



ASPEN

VALLEY SKI & SNOWBOARD CLUB

U14 Parent Meeting Agenda – September 10th, 2018

Staff Introductions:

Gill Hearn – Lead U14 Coach
Mike Tache– U14 Coach
Mike Sampson - U14 Coach
Andy Davies – Academic Director

Athlete Manuals – <https://www.teamavsc.org/Handbooks-and-Parent-Meeting-Agendas>

Dryland: – Please see Martha Rose before dryland for a locker. 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 everyday for 5 day a week program 3: until 5:00 PM. Wednesdays we will have an early session at 2:15-3:45. 3 day a week program will begin dryland November 1st Tues and Thurs 3:30-5 and Wednesday 2:15-3:45

Schedules –

- **Weekly Emails-** You will receive a weekly email every Friday with the schedule for the upcoming week.
- **Calendar-** <https://www.teamavsc.org/17454>
- **Hotline:** Text Hotline if there are any updates to the weekly emails you will receive a text hotline via 84484. To sign up please text U14ALPINE to 84483.
- **Camps** – Preseason freeskiing camp Loveland Nov 2-4, 10-11

Goal Setting - Schedule a time to meet with coaches one on one to discuss and adjust season goals. Please let us know if you need one.

Equipment: Please come talk to us individually if you have any questions. Back protectors highly recommend.

Afterschool Training and Clubhouse – Tuesday through Thursdays from 1:00-4:45PM. Athletes can use the ski storage. New tuning facility.

Tuning/ Wax Order and Clinic – November 15th at AVSC Clubhouse 5:15.

Concussions: <https://www.cdc.gov/headsup/youthsports/index.html>

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 Race Series (Open USSA Series)

U14s have the option this year to ski for USSA points. There is a total of 3 races offered athletes were race against U16s and older. **Athletes must have a competitor license for these races.**

Breckenridge 2 SG Championship Qualifiers Jan 26-27

Prater Cup Feb 21-24

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 March 8-10

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 March 13-17

Athletes come from both the Rocky and Central Divisions. U14 Championships 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 October 15.

Volunteer Opportunities (parent work deposit)

Contact Pat Callahan pcallahan@teamavsc.org

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.