



2020 ASC FALL CAMP CHECKLIST & FACT SHEET

PURPOSE

Because of the opportunity that our athletes have this year for remote online learning we have decided to run a camp opportunity where the older athletes can ski for an extended period of time. This camp will have two different locations so we have different training environments that athletes can be exposed to. Please read this fact sheet carefully. Feel free to contact me if you have any questions. Jennifer - juniorsprogramdirector@alyeskaskiclub.com

♣ Team Building/Bonding – This will be the first opportunity this fall for the athletes to ski together as a group in their new age groupings. It is also one of the few times that there is a concentrated effort to have all the age groups work closely together. This goes a long way toward establishing the tempo and expectations for the year both on and off the snow. All athletes in the U19, U16, and U14 should attend this camp.

♣ Skiing Fundamentals – both in and out of the course. Most athletes have a difficult time making major adjustments to their technique during the competitive season. There are several reasons for this but the primary ones are:

- Athletes are less inclined to do something that is new or uncomfortable to them especially if the immediate result is that it may make them slower when they know they have a competition in the near future. They fail to realize that sometimes you need to take a half step backwards to go a full step forward.
- It is difficult for athletes to maintain a consistent focus in the winter when they have so many other distractions going on – school, friends, family etc. Camps are more intense so it is much easier for athletes to become immersed in skiing and making improvements. The additional time with the athletes also allows for higher quality video sessions and more personal feedback.
- It can be difficult for coaches to build and athletes to follow some skill development progressions in the winter. Coaches and athletes usually have very little time to work with and they are often feel the pressure to set and train full course race simulation vs shorter skill development courses.

BUDGET

- Pre- FIS, FIS Colorado Portion camp estimated cost - \$3,000
- U14 Full-time, Pre-FIS, FIS Big Sky Portion camp estimated cost - \$2,500
- Pre- FIS, FIS Colorado Big Sky Combo camp estimated cost - \$5,500
- U14 Part-time, U16/U19 Part-time estimated coaching fees Colorado – additional \$360
- U14 Part-time, U16/U19 Part-time estimated coaching fees Big Sky – additional \$315

Above budgets include: lodging, food, daily ground transportation, lift tickets, all hill expenses, all coach expenses, equipment transportation and afternoon activities.

Above budgets do not include athlete air transportation to Denver or Bozeman.

Budgets are highly dependent upon the number of athletes that participate. Participants will be provided with a revised complete camp budget once final athlete numbers are confirmed and bookings have been made.

♣ It is possible for athletes to attend just the CO portion or the MT portion or both. We do ask to specify your arrival and departure dates.

TRAVEL

♣ U16 – U19 Coaches for the Colorado Camp will depart Anchorage for Denver on Saturday Nov 7. Athletes should travel on the same flight or should arrange to arrive within the same time of the coaches' flight. For the Big Sky portion U14 – U16 – U19 coaches will be departing Anchorage Nov 18.

♣ U16 and U19 athletes will finish their Colorado camp on Nov 16. Coaches will depart Copper for Bozeman in the late afternoon/evening after skiing that morning. As for the Big Sky camp, athletes will end their camp on Nov 25.

♣ Again, athletes and parents are free to choose which camp(s) they will be attending, please however specify dates of arrival and departure upon registration.

WEATHER

Both locations will most likely be experiencing first snow falls and sub-freezing weather. Please ensure that your athlete brings enough clothing for winter like weather.

SKI EQUIPMENT/GEAR

FIS – 1 pair of FIS GS and 1 pair of FIS SL skis, U14 and U16 - 1 pair of SL and 1 pair of GS skis. All skis should be tuned and ready to go.

- Ski boots/orthotics/footbeds
- GS and SL poles
- Protective gear - Arm pads, stealth, shin guards, pole guards, helmet, mouthguard, goggles, sunglasses, etc.
- Backpack for on the hill – water, snacks, extra clothes/gear
- Ski tuning equipment. Files, guides, stones, scraper, wax. Snow conditions at Hood in the summer can be quite challenging if we get into a strong freeze/thaw cycle so athletes will need to tune every night. Even though the weather may be warm the snow is quite abrasive therefore colder training waxes should be used.
- Pack DH suit/training shorts. With the warm weather, athletes will likely be training in DH suits every day.
- Bring appropriate dryland workout clothes and shoes.

ACCOMMODATIONS

- Colorado: Mountain Plaza in Center Village
https://cms.coppercolorado.com/sites/copper/files/2019-11/FY20_VillageMap_Winter_web.pdf
- Big Sky: The Huntley Lodge on the Resort
<https://bigskyresort.com/accommodations/hotels/huntley-lodge>

PARENT ACCOMODATION OPPORTUNITIES

- Parents will have the opportunity to book lodging in both Copper and Big Sky at a discounted rate. However, both ski areas will not be open to the public. Copper will open on November 30th and Big Sky on November 26.
- Copper Discount code: To receive the above special group rates please call Copper Mountain's Central Reservations at (866) 837-2996 and provide Group Code:5071 Fall Training when making reservations.

- Big Sky Discount code: call reservations at (800) 548-4486 and press '2' for central reservations. 20% discount when mentioning November Race Camp Friends and Family Rate

COMMUNICATION

Coach Phone numbers -

- Jennifer: (907) 382 - 0566
- Bucky: (970) 401 - 0574
- Conor Lynch: (970) 901 - 9829
- Sarah Lundgren: (907) 242 - 1106

IMPORTANT DOCUMENTS

- ASC Emergency Medical Form – attached to the accompanying email and posted on our website under the camps tab. Please keep a printed copy at hand.
- Release of Liability form – Please keep a printed copy at hand. Link: <https://alyeskaskiclub.com/wp-content/uploads/2020/06/ASC-Release-of-Liability-2021-1.pdf>
 - All participants need to fill these forms out again, regardless of your athlete attending the summer camps.
- ASC COVID-19 Disclosure Form – attached to the accompanying email and posted on our website under the camps tab.
- All athletes attending the camp will need a negative COVID test result done within 72 hours of departure in order to attend the camp
- Resort waivers will be sent to camp attendants as we get closer to date of departure

♣ Failure to provide any of the above documents prior to departure will disallow an athlete from attending the camp.

ASC & USSS REGISTRATION –

- All athletes MUST have a current US Ski and Snowboard license.
- All athletes also need to be currently registered for the 2020-21 season.

DAILY SCHEDULE - except for early morning training days and mid-morning training. (Subject to change)

| | |
|----------------|----------------------------|
| 6:30 - | Wake Up |
| 6:45 - | Breakfast |
| 7:20 - | Depart for hill |
| 8:00 - 12:00 - | On snow training |
| 12:00 - 1:00 - | Lunch |
| 1:30 - 5:30 - | Mandatory Study Hall |
| 5:30 - 6:15 - | Light DL/video |
| 6:30 - 7:15 - | Dinner |
| 7:30 - 9:15 - | Free time/ski tuning/video |
| 9:30 - | Lights out |

| <i>Loveland/Copper</i> | | | |
|-------------------------------|---|------------------------------------|---------------------------------|
| Date | Requested Location | Discipline (SL, GS, SG, DH) | Start Time |
| 11/7/20 | Travel | | |
| 11/8/20 | A Basin or vicinity | Free SKI | 8:30 lift load |
| 11/9/20 | A Basin pr vicinity | Free SKI | 8:30 lift load |
| 11/10/20 | Loveland 2 Lower Switchback Lanes | GS | 11:00-13:15 |
| 11/11/20 | Loveland 1 Lower Switchback 1 Upper Switchback | GS | 6:30-8:45 |
| 11/12/20 | Loveland 2 Lower Switchback Lanes | GS | 6:30-8:45 |
| 11/13/20 | OFF | | |
| 11/14/20 | Copperopolis (Full) | SL | 11:15-1:30 1:30-3:45 |
| 11/15/20 | Tech on Speed Center | SL | 11:15-1:30 1:30-3:45 |
| 11/16/20 | Copperopolis (Full) | SL | 6:15 |
| 11/17/20 | Travel | | |
| 11/18/20 | Travel Athlete Pick Up in Bozeman | | |
| 11/19/20 | Big Sky Montana | GS | 8:00 – 12:00 |
| 11/20/20 | Big Sky Montana | GS | 8:00 – 12:00 |
| 11/21/20 | Big Sky Montana | GS | 8:00 – 12:00 |
| 11/22/20 | Big Sky Montana | GS | 8:00 – 12:00 |
| 11/23/20 | Big Sky Montana | SL | 8:00 – 12:00 |
| 11/24/20 | Big Sky Montana | SL | 8:00 – 12:00 |
| 11/25/20 | Big Sky Montana Travel | SL | 8:00 – 12:00 |
| 11/26/20 | Travel | | 8:00 – 12:00 |

*Please note that Colorado training times may be added or changed based on the resorts capacity to host teams.

*Please note that we may have afternoon sessions in addition to morning sessions for a few of the days in Big Sky, timeframe: 12:00 – 4:00.