



U14 Parent Meeting Agenda – September 19, 2017 5:30pm

Staff Introductions: Mark Godomsky - Executive Director
Alice Black – Alpine Director
Gill Hearn – U14 Lead Coach
Mike Tache– U14 Coach
Glenn Muxworthy - U14 Coach

Introduction to the U14 Program

Communication/Schedules:

Weekly Friday afternoon emails

U14 Text Hotline To subscribe please text U14ALPINE to 84483.

- Only used if the schedule from the weekly email changes.

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

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

U14 Travel Information <http://www.teamavsc.org/U14-and-U12-Travel-Information>

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

Dryland:

- 5 days a week. Please bring water bottle, healthy snacks, warm work out clothing, good running shoes, rain jacket, extra socks, hat and gloves every day.
- Down valley Dryland: TBD but moving along!
- Gymnastics at the Red Brick for U14 and U16 athletes on Wednesdays from 7-8pm starting next week.

Camps – Preseason free skiing/drills camps @ Loveland - Camp1 Oct. 26,27 or 28,29 Camp 2 Nov.4,5

Early Season Training - Stapleton Training Center target opening date November 11th.

Goal Setting- We will meet as a group to go over goals, and then meet individually.

Nutrition

Equipment:

Please email what brand, and size for SL and GS skis and boot and binding info.

Please let me know if you will need SG lender skis for the year. There will be a \$50 charge so we are able to keep our pool of skis up to date.

Boots: Glenn Muxworthy will be working on boots beginning Oct. 16th we will come up with a schedule for athletes to bring their boots in.

Helmets: U14s must have a FIS approved helmet to race in USSA GS and SG races.

http://alpine.usskiteam.com/sites/default/files/documents/athletics/compservices/2015-16/documents/2016_alp_helmet_regulations.pdf

Lockers and ski room:

- **September 18th** – all lockers need to be emptied and locks returned before this date. We will empty all abandoned lockers after the 18th to prep for new rentals this winter.
- **September 25th** – lockers will be released on a first come, first serve basis. All lockers must be reserved in person and the rental fee for the season is \$20. This is a flat fee for the season rental.
- **September 27th** - Empty out ski room.

Academics: In order to train or travel athletes must maintain a C- in every class.

- Emily Farrell - Academic Advisor efarrell@teamavsc.org

Afterschool Training and Clubhouse – Tuesday through Thursdays from 1:00 - 4:45PM. Can use the back room for storage. Tuning facility.

Tuning / Wax Order and Clinic

- Swix Wax/Tuning Order Details
- Clinic Date and time announced
- Brad Randal continues to be a great asset with tuning and waxing please contact him directly for ski work. (505)259-8900

Concussions: All new U14s and any athletes that did not take the concussion test last year will need to complete the impact testing.

Races

Please know that you do not need to attend all the races on the calendar; please talk to the coaches to determine what 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 the age of 13. 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 U14. We will be Racers need both a USSA and RMD license.

SYNC Cup (Open USSA Series)

U14s have the option to ski for USSA points. There is a total of 5 race series offered athletes were race against U16s and older. **Athletes must have a competitor license for these races.**

Breckenridge SG

Jan 20-22 One day of mandatory training 2 days of racing. Sunday race day is a qualifier for the Junior Championships.

Prater Cup Championship Qualifier

U14s qualifiers in Crested Butte, consisting of SL, GS, and SG.

Approximately 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.

U14 Junior Championships

Athletes come from both the Rocky and Central Divisions. U14 Championships in Steamboat.

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

USSA License – Everyone needs a youth or competitor 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 10/15.

Volunteer Opportunities (parent work deposit)

Be on the lookout for e-mails asking for parent volunteers throughout the season. We can always use help with hosted and special events!

Team Travel Policy - We will have team travel available to U14 athletes for select RMD projects, preseason camps and summer camps. 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 team AVSC jackets are available for sale. Uniform night TBD, late October or early November Helly Hansen Down jackets \$170.