



U16 Parent Meeting Agenda – August 20th, 2018 5:15pm

Staff Introductions:

Mark Godomsky - Executive Director
Alice Black - Alpine Director
Andy Davies - Academic Advisor
Casey Puckett – U16 Lead Coach
Willie Volkhausen – U16 Coach
Marie Aufrere - 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 how to be a ski racer.
- Increased focus on free skiing and fun.

Dryland Training/Strength and Conditioning:

Times:	Mon, Tues, Thurs, Fri	3:30 – 5:00/5:30
	Wed	2:00 – 4:00 +
Content:	2-3 days/week	Power and Strength (weightlifting)
	2 days/week	Aerobic/Anaerobic (Long/Slow/Distance, Lactate Threshold, Threshold Tolerance)
	1-2 days/week	Field workouts (movement specific aerobic strength, plyometrics, agility, games)
	1-2 days/week	Yoga
	1 day/week	Gymnastics. (Red Brick)
Roger Wilson:	Yoga, Relaxation/Meditation, Sports Psychology, Nutrition	

Lockers:

Please see Martha for a locker starting 8/25. 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. 25-28; Nov. 1-4 Nov. 10-11
- **Early Season Training** - Stapleton Training Center target opening date November 10th. First day of training for 5 day/week is November 17th. First day of training for 3 day/week is Dec. 1st.
- **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 1hr 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 and 3rd page for race descriptions
- **Summer/Fall Camps** – Discussion on projects for summer and fall

Goal Setting:

Please have your child fill out a goal sheet for this year and make an appointment with Casey and Willie to go over goals for the year.

Attendance:

Discussion on the importance of attendance and possibly setting a training attendance minimum in order to race.

Ironman test:

I have started implementing the Norwegian Ironman test for skiers. It measures most of the important indicators for an Alpine ski racer. Doing well on this test will have a direct impact on how the athlete performs on snow. We will do a mandatory test in September and again in October – and there will be awards for best performance.

Equipment:

Mark your calendar. **Sep 5 - Used Equipment Night**
Sep 7 - New Equipment Night

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.org.

Tuning / Wax Order and Clinic:

- Swix Wax/Tuning Order – we will give you a code to order wax and tuning equipment. We will give you a guide as to what you need in your wax kit.
- 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.
- Gorsuch does race and training tunes. Also, they can grind and re-grind skis if need be.

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.

- Dec. 15-16 M/W SL, SL Loveland
- Jan 3-4 M/W GS, GS Loveland
- Jan 16-17 M/W 2 DH Training Aspen (Wilder Dwight)
- Jan 18-19 M/W DH, DH Aspen (Wilder Dwight)
- Jan 20-21 M/W SG, SG Aspen (Wilder Dwight; JC qualifiers)
- Feb 2-3 M SL, GS Vail
- Feb 2-3 W GS, SL Steamboat
- Feb 15-16 M/W GS, GS Winter Park (Junior Champs qualifiers)
- Feb 17-18 M/W SL, SL Steamboat (Junior Champs qualifiers)
- Mar 21-24 M/W SG, GS, SL, Dual Winter Park (Sync Cup Finals; Garner Games)

Rocky/Central U16 Junior Championships

- Mar 4-10 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 Opa Cup (Formerly 7 Nations Cup)

- Jan 5-11 M/W GS, SL Burke Mtn (NPS)
- Feb 13-14 M/W GS, SL Europe (OPA Cup)

U16 Junior Nationals - How to qualify:

- Mar 30 – Apr 3 M/W DH, SG, GS, SL

Council Cup

- Mar 8-10 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 30-31 M/W 2GS Beaver Creek (GS Spectacular)
- Apr 6-7 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:

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 \$175. Please contact Alice at ablack@teamavsc.org if you would like to purchase one.

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/Manuals-Program-Fact-Sheets-Parent-Mtg-Agendas>