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## 2018/19 ASC DEVOS Program Guide

(Parent & Athlete Supplemental Guide)

Devos is an all-mountain ski program for athletes ages 8-14, focusing on the joy and fun of skiing. Athletes are grouped according to their age and ability and work with a dedicated coach throughout the season to improve skills and confidence. Skiing skills are improved through directed free skiing, focused drills, terrain progression, and occasional gate training.

The Devos Program is not suitable for beginner skiers. Interested participants must have the ability to ski the whole mountain starting at the top of Chair Six. Try-outs are mandatory for new participants and are held prior to the start of the program.

- ❖ Saturdays from 11:00 – 3:30
- ❖ Program Cost \$415. Additional 3 day Winter and Spring Camps: \$100 each
- ❖ Athletes learn how to “Ski it All,” Confidently & Safely!
- ❖ Athletes are divided into groups of similar age and ability.
- ❖ Dedicated volunteer coaches lead each group for the season, give individual guidance and feedback
- ❖ Athletes split time between directed free-skiing, alpine drills, terrain Park, half pipe, and some gate training

### DEVOS Daily Schedule

10:45-10:50am Athletes gather at designated group signs between Alyeska Ski Club Race Training Center (RTC) and base of Tanaka chair.

***Athletes must be ready with all gear, proper clothing, resort ticket or ski pass, helmet, & poles.***

10:55am Load chairlifts ***Groups do not wait for late athletes - contact coach for meet up arrangements. DEVOS cannot be responsible for athletes who are not ready to go.***

11:00am-12:30pm	Directed free-skiing with groups,  Drills according to progression plan and mountain conditions
12:30pm-1:15pm	<u>Unsupervised Lunch</u> . Athletes are released at the RTC to meet parents or have lunch on their own.
1:15pm – 3:30pm	Directed free-skiing with groups
3:30pm	End of Devo ski day. Pick up at RTC

### **Tryouts – For New Program Members**

The Registration process asks for skier experience and history in order to group participants into tryout groups. Tryouts will be held at Alyeska unless the weather and conditions do not allow this early in the Season. Tryout dates, times and locations will be sent to new participants via email messages after registration is complete.

Returning participants do not need to tryout.

### **Minimum requirements for entry into the DEVO Program:**

1. Proficient at stopping and turning **under control**.
2. Emotionally mature enough to be away from parents for the whole day.
3. Confidently able to ski the upper mountain chairlifts at Alyeska. DEVOS is not a learn to ski beginner program. Private ski school lessons before our season starts can be very helpful.
4. Age 8 as of 12/31/18

### **DEVO Monthly Progression Plan**

The Devo program strives to improve basic skiing skills and confidence through directed free-skiing, focused drills, limited gate training, and lots of fun. Our seasonal schedule is organized to build a foundation with basic body positioning and build skills progressively. Drills and free skiing focus in each month are listed below and follow a general progression moving towards more technical skills and terrain challenges throughout the season.

December:	Basic body positioning: athletic stance, parallel positioning, balance, edge control
January:	Advanced body positioning: dynamic balance, athletic stance, movement
February:	Pole planting/ Specific movement patterns: Linked turns, dynamic fluid skiing
March:	Refining skills/ repeat difficult drills successfully

## **Gear**

**All Devo athletes are required to wear helmets.** No athlete will be allowed to ski with the Devo program without a helmet. All ski equipment should be well fitting and in keeping with safety standards. You do not need specialized race equipment for the Devo program. If you have any questions about your child's ski equipment we will be happy to assist you. Proper equipment that fits well help kids ski better and have more fun. Where to find gear:

SkiAK  
Powder Hound Ski Shop  
REI  
Local Ski Swaps

Athletes must arrive with appropriate clothing for the weather. **Please pack extra layers, pairs of mittens, neck warmers and hand warmers in inclement weather.** We do not have additional ski clothing to loan out in the case that athletes get wet or are not appropriately dressed for the weather. We want the kids to have fun and ski, not be too cold and need to warm up every other run!

All Devos must have a valid lift ticket or seasons pass to ski. This cost not included the Devo program fees. No athlete will be allowed to load the lift without a ticket or pass.

## **Coach/Athlete Ratio**

The ideal group size is six to nine athletes per coach. In the event there are more than 8 athletes per coach, we will assign a 2<sup>nd</sup> coach to the group if needed. Smaller and larger groups will be established based on ability level, group dynamics, and coach feedback.

## **Devo Groupings**

Once groups are established we strive to keep athletes with the same coach all season. On some occasions based on ability, athletes may be transferred to a different group mid-season if it will be in the best interest of the athlete's continued development. If a coach is unavailable on a given Saturday an appropriate substitute coach will be guiding the group for that day.

Devo groups are structured according to ability level. We work to keep kids with their peers (age-groups) and friends for a fun learning environment. Generally there are several groups of similar ability level for each age group. We like to have a gender balance within each group as well.

## **Coaches / Program Director / Parent Volunteers**

Devos has a very committed group of excellent coaches from all ski backgrounds: ski racing, ski mountaineering, ski guiding, and backcountry skiing. DEVO Coaches are not paid, but are committed volunteers. Many of the coaches have been with the program for over 5 seasons, and they love to share their joy and knowledge of skiing with DEVO skiers.

Please contact the Devos Program Director or Devos Head Coach with any questions, concerns, brilliant ideas, etc. Communication is key, and together with the entire coach crew and admin staff, we aim to make this great program even better!

Parent volunteers can be very helpful for the younger ages, especially in powder conditions. Parent volunteers normally "sweep", skiing at the back of a group in case anyone needs help after a fall. If you'd like to help, please send an email to [devosasc@gmail.com](mailto:devosasc@gmail.com) or [devos.headcoach@gmail.com](mailto:devos.headcoach@gmail.com) during the season, or talk to the coach.

## Camps

The Ski Club offers two three-day camps during school vacation weeks (Winter and Spring break). Participation in these camps is optional and is an additional cost outside of the Devos program fee. Camps are open to Devos and Mighty Mite skiers, and daily schedules will be the same as Devos. Enrollment is available during program registration and may be limited based upon our available coaching staff for each camp. Camp Registration Fees are Non-Refundable.

### Camp dates 2017/18

Winter Break Camp:	Wednesday – Friday	Dec. 26-28	\$100
Spring Break Camp:	Wednesday - Friday	Mar 13-15	\$100

## Racing Opportunities:

The Youth Ski League Race Series holds four races at Hillberg on Elmendorf AFB, Hilltop, and Arctic Valley in late January, February, and March. This series is an excellent opportunity for young kids to get a taste of ski racing. Emails will be sent during the season with more information on these and other events.

The U14/U12 Alaska State Championships and other local USSA races in Alaska are also available for Devos. Athletes must be members of USSA to compete and hold a USSA member license. These are available to purchase at [ussa.org](http://ussa.org).

## Weather cancellations

We ski in all weather conditions, however, on rare occasions Devos may be cancelled due to extreme weather: -15 below, or resort closure. A Devos Team Snap message will be sent ASAP notifying Devos parents of any cancellations or changes to the normal schedule. At times Devos may be cancelled after a half-day at the discretion of coaches and the director if weather conditions worsen. If we feel this is likely we will alert parents prior to loading the lifts that day.

## Devos Email

Weekly emails are sent out from the Devos Program Director [devosasc@gmail.com](mailto:devosasc@gmail.com) and the Devos Head Coach [devos.headcoach@gmail.com](mailto:devos.headcoach@gmail.com) with updates and changes.

## Safety

There are risks inherent in any outdoor activity like alpine skiing, and although every effort is made to prevent accidents, minor scrapes and bumps do occur from time to time. Coaches are not medically trained, and are required to call ski patrol ASAP in the event of an accident or injury. Parents are responsible for making sure their children know and follow the rules to prevent injury to themselves and others. **Please review the Skier's Code of Conduct with your child prior to the start of the season (found on Alyeska Resort's website)** In addition, Devos athletes are expected to:

- Always listen to the coach and parent helpers
- Be considerate of others and use kind speech
- Ski with the group - do not ski ahead or leave the group without explicit permission
- Use equipment properly, and do not mess with others' equipment (for example, poles are not weapons)
- Respect the RTC lunch spot: clean up after themselves, juniors' training equipment is OFF LIMITS
- all skis go in ski racks, NOT ON THE GROUND. Ski patrol needs to maintain a safe corridor.
- Come with a good attitude, ready to have fun!

## Discipline

The inherent dangers involved in alpine skiing combined with the size of DEVO groups require that children promptly obey the rules established by the coaches and parent helpers. Children who are unable to obey the rules pose a threat to the safety of others as well as themselves and put an unfair burden on the coaches, other children, and parents. Children who are unable to follow the rules established by the coaches will not be allowed to attend practice. Normally, the following procedures will apply:

- First infraction: formal warning to skier
- Second infraction: return to RTC for the day/ discussion between coach, parent, and athlete
- Third infraction: suspension for 2 weeks
- Fourth infraction: termination from program

At the discretion of the program director, certain serious infractions (such as fighting or situations involving risks of physical harm) may result in deviation the above policy, up to and including immediate suspension.

## Medical

If your child has a medical condition that may need to be treated out on the mountain (asthma, food allergies, etc) please let the program director and your child's coach know. This is very important and helps avoid a crisis situation. This information should be included in your child's registration and we try to be sure that the coaches know about any medical information provided, but please talk to your child's coach directly as well.

If a child has a fall that involves a suspected head injury, he or she will be taken to an aid shack or RTC for evaluation before skiing again.

## Parent Expectations

To ensure a fabulous season for all, there are a few things that parents can do to support your athletes and the coaches and the ski club:

- Ensure your child has proper gear, clothing, lunch, and ski pass every day
- Arrive by 10:30
- Communicate with director **and** coach if you will be absent or late (text or email)
- Let coach and athlete know your expectations for your child for the 3:30 pick up
- Get lessons for your child if needed BEFORE the DEVOS first day
- VOLUNTEER! get to know our club community by lending a hand:
  - assist with a younger group of skiers (important on powder days)
  - help clean-up the RTC on your child's groups assigned dates for clean-up duty
  - help out at a ski swap
  - volunteer for the ski club auction
  - learn how to gate keep for the ski club races