



## 2018-2019 ASC Freeskiing - Program Guide

Program Options: Full-Time (Saturday and Sunday)

U14 - U19 (12-18 years old)

ASC's Freeskiing program is designed for skiers interested in becoming competitive freeride and freeskiing athletes. The program is primarily formatted around the International Freeskiers and Snowboarders Association (IFSA) Junior Freeride Competition Tour ([www.freeskiers.org](http://www.freeskiers.org)), but also has experienced Skiercross and Slopestyle coaches on staff for athletes interested in those disciplines. Our athletes train with experienced coaches to hone their skills in all aspects of freeskiing, with a heavy focus on the fundamentals of freeride: Line Choice, Technique, Style, Fluidity, and Control.

The program will be fluid in terms of training on any given day; groups will optimize the focus for each day based on snow and weather conditions at Alyeska. Athletes can expect to have coach directed trick practice, run technique drills, assessments or mini-competitions, video analysis, mentoring with older athlete role models, and of course, freeskiing with a group of some of the best freeskiers on the mountain.

The mission of this program is to help athletes become strong well rounded freeskiers in a team environment, while providing them with the opportunity to be successful competitors.

The program will staff one local IFSA Regional event and will travel to 1-3 IFSA National events. Athletes on the travel team are motivated to succeed, good role models on our home mountain, disciplined, and have good attendance at training. Any athletes deemed to not represent our team's values, will be removed from the travel team regardless of their registration status for events. Program cost does not include travel and coach's expenses at away trips.

**Note:** All athletes registered in the Freeskiing program are required to be licensed members of IFSA or USSA depending on their competition discipline. Please visit the IFSA website [www.freeskiers.org](http://www.freeskiers.org) for Freeride competition. If you are interested in Skiercross/Park please contact Head Coach, Connor Michael for more information. Alyeska Resort has a strict policy on inverted aerials. These maneuvers are not allowed outside of

designated Alyeska Resort Terrain Parks. Inverted Aerials are allowed during Alyeska Resort events and competitions.

## **SUITABILITY**

**For new athletes** - This is a competitive freeskiing program. During registration you will be prompted to select if you are a new or returning athlete. All new athletes are required to fill out a questionnaire at the beginning of registration to determine suitability for the program. Please contact Head Coach, Connor Michael if you have questions about suitability.

## **EXPECTATIONS**

Below is a list of things we expect from our athletes. If these expectations are not met on a regular basis, the athlete will not be invited back next year and will not be considered part of our travel team. The Alyeska Freeskiing Team (AFT) represents our sport, our team, and our mountain.

1. Athletes are expected to be good stewards of the mountain and respect the public, ski patrol, mountain staff, and follow all the rules of the mountain.
2. Athletes are expected to represent the Alyeska Ski Club and follow the club's code of conduct.
3. Athletes are expected to be good role models to younger athletes.
4. Athletes are expected to ski in control and respect the other skiers "bubble" space.
5. Athletes are expected to have good attendance and show up on time.
6. Athletes are expected to listen to the coaches.
7. Athletes are expected to respect the locker room and its rules.
8. Athletes are expected to always rack their skis.
9. Athletes are expected to support their teammates on and off the hill.
10. Athletes are expected to have a good attitude, have fun, and give out lots of high fives.

The AFT runs on a three-strike rule. On the third strike, athletes can expect disciplinary action.

## **COMMUNICATION**

Communication in this program is extremely important to keep up with training, travel, events, volunteering, and the overall program. The coaching staff sends regular emails via Teamsnap. If you are unfamiliar with Teamsnap, it is an app used to communicate with your team via emails and have easy access to a calendar with our schedule of events. You will automatically be signed up for Team Snap after you register. The coaching staff is always willing to answer your questions via phone call and email. However, we do ask that you check your email regularly.

Every athlete must have all coaches phone numbers in their phone. Coaches are available via text, phone call, and radio. If an athlete is going to be late, they need to let a coach know when they will be at training and we will designate a meeting location. If an athlete is going to miss practice, we ask that the parents notify the staff, or the responsibility will fall on the

athlete. If an athlete is separated from the group, they need to contact a coach via phone or radio in the RTC.

## **TRAVEL**

As mentioned earlier in our program guide, the team travels to 1-3 IFSA Junior National Freeride Competitions throughout the year. Registration for these competitions generally opens in mid-December and is a very competitive registration process. Athletes and parents will be notified of which competitions the coaches are targeting, and the dates and times of registration. If a competition targeted by the coaches does not have at least 6 AFT athletes registered, the staff will adapt and travel to a competition with more AFT athletes registered.

For those who have not experienced the freeride registration process, it can be chaotic, so please be patient and the coaches will help guide you through the process. You must have an IFSA license to register, please obtain these licenses as early as possible to give us a better chance of earning quota spots. The team gets a designated number of quota spots for competitions and they will be given to athletes based on coach's discretion of athletes who best represent the AFT (this is based more on than skill level).

Once registration has been completed, travel plans begin immediately. Coaches will send out a cost estimate for the trip which will include lodging, rental cars, fuel, coaches travel, and groceries. You must confirm with the staff that you will be traveling on the trip by making a \$250 non-refundable deposit within 10 days after registration. Once the coaches book the trip they will send out their itinerary for athletes to book under, set a meeting date to discuss the trip, and send pre-trip costs. Costs can sometimes increase due to unforeseen circumstances on trips. Athletes competing at out of state competitions are required to stay with the team unless it is deemed necessary by the coaches they stay with family.

At the end of the year, any athletes who qualify for the IFSA Junior National Championships will travel as the Alaskan representation to compete against the top 175 athletes in the nation. **For more information about freeride competitions, please visit the IFSA website at [www.freeskiers.org](http://www.freeskiers.org). All athletes and parents are expected to read the IFSA Athlete Handbook as well as the IFSA NA Junior Event series guidelines. Please feel free to reach out to Connor with any questions anytime.**

## **LOCKERS**

The freeskiing team gets a number of lockers delegated to them by the club. Athletes will receive a locker in order of seniority and will likely be expected to share with 1 to 2 other athletes. There will be a day of training where the athletes are assigned lockers. If you miss this day, it is your responsibility to get in contact with a coach to get your locker.

Athletes are expected to follow the rules of the locker room and keep their area clean, regardless of who's trash it is. If the freeskiing team section is a mess, or rules aren't followed, athletes will lose their locker privileges.

## DRYLAND

To be successful in this sport it is extremely important to be in shape and ready to rip on day one. This year's dryland starts the end of August and it will run through the end of November. Dryland will consist of one day at Elite Performance and one day of cardio and field work at Kincaid or another designated location per week. If an athlete is going to participate in dryland (strongly recommended) you will need to select the optional dryland add on during registration.

## DAILY ACTIVITIES

**Assessments:** Once a weekend there will be an assessment session in the morning or afternoon depending on conditions. During these sessions, athletes will be directed to a pre-designated venue to show off what they've learned. Athletes will be expected to make their **Line** choice as if they are in a competition, and drop in with their **Technique, Style, Fluidity, and Control** in mind. Coaches will be at the bottom of the venue taking video and providing the athletes with feedback as they make as many laps as possible during the session. This is where athletes are given focus areas and drills.

**Directed Freeskiing:** Athletes ski in groups led by coaches. The coach sets the pace and tone of the freeskiing session. This may vary from skiing groomers to off-piste. Collective, group freeskiing with focus areas in mind is where the foundation of proper technique is developed. Coaches lead by example and demonstrate proper skills which athletes can visualize and improve upon. Coaches are role models for how to ski the mountain and are expected to have excellent freeskiing skills.

**Undirected Freeskiing:** The staff allows U16 athletes and older to ski the mountain undirected when they notify their coach and seek permission with the understanding that they are skiing with a partner and abiding by the rules of the mountain. There are times when the staff may allow a U14 skier to participate in undirected freeskiing when they demonstrate they possess the same knowledge and wherewithal as a U16 athlete. Conditions generally have to be favorable for U14 skiers to participate in undirected freeskiing. It is expected the athletes keep their focus areas in mind during undirected freeskiing. Skiers in any age group will only be allowed to participate in undirected freeskiing if they have demonstrated the values of the team. It is at the discretion of the coaches and not the athletes on when they can leave training to ski undirected. The staff asks that parents communicate with the coach (email, phone call, or permission slip) to indicate that the athlete is not participating with the program on a given day.

**Powder Days:** When there is significant snowfall and the normal training day is relegated to skiing powder then athletes will be notified in the morning that it is a 'Powder Day'. We meet at 10:00am as usual in line at Teds Express (Chair 4). Athletes not ready to meet the coaches at 10:00am will miss the plan and meeting times for the day (the RTC office has radio contact with coaches for late arrivals). The Top of Chair 6 is considered the meeting place for late athletes and coaches will look for these athletes there. The staff requires the practice of skiing with a partner and when conditions merit, will attempt to ski with a lead and tail-guide coach especially on more advanced terrain. 3:45pm is considered the end of

the day meeting time for athletes on a Powder Day; athletes departing early should notify the RTC office staff.

Coaches are directed to be on-the-hill during 'Powder Days' with cell phones and radios available for contact with the RTC and Ski Patrol dispatch. Alyeska receives a lot of snowfall and powder days are where athletes and coaches develop great camaraderie and it is about 'Having fun, making memories, and skiing pow!'

## **TRAINING CAMPS**

### **Winter Break Camp (ASD winter break)**

Camp Days: Jan 2 - 4, 2018. Cost of the camp is included in regular program enrollment.

This is a 3-day camp Wednesday-Friday. Daily training activities from 10:00am-3:45pm.

## **DAILY SCHEDULE**

- |                 |  |
|-----------------|--|
| 10:00am         | Meet coaches in line at Teds Express (Chair 4) in front of the Alyeska Ski Club Race Training Center.                            |
| 10:30am         | Load lifts.  |
| 10:30am-12:30pm | Morning Session – Group at top of Glacier Bowl Express (Chair 6)<br>Drills and competition focus according to training calendar. |
| 12:30pm-1:30pm  | Lunch  |
| 1:30pm – 3:45pm | Afternoon Session – Group at top of Glacier Bowl Express (Chair 6)   |

Coaches may make changes to the schedule due to factors including weather and conditions. If the athlete is late for the initial meeting time at 10:00 am, they will miss the rundown and meeting times for the day. Late athletes are expected to call one of the coaches and wait for them according to the coach's instruction.