



## 2018-2019 ASC Freeskiing U12 Development - Program Guide

Program: One-day (Sundays) - U12 (10-11 years old)

The ASC Freeskiing U-12 Development program is for athletes who are under 12 years old and are ready to take their skiing ability to the next level in pursuit of competition. These athletes have reached their personal goals in Devos and Mighty Mites, shown a high level of commitment to the sport, and are motivated to succeed. U-12 development athletes will ski with an IFSA certified coach every Sunday, focusing on preparing them for competition and setting them on a path to join the full time Freeskiing Program. The program is primarily formatted around the International Freeskiers and Snowboarders Association (IFSA) Junior Freeride Competition Tour ([www.freeskiers.org](http://www.freeskiers.org)). 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, Control.

The program will be fluid in terms of training specific competitive focuses 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 may travel to a couple IFSA Regional or National events based on interest. Athletes on the travel team will need to have a parent or other designated chaperone. 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 expenses.

**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 Connor for more information. Inverted aerials are not permitted outside of designated Alyeska Resort Terrain Parks. Inverted Aerials are allowed during Alyeska Resort events and competitions.

## **SUITABILITY**

This is a competitive freeskiing program. The U12 development program will accept up to 8 athletes aged 10 and 11 for the 2018-2019 season. Registration is first come, first served up to the 8-athlete cap. Once registered, to be eligible for the team an athlete is required to:

- 1) have a recommendation from a coach of their most recent ski club program,
- 2) be motivated to become a competitive freeskiing athlete,
- 3) have the basic skill set necessary to train and compete as a competitive freeskiing athlete, and
- 4) demonstrate a great attitude on and off the hill.

The first sessions of the season will consist of assessment of the athlete's skills. U12 athletes are advised to consider registering for both Devos and Freeskiing so that if they do not meet the basic skill standards required for the Freeskiing program, they can participate in Devos to improve their skills and return to Freeskiing next year. The Freeskiing program head coach and ASC alpine director have sole discretion on an athlete's suitability for the program. Unutilized Devos or Freeskiing program fees will be refunded. If a U12 athlete makes the team, they are encouraged to participate in both programs, skiing with the Devos on Saturdays if they would like.

## **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 AFT represents our sport, our team, and our mountain.

1. Athletes are expected to be good stewards of the mountain and respect 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 clubs 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".
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. (U-12 athletes do not receive lockers until they are a full time Freeskiing athlete)
8. Athletes are expected to rack their skis always.
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.

Parents will be contacted if your athlete is not meeting expectations.

## 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. 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.

Coaches are available via text, phone call, and radio. If an athlete is going to be late, please 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. 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 may travel to a couple IFSA Junior National or Regional Freeride Competitions throughout the year. Registration for these competitions generally opens in mid-December and is a very competitive registration process. Coaches and U12 parents will meet prior to registration and consider some competitions to target.

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 on more than skill level).

Once registration has been completed, travel plans begin immediately. U12 athletes will need a parent or designated chaperone to accompany them on the trip. Coaching will be provided the day prior to the competition and on the day of the competition. We will have a pre-trip meeting and determine a cost-effective and efficient travel plan that works for athletes, parents, and coaches.

## DAILY ACTIVITIES

**Assessments:** Every Sunday 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.

## **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**

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|-----------------|---|
| 10:00am         | Meet coaches 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<br>Drills and competition focus according to training calendar.               |
| 12:30pm-1:30pm  | Lunch   |
| 1:30pm – 3:45pm | Afternoon Session<br>Meet coaches at Teds Express (Chair 4) at 1:30.                          |

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.