



## U16 Parent Meeting Agenda – November 5<sup>th</sup>, 2020 5:45pm

### Staff Introductions:

Johno McBride - Alpine Director  
Sari Anderson- Operations Manager  
Gillian Hearn – U16 Lead Coach  
Willie Volckhausen – U16 Coach  
Andrew Hancock - U16 Coach

### Discussion on our philosophy for the U16 program:

- Core Values – our mission is to develop both fast skiers and good people.
- Awards given at the end of year banquet (*Commitment Award, Teamwork Award, Integrity Award, Stirling Cooper Award, Willoughby Award, Pursuit of Excellence Award and Most Improved Award*)
- U16 is the age to learn what it takes to be a dedicated ski racer.
- Maintain free skiing and fun as an integral part of our season plan
- Expectations of free ski days (written permission to go elsewhere)
- U16 program goals

### Goal Setting:

- If you have not already had a goal meeting please let us know, and we will meet next week. If you need a new goal sheet please let us know.
- Athletes should check in on their goals on a regular basis.
- We will meet with athletes mid season and check in.

### Attendance:

- Important

### Schedules:

- **Calendar:** <https://www.teamavsc.org/17451>
- **Weekly Emails-** You will receive a weekly email every Friday with the schedule for the upcoming week. If you need to add an email address please let Stephanie know.
- **Last minute updates.** Whatsapp If you have not already let me know you would like to be added please provide what phone numbers you would like added
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### After School Training – Monday- OFF

Tues-Session 1- 11:00-1:45 Session 2- 2:00-4:30

Wed- Session 1- 9-12 Session 2- 1:00-4:00

Thurs- OFF

Fri- Session 1-11:00-1:45 Session 2- 2:00-4:30

**Weekend Training** – Generally 9:00am – 3:00 pm with a 1hr break for lunch; times could be variable and communicated through email and hotline.

### Competition Schedule –

- SYNC Series /Devo Series
- See Separate Sheet sheet/calendar

### Strength and Conditioning:

- Athletes have made major gains this summer.
- Iron Man and Skills Quest Testing

- During the Season we will continue to be in the gym.
- Tuesday 4:30-5:30
- Thursday 4:00-5:00

**Equipment:**

If you still have equipment needs please contact one of us.  
Please let us know if you will need SG/DH lender skis for the year.

**Mark your equipment!**

**Boot work:** Please let us know if you need boot work.

**Race Sign up & Team Travel:**

- We will use google sheets for race signups. You still need to register at myussa.org.
- We are going to reevaluate team travel January 1<sup>st</sup>.

**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.

**Uniforms:**

You can order the new Strafe jacket through campminder.