



U14 Full-Time and U14 Part-Time Groups

Parent Handbook

October 20, 2020

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.

COACHES

Sarah Lundgren – U14 Head Coach

Ryan Gregory – U14 Assistant

Morgan Haymans – U14 Assistant Weekdays

Tim Thornley – U14 Part-Time Assistant

Brian Hartman – U14 Part-Time Assistant Weekends

Chris Hildreth – U14 Part-Time Assistant Weekends

SJ Klein – U14 Part-Time Assistant

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. **Both parents and athletes should have the app downloaded on their phones and contact information updated.** 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. Sarah Lundgren's email for any question pertaining to the group or juniors program is: u14headcoach@alyeskaskiclub.com

Who to Ask What:

- Overall Juniors programming - **Jennifer Danza, Juniors Program Director**
- Specific U14 inquires and athlete programming. This can include travel, race or general questions, comments or concerns. Team Snap and/or ASC Website and/or USSS membership registration – **Sarah Lundgren, U14 Head Coach**
- Overall ASC direction (ASC Board and Finance, Development and Alpine Committee decisions); Mighty Mite, Devos, Freeride, and Masters 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>

PROGRAM

U14 Full-Time

1. Our U14 Full-Time Coaches will be Sarah Lundgren and Ryan Gregory. Morgan Haymans will assist during the week.
2. This year we will have Wednesday training at Hilltop and Thursday dryland at Elite.
3. Weekend days will be dictated based on lane space assignments. Weekends may have a single on-snow training block with a longer dryland block in order to accommodate all the groups training on the mountain. Schedules on Team Snap will be updated at the beginning of each week.
4. Coaches will provide athlete evaluations throughout the season.

U14 Part-Time

1. Our U14 Part-Time Coaches will be Sarah Lundgren, Tim Thornley, Brian Hartman, Chris Hildreth, and SJ Klein.
2. Part-Time athletes will have the option to add Wednesday evening training at Hilltop if they haven't already done so during registration. Athletes not registered for Wednesday training that choose to join will be charged accordingly.
3. Coaches will provide athlete evaluations throughout the season.

Distinctions between Programs:

- The goal is to provide athletes with the tools they need to be successful, relevant to their goals and ability. Initially, athletes will be divided into groups based on the number of days they have spent on snow for the current season, then Full-Time, then Part-Time. Groups will then be adjusted based on their fundamental and technical needs.
- Considering the number of athletes in the U14 programs this year, it is hopeful that we will be able to set two different courses during training, providing us with the opportunity to set for varying abilities and focuses. However, there will be days when lane space is limited making only one course manageable.
- Taking time to develop sound fundamentals at a younger age will create the foundation for faster and more confident skiers down the line. **As U14s the focus is skill development and fundamentals** (as opposed to points or results). Skiing fast will be a result of this but takes time and patience.

Alyeska Weekend Operations:

Weekend Training Lanes:	Block 1	10:30am – 2:00pm
	Block 2	2:30pm – 5:30pm
Weekend Lunch Blocks:	Block 1	2:30pm – 3:30pm
	Block 2	1:00pm – 2:00pm
Weekend Gym Usage:	Block 1	10:30am – 12:30pm
	Block 2	3:30pm – 5:30pm

Groupings will depend on the lane space schedule for their lunch breaks and gym usage. Groups will know their lane space assignment on the Tuesday prior to the weekend.

U14 Full-Time

Wednesday:	5:00pm – 7:00pm <i>Hilltop</i>
Thursday:	5:45pm - 7:00pm <i>DL Elite</i>
Friday:	5:30pm – 8:00pm <i>Alyeska</i>
Saturday:	Dependent on lane space assignment <i>Alyeska</i>
Sunday:	Dependent on lane space assignment <i>Alyeska</i>

U14 Part Time

Wednesday (Optional Add-on):	5:00pm – 7:00pm <i>Hilltop</i>
Saturday:	Dependent on lane space assignment <i>Alyeska</i>
Sunday:	Dependent on lane space assignment <i>Alyeska</i>

- **Hilltop** – We may use this ski area for the first weekends until Alyeska’s opening day. (Opening day December 18, 2020). The U14 staff that do not attend the fall camp will be available and responsible for the athletes. Hilltop will be part of our regular winter on snow program therefore athletes regularly attending Wednesday training may want to think about purchasing a season pass.
 - As of right now, we have approximately 23 Hilltop training sessions on the schedule, this includes the first three weekends as well as Wednesday training. This may be subject to change due to snow/weather conditions. Hilltop racer tickets are \$22 and the season pass is \$335.
 - Operations - There no restriction on the chair capacity. Face coverings in the lift line and on the chair is required. The interior of the lodge is closed except for restroom access which will require a face covering. The snack bar will be operating through the exterior pass out window. Any special rate tickets will have to be bought from the window as it's the only way to verify a list.

Dryland – Sessions will be held on Thursdays at Elite and Saturdays/Sundays at the RTC. Athletes should be ready on Saturdays and Sundays to do both skiing and dryland (BRING RUNNING SHOES and PROPER CLOTHES!). Athletes will be required to wear a mask at all times during indoor DL activities and practice social distancing whenever possible.

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.
3. Athletes will NOT have opportunities to race out of state during this season. According to the USSS COVID-19 Alpine Domestic Competition Guide, out-of-division U.S. Ski & Snowboard racing is prohibited for U14 and younger athletes during the 2020-21 season.
4. There is a possibility of a potential Western Region Camp at the end of March. There will be updates once we know more.
5. Lastly, during the current year and based on the U16 group schedule, athletes will also have a chance to train up. This will be on an individual case by case basis dependent upon where an athlete is at in their development.

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. Skis and equipment for this year: 1 pair of SG skis, 1 pair of GS skis and 1 pair of SL skis recommended.

2. SL and GS gear ready at all times, regardless of what the training schedule says!
3. SG skis – U14s will have the opportunity to train and race SG, this means that SG skis are encouraged. However, if the athlete does not have SG skis, we can work together to find a pair. Otherwise GS skis will work just fine.
4. Tuning and general maintenance of skis is extremely important (potentially on a nightly basis, at least weekly). This should be done by the athlete!
5. **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.
6. Back braces are recommended for speed events.
7. Team tuning/waxing kit – Swix. We will have a kit equipped with everything needed at races. However, the athlete should be responsible for their own wax and tuning at all times. The team kit will be used only on specific situations. Swix discount deal for athletes will be set up, information soon to come.

EXPECTATIONS

- **Coaches:**

- To communicate within a timely manner and proficiently.
- To be a good role model and lead by example both on and off the hill.
- To consider the health, safety, and wellbeing of athletes above anything else.
- To be the athletes' biggest advocates.
- To provide athletes with the best opportunity for success through our coaching abilities.
- To challenge athletes to work hard, remind them of their goals, and enable fun.

- **Parents:**

NUMBER 1 PRIORITY IS COMMUNICATION – very important to make everyone happy.

1. Let us know how everything is going. This is the only way we can improve.
2. Find coach Sarah for general inquiries about the group or club.
3. If there are any problems or concerns that arise related to the athlete or to the coach – express concern!
4. If you have constructive feedback about Sarah, please do not hesitate to reach out to Lara.

VOLUNTEERING

1. Help is ALWAYS needed on race days – generally one parent per day for each event. You are required to have a US Ski and Snowboard volunteer license. PLEASE NOTE: All training this year will be put ON standby due to COVID for NEW Officials licenses. However, if you do need to update your officials certificate please reach out to me or Brian Hartman - bhartman1@mac.com. You can sign up for or renew your volunteer license at <https://my.usskiandsnowboard.org/>.
2. On snowy days coaches and athletes will appreciate an extra slip from parents – check with a coach or Chief of Course first. Slippers need volunteer license to enter race course premises.
3. Help with fundraising efforts – Unfortunately many of our most important fundraisers such as the UAA Gear and Ski swap, Warren Miller Films and ASC Auction have been canceled due to COVID. However, to celebrate our 50th anniversary we will be initiating a 50/50 ASC Campaign

fundraiser. For more information please reach out to our Director of Development, Randee Liles, Lara or I for any questions or suggestions.

SUPPORT YOUR ATHLETE

1. Support your athlete by making sure he/she has whatever they need to succeed and to achieve their personal goals – equipment, time on snow, dryland attendance and commitment, school etc.
2. Make sure they are on time
3. Listen to them – make sure they are engaged and ensure they do not have problems that may become an obstacle in their performance.
4. Give them a parental nudge or light push when needed – commitment is the recipe to success.

● Athletes:

1. Be Responsible for your own development and actions. (Your old enough to do so.)
2. **Be on time, be prepared and be engaged.**
3. Be respectful toward team, coaches and schoolteachers
4. Be COMMITTED. Just attending is not enough. We want to see you improve and challenge yourself.
5. Communicate with your coaches – the only way we can help is if we know what is working.
6. Be safe and obey the ski areas rules.
7. Maintain good standing with your grades and balance everything – school/sport/family.
8. **Be responsible of your equipment.** Coaches cannot catch everything all the time.
9. Dryland Responsibility. Commit and be honest to yourself regarding how much you put into your training.

RACES

- January 15-16th - Coca Cola Classic - *Alyeska*
- February 9-12th - Alyeska Cup - *Alyeska*
- February 25-28th - Juneau Invitational
- March 6-7th - Arctic Valley Race (still possibility)
- March 27-28th - U12-U14 State Championships - *Alyeska*