



2020/21 ASC DEVOS Program Guide

(Parent & Athlete Supplemental Guide)

DEVOS is an all-mountain ski program for athletes ages 8-14. The DEVOS program is intended to improve an athlete's skills and confidence while emphasizing fun and safety. Athletes are grouped according to age and ability and are coached by dedicated volunteers. Coaches work with athletes to build solid ski skills and confidence through individual feedback, directed free skiing, focused drills, terrain progression, and occasional fun gate training.

DEVOS is not a learn to ski program. Try-outs are held to ensure participants are able to ski the entire mountain from the top of Chair Six.

Due to the Covid19 Pandemic we are adjusting the 2020/2021 Season for health and safety reasons. We hope to go back to normal operations next season if not sooner. Thanks for your patience and support.

SEASON

December 19, 2020 – April 3, 2021 - Dependent upon mountain conditions
Saturdays 11:30/Noon – 3:00 pm (see daily schedule below)

COST PER ATHLETE

Program: \$400
Two-day Winter Camp: \$150 – Dependent upon Mountain Conditions
Three-day Spring Camp: \$150 – Dependent upon Mountain Conditions

DAILY SCHEDULE – REDO after meeting/agreements to days

Devos Revised Daily Schedule: Elimination of lunch and a condensed ski period due to lack of indoor facilities for lunch and to reduce close contact of athletes when not skiing. Staggered start time of groups by age to limit crowds at Group Flags. Athletes unable to ski the full period can be returned to the RTC area and Program Director will contact parents.

OLDER Groups:

- 11:20-11:30am Older Mountain Groups – 11 years old and older athletes meet their coach at designated group signs between Alyeska Ski Club Race Training Center (RTC) and base of Tanaka Chair athletes **must wear a face mask** when joining groups. ***Athletes must be ready with all gear, proper clothing, resort ticket or ski pass, helmet, & poles. Recommend sending athletes with a nutritious snack since there will be no lunch breaks – protein bars and etc.***
- 11:30 am Load chairlifts – ***groups do not wait for late athletes; contact coach for meet up arrangements. DEVOS cannot be responsible for athletes who arrive late or unprepared. Suggestion: Ski Buffs can be pulled up over Face Masks for riding the chair and skiing.***
- 11:30 am-3:00 pm Directed group free-skiing; drills are according to progression plan and mountain Conditions. Pick up athletes at outside the RTC at 3:00 pm!

Younger Groups:

- 11:50-Noon Older Mountain Groups – 10 years old and younger Athletes meet their coach at designated group signs between Alyeska Ski Club Race Training Center (RTC) and base of Tanaka chair Athletes **must wear a face mask** when joining groups. ***Athletes must be ready with all gear, proper clothing, resort ticket or ski pass, helmet, & poles. Recommend sending athletes with a nutritious snack since there will be no lunch breaks – protein bars and etc.***
- Noon Load chairlifts – ***groups do not wait for late athletes; contact coach for meet up arrangements. DEVOS cannot be responsible for athletes who arrive late or unprepared. Suggestion: Ski Buffs can be pulled up over Face Masks for riding the chair and skiing.***
- Noon -3:00 pm Directed group free-skiing; drills are according to progression plan and mountain Conditions. Pick up athletes at outside the RTC at 3:00 pm!

Tryouts – For New Program Members

Athletes new to the DEVOS program will be grouped by experience for Tryouts based on information provided by parents during the registration process. Following tryouts athletes are then placed in age and ability based groups for the ski season. Group information will be provided via email prior to their first day. Contact the DEVOS Director via email at devosprogramdirector@alyeskaskiclub.com if you have any questions.

Returning participants or those from other programs 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 12/31/20

DEVOS MONTHLY PROGRESSION PLAN

The DEVOS program strives to improve basic skiing skills and confidence through directed free-skiing, focused drills, limited gate training, and lots of fun. DA seasonal schedule is listed below and follows 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 and specific movement patterns: linked turns, dynamic fluid skiing
March:	Refining skill and repeat difficult drills for successful development

GEAR

All DEVOS 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 to the kids to have fun and ski, not be too cold and need to warm up every other run. **Warm-ups will be limited due to the concerns on Covid19 protocols', so it is CRITICAL this year to send your athletes dressed well for the conditions!**

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

COACH/ATHLETE RATIO

AN ideal group size is six to nine athletes per coach. In the event there are more than eight athletes per coach, we will assign a second coach to the group, if needed. Groups will be established based on ability level, group dynamics, and coach feedback.

DEVO Groupings

Our Goal is to provide for ease of placement and movement by ability and age ranges within our 18 Mountain/Glacier Ski Groups. Those 18 groups will be broken by groups for athletes 10 years old and younger and another set of groups for athletes 11 years old and older. Athletes will remain within their age bracket groups for the season.

Within each Age Bracket several groups will be linked together for reporting. Coaches for those linked groups will work to manage athletes daily for skiing. Athletes can be moved between each group for cohesive ability, gender, and friendship. Coaches will make those adjustments on a daily basis.

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. Coaches are not paid but are committed volunteers. Many coaches have been with the program for more than five seasons; they love to share their joy and knowledge of skiing with DEVOS skiers.

Please contact the DEVOS Program Director or Devos Head Coach with any questions, concerns or constructive feedback.

DEVOS Program Director: devosprogramdirector@alyeskaskiclub.com, 907-351-0636

DEVOS Head Coach: devosheadcoach@alyeskaskiclub.com, 907-315-0917

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 email the DEVOS Program Director or Head Coach, or talk with your group coach.

CAMPS

The Ski Club offers two camps during Anchorage School District Winter and Spring breaks. Participation in camps is optional and is an additional cost to the DEVOS program fee. Camps are open to DEVOS and Mighty Mite skiers. Enrollment is available during program registration and is non-refundable. Space is limited for each camp and based on available coaching staff.

Camp dates 2020/2021

Winter Break Camp:	Monday-Wednesday	Dec. 28-30	\$150
Spring Break Camp:	Wednesday - Friday	Mar 10-12	\$150

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 USSS races in Alaska are also available for Devos. Athletes must be members of USSA to compete and hold a USSS member license. These are available to purchase at <https://usskiandsnowboard.org>.

ASC Program Transition

We have many athletes within the ski club that move on to our other program offerings. Devos and Mighty Mites are two programs that develop athletes ages 7-14 with the skills and knowledge to move on to the ski clubs more competitive programs if your athlete is interested. These programs are Juniors, Freeride, and Skier Cross, more information on these programs can be found on the ASC website or you can reach out to the Devos Director or Devos Head Coach.

WEATHER CANCELLATIONS & COMMUNICATION

We ski in all weather conditions, however, on rare occasions DEVOS may be cancelled due to extreme weather: -15 below, or resort closure. A TeamSnap Email/Text 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. It is important to make sure you list accurate contact information is listed within the TeamSnap System as this is our notification database for all communication.

NOTE: Invitations to join TeamSnap are sent out to all our new registered families at the beginning of the season. Simply accept the invitation, download the TeamSnap Application and update all your contact information and preferred methods for notification (text and email). Prior season families should review their contact information and/or reload the TeamSnap Application if necessary.

Given our Covid19 Pandemic issues this season it is CRITICAL to ensure your contact information is updated in TeamSnap!

Weekly emails are sent out from the Devos Program Director devosprogramdirector@alYESkaskiClub.com and the Devos Head Coach devosheadcoach@alYESkaskiClub.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
- Place skis go in ski racks, NOT ON THE GROUND, no exceptions. Ski patrol needs to maintain a safe corridor.
- Come with a good attitude, ready to have fun!

DICIPLINE

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 inform the program director and your child's coach to help avoid a crisis situation. Such 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, face masks, snacks, and ski pass every day
- Arrive 15 minutes before session starts
- Communicate with Coaches if your athlete will not return for the afternoon session
- Let coach and athlete know your expectations for your child for the 3:00 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 ensure athletes stay 6' apart when waiting to ski with groups or returning
 - Help ensure athletes keep their Face Masks on
 - Volunteer for the ski club fundraising events
 - Learn how to gate keep for the ski club races