



ASC Freeride - Alyeska Freeride Team

2020-21 Program Guide

PROGRAM OPTIONS

Weekend (Saturdays and Sundays) U12 (10-11 years old) and U14-U19 (12-18 years old)

Three-day (Friday-Sunday) U14-U19 (12-18 years old)

Four-day (Thursday-Sunday) U14-U19 (12-18 years old)

INTRODUCTION

ASC's Alyeska Freeride Team is designed for competitive freeride and freeskiing athletes. The program is formatted around the International Freeskiers and Snowboarders Association (IFSA) Junior Freeride Competition Tour (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 and 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, 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 program will staff one local IFSA Regional event and will travel to 1-3 IFSA National events. Athletes planning on traveling are motivated to succeed, be 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 expenses at away trips.

Note: All athletes are required to be licensed members of IFSA. Please visit the IFSA website www.freeskiers.org for Freeride competition information and licensing. 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

Tryouts are required and held in March/April every season. Every athlete, including athletes previously a part of the competitive program, will try out for 70 spots. No athlete is guaranteed a spot on the team every year, they must attend tryouts to defend their spot. Athletes who do not meet the expectations outlined below may lose their opportunity to try out for the team.

All selected athletes will receive a link to register for the program in June.

EXPECTATIONS

Below is a list of what we expect from our athletes. If these expectations are not met on a regular basis, the athlete will not be invited back next year. 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.
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.

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 or texts 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.

Every athlete must have all coach 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 athlete or 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. The team will often send a coach to competitions upon request if families would like to attend a competition we are not targeting as a team.

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. 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. 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 cost estimates. Costs can sometimes increase due to unforeseen circumstances on trips.

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, visit the IFSA website at 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.**

LOCKERS (Ages 15-18 Only)

Freeride gets a number of lockers. Athletes will receive a locker in order of seniority and will likely be expected to share 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 freeride section is a mess, or rules aren't followed, athletes will lose their locker privileges. If one locker mate breaks the rules, everyone in the locker loses their privileges.

DRYLAND (Ages 12-18 Only)

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 in September and will run through December. Dryland will consist of two days at Elite Performance. The program is specifically designed by a

professional trainer for competitive downhill skiing athletes. If an athlete is going to participate in dryland (strongly recommended) you will need to select the dryland add-on during registration. Dryland price at Elite is \$640 for two-days per week of training (\$20 per day for 4 months). Athletes who are physically prepared for the season have a higher chance of success and a lower chance of injury. There will also be the option for mid-season dryland one day per week.

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 (Ages 12-18 Only): The staff allows athletes 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. Conditions generally have to be favorable for athletes under 14 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 as to 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 if an 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: December 28- 30, 2020. Cost of the camp is included in regular program enrollment. This is a 3-day camp Monday-Wednesday. 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) |
| 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.