

## U10 Parent Meeting Agenda – October 29, 2018

### Staff Introductions:

Mark Godomsky –Director  
Alice Black– Alpine Director  
Pat Callahan – U12/U10 Lead Coach

Greta Muxworthy – U10 Coach  
Logan Ice– U10 Coach  
Andy Davies – Academic Advisor



### Philosophy – Great Athletes! Great Kids!

- Long term athletic development.
- Great skiers = great racers. All mountain skills, intro to race skills, advanced race techniques/tactics.
- Independence
- Commitment, Teamwork, Integrity
- Fun!

### Expectations:

- Punctuality
- Safety Meeting
- Attendance
- Nutrition/Hydration
- Riding the lift and lunch
- Video sessions
- Sharpie
- Leaving early
- Tuning
- Cell phones
- Listening and respectful behavior
- Parent participation
- Getting separated
- Academics
- Team spirit

### Age groups:

- U10 – 9 and younger – 3 day/weekend (49 days + 8 dryland / 35 days, no dryland)
- U12 – 10 and 11
- U14 – 12 and 13
- U16 - 14 and 15
- U19/FIS - 16 and older

**Dryland:** – please see Martha to get a locker (\$20 rental fee). Things to have in your locker: water bottle, healthy snacks, warm work out clothing, good running shoes, rain jacket, extra socks, hat and gloves. Dryland goes from 3:30 - 5:00 PM on Tues/Thurs. Wednesday dryland will begin at 2:15. We often go on longer training sessions on Wednesdays. We always meet at the club, but might take a van to hike. If you are going to be late, please get in touch with a coach.

**Race and training calendar** – See attached calendar. Day-week-year

### After school training and Clubhouse –

- After-school training will be available from 2-5 PM on Wednesdays & Thursdays from December 5 (weather permitting) through March 20.
- Training course will normally be ready at 2 PM. If you do not have early release you do not need to miss school, as we will have late lifts running until 4:45 PM.
- Please use your locker and the ski room for storage.

**Team Travel Policy/Away Race Procedure/Billing** – Team travel is only available to U14s and older athletes. For U10s the coaches will meet the kids at the base of the race hill the morning of the event. Communications regarding away races will be e-mailed approximately two weeks prior to each event. AVSC may reserve blocks of rooms at away races. We will inform parents if this is done.

**Away Races U10:** Parents are responsible for race registration at [www.myussa.org](http://www.myussa.org) (couple of weeks before the race), lift tickets purchase, lodging and transportation, and getting kids to the meeting spot on time. You

are there to have fun, show AVSC team spirit and to cheer on your child and his/her friends! AVSC coaches will be at the morning meeting spot ready for fun filled race days! The extra cost to cover coaches' expenses at away races is charged by AVSC after these races.

**5<sup>th</sup> graders** – get your free CO Ski pass, the 5<sup>th</sup> Grade Passport, at <http://coloradoski.com/passport>  
– ski areas may or may not honor the pass for ski races, but it's worth the effort

**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) 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.

Wax order – Wax is available through Gorsuch at a reduced AVSC rate.  
Tuning options

**Uniforms:** Team AVSC jackets (\$187) are available for sale.

### **Concussions**

### **Volunteer Opportunities**

We are hosting many races this year and these races provide a great opportunity to get involved in your child's ski racing (and earn back your parent work deposit!). Here is a link to our hosted events page:

<http://www.teamavsc.org/page.cfm?pageid=17442>

If you want to get more involved with our division and being part of races, please contact Pat.

**Communication: Age Class Text Hotline** – U10 - Text **U10ALPINE** to 84483

To unsubscribe, text **STOP**

**Website:** <http://www.teamavsc.org>

**Calendars** (click on event to see all details - when, where, maps etc.)

U10: <http://www.teamavsc.org/page.cfm?pageid=17457>

**Athlete and Parent Manuals** - Please read! Available here:

<http://www.teamavsc.org/page.cfm?pageid=17443>

Pat Callahan	970-379-5878	<a href="mailto:pcallahan@teamavsc.org">pcallahan@teamavsc.org</a>
Logan Ice	715-360-3854	<a href="mailto:lmice@teamavsc.org">lmice@teamavsc.org</a>
Greta Muxworthy	585-643-9067	<a href="mailto:grmuxworthy@teamavsc.org">grmuxworthy@teamavsc.org</a>

### **Things to know**

## Events

Technical events	- Slalom (SL)	Shorter turns, lower speeds.
	- Giant Slalom (GS)	Fewer gates and a bit faster than slalom.
Speed events	- Super G (SG)	Even faster than GS.
	- Downhill (DH)	The fastest discipline. Few turns, high speeds and excitement. U16s and older.
Other events	- Kombi	A combination of Slalom and GS, all on one course
	-SkillsQuest	A series of exercises to test all around skiing skills
	-Dual	Side by side elimination racing. Dual is cool!
	-Parallel	Side by side timed racing

**US Ski and Snowboard.** Formerly **USSA**: United States Ski Association - National governing body for domestic and national competition. License required for USSA racing. [www.usskiandsnowboard.org](http://www.usskiandsnowboard.org)

**RMD**: Rocky Mountain Division - Our race division, which encompasses Colorado, Arizona, New Mexico and southern Wyoming. There are 7 divisions in the USA.

**Rocky/Central** - Our region, which includes RMD and the Midwest states as far east as Ohio and as far north as Minnesota. There are three regions; East, Rocky/Central and Far West.

**Races** - Please know that you do not need to attend all the races on the calendar; please talk to the coaches to determine which races you should attend.

### Roaring Fork Series

Race series designed to fulfill head to head racing needs at a local level, introduce new athletes to racing and minimizing travel costs. Open to all AVSC, Sunlight and Powderhorn racers up the age of 13.

Dates: Jan 3, Jan 27, Mar 23

No license necessary for Roaring Fork Series

**Racers need both a USSA and RMD license for the following races.** [www.usskiandsnowboard.org](http://www.usskiandsnowboard.org)

### Age Class Opens

Age Class Opens are the introductory level of racing in the Rocky Mountain Division. Three races in western Colorado open to U14s, U12s and U10s. Athletes from the western and southern sections of Colorado compete.

Dates: Jan 5-6 GS location TBD; Feb 2-3 SL Aspen; Feb 23-24 SL/GS at Keystone.

### U10 Championships

The Championship race for U10s. No need to qualify. Both SL and GS in Telluride. There will also be a SkillsQuest station for educational purposes. Dates: March 9-10

Loveland GS Spectacular – End of the season GS race. Open to U10s and older. Dates: Mar 30-31

Loveland Derby – End of the season Slalom race. Open to U10s and older. Last year there were over 600 racers and lots of sunshine. Goofy outfits are the norm. Dates: April 6-7.