

## INTRODUCTION

**Lara Hildreth** – Executive Director

- Alyeska Resort Operations Plan <https://alyeskaresort.com/winter-20-21/>
  - Masks are required while in all lift lines, while riding the chairlifts and in all public spaces.
  - Capacity of the tram is reduced to 20 and all quad chairlifts have been reduced to two (2) per chair unless skiing as a family unit of three (3) or four (4). The lift line maze will be built as single file and chair riders must sit on the two outside seat spaces.
  - Daylodge will be open but will not have tables or chairs. There will be no gear or equipment storage in the Daylodge. There will be limited bathroom facilities and grab and go food options.
  - All other Food and Beverage establishments will be open with limited capacity.
  
- ASC COVID-19 Operations Plan –
  - The health and safety of our members is very important to the Alyeska Ski Club. We continue to monitor CDC, state and muni health guidelines, as well as our governing bodies – US Ski and Snowboard (USSS), Freeskiers and Snowboarders Association (IFSA) and United States of America Snowboard and Freeski Association (USASA). We have put together an Operations Plan for the entire Alyeska Ski Club using known best practices that support physical distancing, sanitization of surfaces, reduced physical points of contact between all persons, and the use of masks when physical distancing is not an option. ASC has also instituted program specific changes, through a variety of approaches, to decrease the probability of transmission of COVID-19 during our activities and to support Alyeska Resort’s operations plan. We have adapted our operating procedures to include updated registration documents, a modified cancellation policy, revised use of our buildings and a declaration of health form that follows best practices for safe COVID-19 management. During this constantly evolving pandemic, we will continue to adjust our protocols as necessary to keep our membership safe and healthy.
  - ASC’s Operations Plan will be posted to <https://alyeskaskiclub.com> by November 1.
  
- US Ski and Snowboard Volunteer with Background Screening License – <https://usskiandsnowboard.org/membership>
  - Required for volunteering during races on venue.
  
- US Ski and Snowboard Officials License –
  - USSS is not conducting any training for NEW Officials licenses but the Alaska Division will be providing training for renewing licenses. If you are an Official (Timing & Calculations, Race Administrator, Referee, Chief of Course, Chief of Race, etc...) and you are up for renewal this season, ASC will contact you with training opportunities.

## WHO IS WHO:

Lara Hildreth, Executive Director  
Jen Danza, Juniors Program Director  
Leah Scott, Office Manager and Bookkeeper  
Hannelore Gruber, U10 Head Coach

The U10 program is a continuation of skills learned in Mighty Mites. We practice every Saturday and Sunday in Girdwood, but we will probably start the season at Hilltop as they tend to open sooner than Alyeska. Also, we offer an optional add-on of Wednesday night training at Hilltop and Alyeska for Girdwood athletes.

## TEAM SNAP

Team Snap will be the primary form of communication between coaches, parents, and athletes. Schedules, training updates and changes, emails and alerts will all be through Team Snap. Here are a few tips and tricks to using our primary communication platform:

1. Parents have complete control of the information in their profile. If emails, phone numbers or addresses have changed, please update your profile. Be sure to click on email and text reminders to receive the latest information from the club.
2. If you've moved to a new program, please accept the invitation and reload the Team Snap app on your smart device.
3. The calendar on Team Snap will be updated weekly – usually by Tuesday morning. Customary event titles can be for instance: SL Training. This means that the athlete needs to present themselves with SL skis and SL gear.
4. Any last-minute changes will be sent via Team Snap's alert text. We will try and limit emails sent via Team Snap in order to not overload you with information. Emails sent will be regarding important updates or deadline reminders.
5. Team chat **SHOULD NOT** be used to communicate with coaches. Appropriate uses for this function are if someone is missing gear, giving a heads up if the highway is closed, inviting the entire group to a social event, etc. Please do not use Team Chat for notifying coaches about individual athletes. If there are questions about schedules, races, what the plan is, or whether your athlete will be late for practice, **PLEASE CONTACT YOUR COACHES DIRECTLY.**
6. Alerts are used periodically when coaches relay a changing plan quickly. This typically happens when we have to be adaptive to changing weather and snow conditions. Please ensure you allow alerts in your profile.
7. Emails will be the primary form of communication with parents.
8. Availability - The availability function is a way to communicate if your athlete will or will not be attending practice. This function is really useful to us coaches when trying to

plan accordingly and to make sure we will be properly staffed. We used this function last year to gauge group attendance throughout the holiday seasons and over spring break.

## COMMUNICATION

Emails are the best way to communicate with me or other coaches. Please allow 24-48 hours for coaches to respond. Text messages are also good for urgent matters. Please feel free to contact me or assistant coaches. If there is no response, in a day please contact the person once more.

### Who to Ask What:

- Overall Juniors programming and specific U10 inquires and athlete programming. This can include, race, general questions, comments or concerns - **Jennifer Danza, Juniors Program Director**
- Team Snap and/or ASC Website registration – **Jennifer Danza, Hannelore Gruber**
- Overall ASC direction (ASC Board and Finance, Development and Alpine Committee decisions); Mighty Mite, Devos, Freeride, and Master's Programming; fundraising initiatives; volunteering; and general questions – **Lara Hildreth, Executive Director**
- Accounting questions – **Leah Scott, Office Manager and Bookkeeper**
- Corporate or Individual Sponsorships and General Fundraising – **Randee Liles, Director of Development**
- Parent Liaison – **Who Would Like to Volunteer?**

### Alyeska Ski Club Website - <https://alyeskaskiclub.com>

- Please familiarize yourself with our ASC website. If you missed emails and you can't find information on programs, camps or any other ASC related information, everything can be found on our website.
- For those that do not know, you can also make general ASC related payments on our website and you can sell your gear through this link also found on the top red bar of our website: <https://www.facebook.com/groups/akskiracingclassifieds>

### Alaska Division Manager-

*Natalie Osborne*

- Manages all Division related business from Academic Team Alaska to awards, to logistics for Western Regionals and other championships.
- Please take some time to familiarize yourself with the Alaska Division website: <https://alaskaalpine.com>

## TIME SCHEDULE

U10 – Wednesday 3:30pm – 5:30pm (Alyeska)  
Wednesday 5:30pm – 7:00pm (Hilltop)  
Saturday 10:30am – 3:30pm  
Sunday 10:30am – 3:30pm

## OUR PHILOSOPHY

Is to put a lot of miles on the kids. We believe that kids this age need straightforward directions and focus on not too many of them at the same time. Some kids learn by feeling and some kids learn by the mechanical implantation of a move/motion. Also, we believe it is pertinent to have fun while we are on the hill in addition to also becoming a versatile skier: jumps, tree trails, powder, terrain park we will do it all.

We try to follow the USSS guidelines for this age group. (Guidelines on USSS Website under “[Alpine Training Systems](#)”) Broken down by an average of 50 days of training.

Which are:

Coached Free skiing – 60% - 30 Days  
Coached Drills – 20% - 10 Days  
Coached Gate Training – 10% - 5 Days  
Competition Simulation – 10% - 5 Days

## Athlete Progression

1. Coaches will focus on progression based on athletes’ attendance and personal goals.
2. Every athlete has a different development approach. As coaches we will work hard on providing the best environment possible for each athlete to progress. Therefore, it is very important to let us know any changes of plans as we can help facilitate these changes to best fit the needs of the athlete.

## Notes:

- Athletes need to be on time and ready for warmup.
- SL training means to be ready to have SL gear on unless instructed differently.
- Athletes are responsible for periodically checking Team Snap so that they are aware of what is going on.

## EQUIPMENT

As a general rule of principle: ATHLETES are responsible for their gear and equipment. This means that their skis, jackets, pants, and poles make it home at the end of the day. And that their boots, gloves, and goggles are dried out. And, lastly, making sure their skis are tuned and waxed when showing up for training.

1. Tuning and general maintenance of skis is extremely important (potentially on a nightly basis, at least weekly).
2. **Make sure a coach checks your bindings before the first day on snow.** Sometimes bindings need to be moved completely, which takes more time than simply adjusting the set with one screw.

## RACES

We race with the Mighty Mite program in addition to a couple of YSL races and the U10 State Championships with a location to still be determined. All of the Mighty Mite races will be staffed, and we will only be staffing 2 of the YSL races.

Staffed YSL Races:

2/27/2020 – Location & Event TBD

3/13/2020 – U10 Championships SL/GS/SG Location TBD

View the other race document for all the races that are planned for the season. As well as Team Snap is updated!

## RESPONSIBILITIES OF THE ATHLETES

- Be on time.
- Be respectful to lift attendance/ski patrol and other skiers on the mountain.
- Pay attention to slow zones on the mountain.
- Follow directions.
- Buddy system means more freedom.
- HAVE FUN!
  
- Athletes are required to wear masks at all times if social distancing is not possible. They will be required to wear face coverings in lift lines, on lifts, and inside resort's facility.
- Athletes are not allowed in the RTC if not accompanied by a coach.
- Athletes are required to practice social distancing when possible.
- Athletes are required to follow ASC and Resort rules in regard to COVID guidance.
- Athletes will have warmup breaks as a group accompanied by one coach.

## RESPONSIBILITIES OF THE PARENTS

- Make sure your athlete is on time.
- Communicate with the coaches how things are going (two-way).
- Volunteer & Stay involved!

## COACHING STAFF

Hannelore Gruber has the main oversight of the program. The coaches will collaborate with Hannelore every training day to decide what the U10s are going to do on the hill. The coaches report back to Hannelore how the day went and if there are any problems that need to be taken care of.

As of today, the U10 assistant coaches are:

April Ingrim – U10 Assistant Coach

Will Wrigley – U10 Assistant Coach

*All coaches' information is found on Team Snap!*