



ASPEN

VALLEY SKI & SNOWBOARD CLUB

U12 Freestyle Comp

2023-2024



AVSC Core Values & Mission Statement

- Commitment
- Teamwork
- Integrity

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





U12 Freestyle Comp Team Program Plan

- Pre-season conditioning. Getting ready to ski!
- Build individual training and competition plans. Goal setting individual meetings.
- Ski early season – all mountain – build a strong base.
- Continue some cross-discipline training
- Instill the love of skiing



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Goals for the season

- Allow athletes to focus on their discipline of choice while always continuing to improve our all-around skiing.
- Train with a plan and review goals regularly
- To give your child the training program to help realize their athletic potential.
- To provide positive influence, mentorship, and leadership.
- To help instill morals, AVSC core values.
- For each athlete to look forward to continuing with AVSC & lifelong love for skiing.





Rules

- No music
- No cell phones – with the exception of emergencies, or with permission.
- Food – Healthy choices please
- Zero tolerance for any verbal or physical abuse.
- Be nice
- Be on time
- Only show up when 100% it's ok to miss a day: sleepovers, not feeling well, birthday parties.



U12 Freestyle Comp Coaches

Richard Mendoza: Head U12 and Moguls
970-618-9020 rmendoza@teamavsc.org

Michael Calascibetta: Freeride (Big Mountain)
802-338-2758 mcalascibetta@teamavsc.org

Keenan McIntyre: Park and Pipe
970-618-8582 Keenan.p.mcintyre@gmail.com





Coach expectations

- Keeping the wellbeing and safety of athletes is our first priority.
- Inform parents of any concerns coaches experience with athletes.
- To be on time to training sessions and competitions.
- To provide the best possible experience for athletes and parents.
- To return phone calls and emails in a 24 hour time frame
- All coaches undergo background screening, CPR, concussion and AVSC coaches training every year.



Communication Policy

- Weekly email on Thursdays
- Training calendar will be updated on team website
- Email is the preferred contact method
- Please give us 24 hours to respond
- Office hours are two hours prior to training on weekdays. When possible please communicate during office hours.
- When in doubt, reach out!

Parent work deposit and volunteers

- U12 Freestyle Comp will pay \$450 work deposit
- Work hours are equated at \$30/hour. 15 hours
- You can work off 100% of your parent work deposit
- Parent work opportunities will be emailed to parents from Stephanie Braudis at AVSC.
- Please help out



Disciplines

Freeride (Big Mountain)

Moguls

Park and Pipe

- At the U12 level, athletes may focus on a specific discipline of freestyle. All athletes will still ski all disciplines at times during the season and are encouraged to do all intraclub competitions.
- We will maintain heavy all mountain skiing focus until January 2nd, and after spend more time on specific disciplines after making a competition plan or the season.
- At the end of the season, we will have our Triple Crown Competition where athletes will compete in each discipline and for the overall score.
- For our intraclub competitions, cookie medals are awarded to the top 3 in each age group. No overall results are posted.
- We believe each discipline complement each other and help build the strongest all around. Skiers and life long passion for skiing.



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REGISTER NOW

U12 Comp Team Training Calendar

Freestyle Program Director: Eric Knight | 970-379-9622 | eknight@teamavsc.org
Richard Mendoza | U12 Comp HC, Moguls | 970-618-9020 | rmendoza@teamavsc.org
Michael Calascibetta | U12 Comp, Freeride | 802-338-2758 | mcalascibetta@teamavsc.org

U12 Comp Team Freestyle

Today: November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			7pm U12 Freestyle			
	2:30pm AVSC Tutor 6pm Athlete/Parent		1:30pm Elementary 2:15pm Positive Cool 5:30pm Positive Cool	3:15pm Elementary 4pm Middle School	3:15pm Elementary 4pm Middle School	12pm All U-12's
12pm All U-12's	2:30pm AVSC Tutor		3:15pm Elementary 4pm Middle School	3:15pm Elementary 4pm Middle School	3:15pm Elementary 4pm Middle School	12pm All U-12's
12pm All U-12's	2:30pm AVSC Tutor		3:15pm Elementary 4pm Middle School			U12 Freestyle Cor
U12 Freestyle Ski	2:30pm AVSC Tutor					

Events shown in time zone: Mountain Time - Denver

Contact

AVSC Sponsors

Winter Schedule

- Wednesday – Sunday
- Weekends will be full days
- Wednesdays: Highlands
- Thursday: Highlands/Clubhouse training
- Friday: Clubhouse
- Monday holidays, MLK and President's Day





Holiday Schedule

Thanksgiving Break

November 18,19, 21, 22, 25,26

Holiday Break

December 26, 27, 28, 29

January 2, 3, 4, 6, 7

Spring Break

March 23,24, 26, 27, 28, 30, 31



Interclub Competitions

- January 15th U12 AVSC Interclub Mogul Competition
- February 19th U12 AVSC Interclub Park Competition
- March 10th U12 AVSC Interclub Freeride (Big Mountain) Competition
- March 24th U12 AVSC Triple Crown Competition
- Note: No registration, entry fee or license needed. Awards for the top three in each age group and Core Value (Commitment, integrity, teamwork: Awards! No overall results posted
- Dates subject to change



U12 Mogul Competition Schedule

- January 26, 27, 28: Steamboat
- February 2, 3, 4: Aspen
- February 9, 10, 11 : Winter Park
- March 1, 2, 3: A-Basin
- March – Championships TBA
- Comp Schedule: Friday = Training day, Saturday = RQS, Sunday = Devo



Freeride (Big Mountain) Schedule

- January 20th : Steamboat
- March 1st: Monarch
- March 8th: Vail
- March 17th: Breckenridge
- April 6th – 10th: Championships
- Inspection will be offered the day prior to competition.



Park and Pipe Competitions

- December 9th: Rail Jam Aspen Highlands
- February 10th: Slopestyle Snowmass
- February 24th: Halfpipe/Rail Jam Buttermilk
- February 25th: Slopestyle Snowmass
- March 3rd: Halfpipe/Rail Jam Buttermilk
- April 6-10: USASA National Championships – Invitation only



Meeting Locations

- Please be on time. Once a group has arrived they can go ski. It is not fair to the group to ask them to wait longer than 5 minutes.
- Aspen Mountain: Meet at benches in front of Gondola Base
- Aspen Highlands: Meet at the AVSC Clubhouse
- Buttermilk: Meet outside between the Summit Express lift and Bumps restaurant in the plaza.
- Snowmass: Meet at the end of the mall outside Venga Venga on the snow.



Aerial Training and Progressions

- Athletes must show proficient jumps between 360 & 720 rotations, demonstrate flips on trampoline or water to a coach
- 60 flips on airbag
- Test: 5 flips on airbag
- On snow in controlled area until comfortable then test 5 flips
- Qualified



Moguls

Governing Body: USSA

Devo

- Turns 85%
- Air 15%

RQS

- Turns 50%
- Air 25%
- Speed 25%



Park & Pipe

Governing Body: USASA

Events

- Slopestyle
- Halfpipe
- Rail-Jam
- Big Air

Judged

- Execution
- Difficulty
- Amplitude
- Variety



Freeride (Big Mountain)

Governing Body: IFSA

- Line Choice
- Control
- Fluidity
- Technique
- Style and energy



AVSC Code of Conduct

- All athletes have signed athlete code of conduct
- Please review athlete code of conduct with your kids.
- All parents have signed parent code of conduct

Three strike policy: strike 1) Athlete and parents are notified

strike 2) Athlete disciplinary form

strike 3) Athlete probation. Followed by athlete hearing including parents, program director, and coaches to determine further action.

Skier Responsibility Code

1. Always stay in control. You must be able to stop or avoid people or objects.
2. People ahead or downhill of you have the right-of-way. You must avoid them.
3. Stop only where you are visible from above and do not restrict traffic.
4. Look uphill and avoid others before starting downhill or entering a trail.
5. You must prevent runaway equipment.
6. Read and obey all signs, warnings, and hazard markings.
7. Keep off closed trails and out of closed areas.
8. You must know how and be able to load, ride and unload lifts safely.
9. Do not use lifts or terrain when impaired by alcohol or drugs.
10. If you are involved in a collision or incident, share your contact information with each other and a ski area employee.





Athlete Equipment

Skis

- Ski size needs to be a little lower than eyebrow to middle of forehead.

Boots

- Proper sizing and shell last, not too stiff, should be able to easily flex in store.
- Footbeds are suggested.
- Boot heaters are helpful if you get cold feet

Poles

- Must have pole straps and baskets

Bindings - Make sure they fit the boot

Helmet - New year = check your helmet. Your brain is the most important piece of equipment.

Back protector and mouthguard (recommended)

IFSA requires all athletes to wear back protection.

Mouthguards are required for all inverted training

Erin Young – Head Athletic Trainer The Steadman Clinic Outreach Athletic Trainer eyoung@teamavsc.org



AVSC's athletic trainer is a free resource for AVSC athletes.

She works with athletes of all levels from initial injuries, through their return to sport/snow and helps with prevention with dryland training.

How to contact Erin:

"I am often at the AVSC clubhouse during training & business hours and will always try to accommodate drop ins. But I do sometimes go out on the mountain for races and competitions, or when injured athletes are returning to snow. When possible, email me to schedule a day/time that works for both of us."eyoung@teamavsc.org

AVSC Concussion Policy

AVSC follows current best practices and Colorado law in regard to concussion care. All coaches have taken Heads-Up concussion training and are trained in recognizing possible concussion symptoms.

If an athlete is suspected of having suffered a possible concussion, they will be removed from training safely and will need to be cleared by their doctor before returning to training.

Athletes can return to training after they are symptom free, have completed the recommended return to sport progression, and have medical clearance from their doctor.

Athletes are able to do the return to sport progression with AVSC's athletic trainer.

Please reach out to Erin if you suspect your child has suffered a concussion at AVSC or outside of AVSC, she and help with their return to sport and return to school as needed.

SIGNS & SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a healthcare provider.** Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a healthcare provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's healthcare provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - Be back to doing their regular activities (such as school).
 - Not have any symptoms from the injury when doing regular activities.
 - Have the green-light from their healthcare provider to begin the return to play process.

January 2021

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



For more information, visit www.cdc.gov/HEADSUP

You can also download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.



The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider.



Year-round training & Multi-sport athletes

- One of the benefits of being a comp team athlete is year-round programming! Having a successful and healthy ski season does not start and end the day the mountain opens and closes – it’s a continuous, year-round process. We have developed safe, well-rounded, age specific programming for the entire year.
- We encourage athletes to pursue other sports as a part of their overall athleticism! But we also want to make sure multi-sport athletes aren’t over doing it. Please let us know if you’re participating in another sport so we can work on a personalized schedule that works for everyone. Our year-round training can easily be adjusted to accommodate multi-sport athletes, and can challenge single sport athletes, but we need to know when to adjust.



Glacier Camp, Summer Programming, Mountain Biking, Trampoline, Conditioning

Buttermilk Glacier Camp

- June 6 – June 29: Thursday, Friday, Saturday 9-3pm

Summer Programming July & August

- Three sessions per week: Times to be determined

Mountain Biking, Trampoline, Conditioning: Details to be sent in March



WHO WE ARE

MISSION: Be a catalyst for a positive youth sports culture in all communities across the U.S.

VISION: All youth can benefit from a positive, inclusive sports culture that develops social and emotional skills, molds character and prepares them for competition and for life.

WHAT WE DO

PCA inspires and empowers youth and high school sports organizations to leverage the unique opportunity sports presents to build character in our youth. We provide research-based training and resources for coaches, parents, athletes and leaders to improve culture and ensure a positive youth development experience for ALL kids through sports.

WHY WE DO IT

40 MILLION KIDS PLAY SPORTS NATIONWIDE.

We help maximize this Positive Youth Development opportunity by impacting sport on three levels: **YOUTH, COACHING, & CULTURE.**

resulting in increased...

- RESILIENCE
- GROWTH MINDSET
- TEAMWORK
- EMPATHY
- LEADERSHIP
- CHARACTER
- FUN
- LIFE LESSONS
- GRIT
- PERSERVERANCE

DONE RIGHT, SPORTS TEACH

FACT

- # OF PARTNER ORGANIZATIONS: **3,500**
- # OF YEARLY WORKSHOPS: **3,000+**
- # OF KIDS REACHED: **20+ MILLION**

180K+ 127K+ 70K+ 15K+ 1 MILLION+

RESULTS

- 96%** OF PCA TRAINED COACHES BELIEVE PCA TRAINING GIVES THEM THE TOOLS TO HELP THEM IMPROVE THEIR PLAYERS AS INDIVIDUALS AND AS TEAMMATES.
- 72%** OF PCA TRAINED ATHLETES BELIEVE THEIR SPORTSMANSHIP IMPROVED AFTER TRAINING.
- 70%** OF PCA TRAINED COACHES FEEL PCA PROGRAMMING REINFORCED THEIR DESIRE TO TEACH LIFE LESSONS.
- 60%** REDUCTION IN ARGUMENTS WITH OFFICIALS, REPORTED BY PCA PARTNERS.

Student First & Positive Coaching Alliance

- Athletes need a passing grade in each class in order to attend training and competitions. Subject to change to "C" to ski.
- Before Competitions athletes are expected to communicate with teachers six weeks prior to competition date.
- Athletes are expected to remind their teacher a week prior to travel date.
- Make a plan with your teachers for submitting homework and test times.
- Athlete study hall: AVSC tutor Mondays 2:30 – 5:00

Positive Coaching Alliance

- Mission: Be a catalyst for a positive youth sports culture in all communities across the U.S.
- Vision: All youth can benefit from a positive, inclusive sports future that develops social and emotional skills, molds character and prepares them for competition and for life.



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Let's have a great season!
Thank you

