpine skiers to try Nordic - Wednesday afternoon, March 21
- End of U10 ski season – Roaring Fork Series race and BBQ, March 25
- 4th of July AVSC picnic at Koch Park

COMMUNICATION:

E-mail

We rely on electronic mail as much as possible. We will send out a group e-mail for each program on Friday afternoon to revisit the schedule for the coming weekend and outline the schedule for the following week.

Text Hotlines

We have a text hotline system in place for last minute changes and alerts. Once you subscribe to the appropriate age group you will get text message reminders when needed. Make sure you check your texts when at away races for most recent communication.

To join follow the instructions below:

U10 and U12 Weekend Text U10U12WEEKEND to 84483

U10 (3 Days / Week) Text U10ALPINE to 84483

To opt out reply to any text message from 84483 with the word: STOP. If you opt out this way you will be removed from ALL alerts until you opt in again.

EQUIPMENT

We recommend kids have one pair of junior all around race skis OR one pair SL and one pair GS with bindings to match. Also, one pair of old all-mountain skis (rock skis) and/or a powder ski is a good idea. Sizing for skis should be about nose height for an all-around ski, chin height for SL and forehead height for GS.

- Poles
- Boots (easy to flex please!)
- Helmet with removable face guard and hard ears
- Pole and shin guards are optional. Coaches will recommend when you're ready.

Taking care of your equipment is a part of skiing. You can simply take your kids' skis to a local shop for regular tune-ups or you can delve into learning to tune the skis. We will schedule a tuning clinic and you can always ask coaches how to go about it.

Wax order - We will be in touch regarding a wax order in the next few weeks

Tuning options – talk to your coaches what's best option for your family

VOLUNTEERING

Work off your AVSC Parent Deposit - help with your kid's races; extra opportunities for fulfilling volunteer hours at many other AVSC events and functions - you are on the volunteer list and will receive information as needed.

Here are the steps for volunteering:

- look for volunteer e-mail
- register for your position online. Link will be in the e-mail
- you can work off 100% of the parent work deposit - you get paid \$15/hour

ASPEN COMPANY SKI PASSES

Your Aspen Skiing Company four mountain pass is provided to you at a greatly reduced cost out of consideration of your commitment to the sport of ski racing. It is a privilege to have "AVSC" printed on your pass and will give you access to early and late lift served training sessions as well as discounts at some local retailers. It also comes with a responsibility, as you now represent all of AVSC with your actions and behavior. We expect this representation to enhance the Ski Company's impression of our organization at all times. Any infractions of the Aspen Skiing Company rules or the Colorado ski safety act will be dealt with in a most serious manner.

SKIING OUT OF BOUNDS OR IN CLOSED AREAS WILL NOT BE TOLERATED.

You should have received an e-mail voucher to get your pass. Please contact Meredith Elwell (melwell@teamavsc.org) if you have not yet received it.

USSA LICENSE

U10s who are part of the 3 Day / Week program need a USSA youth and RMD license. U10 Weekend and Pre Devo athletes are not required to have a license.

To register for the USSA membership:

- Log into www.ussa.org (or create new account) following instructions - click on Membership
- Follow directions – select Rocky Mountain Division
- You need to do separate registrations for each skier
- Cost is \$35 for U10 youth membership (\$25 for USSA, \$10 for RMD)

RACE INFORMATION

Roaring Fork Series – local race series designed to fulfill head to head racing needs at a local level, introduce new athletes to racing and minimize travel costs. Open to all AVSC, Sunlight and Powderhorn racers up the age of 13. No license necessary.

- January 3 – Highlands – 2 Giant Slaloms
- January 28 – Highlands – 2 Slaloms
- March 25 – Highlands - Duals

USSA – introductory level of racing in the Rocky Mountain Division. Races are open to U14s, U12s and U10s. Athletes from the western and southern sections of Colorado compete. Racers need both a USSA and RMD license.

Here is what to expect for away races:

- About two weeks out you will receive an e-mail from staff with info regarding the race that will include an event Fact Sheet and estimated coaches' costs.
- Respond to coaches' email regarding your participation, or lack of.
- Log into www.ussa.org
- Go to "Athlete Event Registration" and search for the event in which to register.
- Complete the online registration and payment.
- Complete any required WAIVERS/RELEASES per the Race Announcement and return directly to the coach. There is usually a folder with printed waivers at AVSC in the entryway on the ledge by the elevator. You can fill out the waiver and leave there for the coaches to collect and bring to registration.
- Check the AVSC calendar on www.teamavsc.org for basic race info; pay attention to e-mails and texts for up-to-date race information.
- The cost to cover coaches' expenses such as lodging and transportation will be split up among all attending athletes and billed by AVSC after returning from the race.

Races open to U10 Athletes:

- January 6-7 – Location TBD – Age Class Open – 4 Giant Slaloms
- February 3-4 – Aspen – Age Class Open – 4 Slaloms
- February 24-25 – Sunlight – Age Class Open – 2 Slaloms and 2 Giant Slaloms
- March 10-11 – Telluride – U10 Championships
- March 31-April 1 – Beaver Creek – GS Spectacular – 4 Giant Slaloms
- April 7-8 – Loveland – Loveland Derby – 4 Slaloms

HOW TO PREPARE AND WHAT TO EXPECT ON RACE DAYS

Home Races:

- Make sure your kid gets enough rest and eats well before the race
- Bring them to the meeting spot on time and be ready for a fun race day
- Help by volunteering at home races and cheer on your little racer and all her/his friends!

Away Races:

- Race registration at www.ussa.org (see steps above)
- Arrange lodging and transportation, safe travels to the race!
- Buy lift tickets, familiarize yourself with the ski area so you find the race venue
- Get kids to the meeting spot on time
- Get ready to have fun, spectate and ski around a bit
- Show the AVSC team spirit and cheer on your child and his/her friends!
- HELP needed – we will feed our coaches at away races – they stay on the hill all day long to make sure our little racers are ready for each run. Look for an e-mail COACHES LUNCHES about a week before the race and sign-up!