



U16 Parent Meeting Agenda – September 20th, 2017 5:30pm

Staff Introductions:

Mark Godomsky - Executive Director
Alice Black - Alpine Director
Emily Farrell- Academic Advisor
Casey Puckett – U16 Lead Coach
Willie Volkhausen – U16 Coach
Marie Aufrere - U16 Coach

Discussion on our philosophy for the U16 program

- U16 is the age to learn how to be a ski racer
- Increased focus on freeskiing and fun

Dryland Training/Strength and Conditioning:

Times: Mon, Tues, Thurs, Fri 3:30 – 5:00/5:30
Wed 2:15 – 4:00

Content: Mon, Wed Strength (weightlifting)
Wed night Gymnastics – Red Brick (7:00-8:00)
Tues: aerobic/anaerobic intervals
Thurs: Yoga/circuit training
Fri: Field workout (movement specific aerobic strength, plyometrics, agility, games)

Down Valley Dryland discussion

Roger Wilson: Yoga, Relaxation/Meditation, Sports Psychology, Nutrition

Lockers: Please see Meredith for a locker starting 9/25. She will charge \$20 cash and it's first come first serve. Lockers are downstairs this year and the number is limited. Things to have in your locker: water bottle, healthy snacks, warm work out clothing, hat and gloves, good running shoes, rain jacket, extra socks. If possible: a yoga mat, yoga block, and foam roller.

Schedules

- **Calendar:** <http://www.teamavsc.org/17451>
- **Camps** – Preseason “return to snow” ski camps Copper Mtn Oct. 26-29; Nov. 2-5 Nov. 11-12
- **Early Season Training** - Stapleton Training Center target opening date November 11th.
- **After School Training** – Tuesday, Wednesday, Thursday: Generally 1:00 – 4:45; times could be variable and communicated through email and hotline
- **Weekend Training** – Generally 9:00am – 3:00 pm with a 1 hr break for lunch; times could be variable and communicated through email and hotline
- **Competition Schedule** – refer to the calendar mentioned above and/or the 2nd page for race descriptions

Goal Setting – Goal setting will happen at the early season camps. If athletes don't make early season camps we will meet with them separately.

Equipment: We need to check skis and bindings so we know ramp angle and to make sure athletes have appropriate sizes and radius. Please email me with the following info: Ski and boot brand, GS and SL ski length and radius

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

Mark your equipment

Boot work: Glenn Muxworthy will be starting Oct 16. Please contact him directly and make an appointment to check/setup boots. His email is gmuxworthy@teamavsc.com.

Tuning / Wax Order and Clinic

- Swix Wax/Tuning Order – we are in the process of figuring out the Swix order this year. Willie will put together recommendations for what to order.
- We will start hands-on tuning clinics at the fall camps. We will also schedule a clinic once a month through the season for continuing education – parents welcome

Concussion baseline testing: Athletes must do concussion baseline testing every two years. I will get a list of athletes who are required to take the test and a time and a date to do the testing.

Races

Sync Cup (Open USSA Series)

This is the primary race series for U16's. This is where the athletes start to build their USSA point profile. Also it is through 6 select races where the athletes qualify for Junior Championships.

- Nov. 25-26 M/W 2 SL Not yet sited
- Dec. 16-17 M/W GS, SL Winter Park
- Jan 3-4 M/W 2GS Loveland
- Jan 20-21 M/W 2SG Aspen (Wilder Dwight; JC qualifiers)
- Jan 22-25 M/W 2DH Aspen (Wilder Dwight)
- Feb 3-4 W SL, GS Vail
- Feb 3-4 M SL, GS Steamboat
- Feb 15-16 M/W 2GS Winter Park (Junior Champs qualifiers)
- Feb 17-18 M/W 2SL Loveland (Junior Champs qualifiers)
- Mar 23-25 M/W GS, SL, Dual Vail (Sync Cup Finals; Garner Games)

Rocky/Central U16 Junior Championships

- Mar 5-11 M/W DH, SG, SC, GS, SL Winter Park

NPS and 7 Nations Cup

The NPS (National Performance Series) brings together the top juniors in the country to compete head to head. The top Juniors from the NPS qualify for the 7 Nations Cup – held in

- Jan 8-12 M/W GS, SL Burke Mtn (NPS)
- Jan 30-Feb 10 M/W GS, SL Europe (7 Nations Cup)

U16 Junior Nationals How to qualify - <http://alpine.uskiteam.com/alpine-programs/regions/rockycentral-region/rocky-mountain-division/selections>

- Mar 31 – Apr 4 M/W DH, SG, GS, SL Mission Ridge, WA

Council Cup

- Mar 2-4 M/W 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.

RMD Special Events

- Mar 31-Apr1 M/W 2GS Beaver Creek (GS Spectacular)
- Apr 7-8 M/W 2SL Loveland (Loveland Derby)

USSA License – Everyone needs a competitor's license. Early price renewal deadline is October 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! There will also be an opportunity TBD to become a race official.

Team Travel Policy - We will provide team travel to most U16 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. All entries 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: Team AVSC jackets are available for sale. New down jackets will be for sale for \$170. Uniform night TBD, hopefully last week in October.

Communication:

Every Friday an email will be sent out with next week's training plan. We will use the text hotline to make any changes to that plan.

To Subscribe to the hotline text: **U16ALPINE to 84483**.

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

Calendar – click on event to see details - <http://www.teamavsc.org/17451>

Athlete and Parent Manuals - Please read! <http://www.teamavsc.org/Alpine-Manuals-and-Parent-Meeting-Agendas>