



U14 Parent Meeting Agenda – October 9th, 2014

Staff Introduction: Gill Hearn – U14 Coach
Pat Callahan – U14 Coach
Eric Colon- U14 Coach
Sean Thomas - Part time U14 Coach
Walt Evans – Director of Excellence
John McBride - Alpine Program Head Coach
Jack Mercer- Academic Advisor

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

Dryland: – Please see coaches before dryland for a locker and Casey will charge your AVSC account \$10. Things to have in your locker: water bottle, healthy snacks, warm work out clothing, good running shoes, rain jacket, extra socks, hat and gloves. We will have dryland Tuesday and Thursday from 3:30 sharp until 5:00 PM. Wednesdays we will have an early session at 2:15-3:45. Glenwood dryland at Sayre Park Wednesday and Friday 3:30-5

Schedules –

- **Calendar:** <http://www.teamavsc.org/page.cfm?pageid=17454>
Hotline: 205-5126
- **Camps** – Preseason freeskiing camps Oct. 31 - Nov.1 and Nov. 7 & 8.
- **Early Season Training-** Weekends only, November 11th through Dec. 6
- **Abetone Pinocchio Trip-** TBA

Goal Setting - Schedule a time to meet with coaches one on one for a goal setting meeting. All finished by Dec. 11

Equipment: Please come speak with us individually if you have any questions.
SG skis available to borrow. Wax on skis at all times.
FIS approved helmets. Old SL helmets ok.
Put your name on everything.

Afterschool Training and Clubhouse – Starting first week of December. Tuesday through Thursdays from 1:15 - 4:45PM. You can use the back room for storage. New tuning facility.

Tuning/ Wax Order and Clinic
Swix wax order due Nov. 15th

Concussions: All new U14s will need to complete the impact testing on OCT 21st. PLEASE BRING YOUR OWN LAPTOP

Races

Please know that you do not need to attend all the races on the calendar; please speak with the coaches to determine which races you should attend based on your goals for the season.

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 to ages up to U14. No license necessary.

Age Class Opens

Age Class Opens are the introductory level of racing in the Rocky Mountain Division. Three races in western Colorado open to ages up to U14. Racers need both a USSA and RMD license.

Smartwool Ski Cup (Open USSA Series)

U14s have the option this year to ski for USSA points. There are a total of 3 races in which U14s can compete against U16s and older. **Athletes must have a competitor license for these races.**

Championship Qualifier- NEW SG TRAIL!!!

U14s have one qualifier in Crested Butte, consisting of SL, GS, and SG.

The top 95 overall finishers qualify for the U14 Junior Championships (split between genders based on the percentages that entered the first day of Prater Cup).

Council Cup

U16 and U14 athletes who do not qualify for the Junior Championships compete in the Council Cup, held at Ski Cooper. The race consists of SG, GS and SL. The top three overall, males and females, earn a spot in the Junior Championships (best 3 out of 6 races).

U14 Junior Championships

Athletes come from both the Rocky and Central Divisions. U14 Championships will be in Winter Park.

Other races

Kombi – The Kombi will be part Slalom and part Giant Slalom, all on one run. It tests the all-around skiing ability of the racers. Open to U14s and younger. Once again there will be a Kombi Race at the U14 Championships.

Loveland Derby and the GS Spectacular in Beaver Creek – End of the season races in April.

USSA License – Everyone needs a youth or competitive license. If you have any questions on whether or not your child should attend these races please ask the coaches. **Early price renewal deadline is Today October 15.**

Volunteer Opportunities (parent work deposit)

Kari Kiker will be our volunteer coordinator, please look at our list of events

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

Team Travel Policy - We will have team travel available to U14 athletes for select RMD projects, preseason camps, summer camps and Smart Wool race series. It is crucial that athletes be on their best behavior while involved in team travel. Whenever possible we will reserve a block of rooms for the team at a discounted price. <http://www.teamavsc.org/page.cfm?pageid=18029>
Most entries this year will be done online on the USSA website rather than team entries. We will send out race notifications ahead of time, but registration is up to you.

Uniforms: New Helly Hansen Team AVSC jackets, Obermeyer pants are available for sale for under \$200. We will have 2 uniform nights last week of October.

Communication:

Age Class Hotline - 205-5126

Website: <http://www.teamavsc.org/page.cfm?pageid=16637>

Calendar – click on event to see all details - <http://www.teamavsc.org/page.cfm?pageid=17454>

Athlete and Parent Manuals - Please read! <http://www.teamavsc.org/page.cfm?pageid=17443>