



## 2021/22 ASC DEVOS Program Guide

(Parent & Athlete Supplemental Guide)

DEVOS is an all-mountain ski program for athletes ages 6-14. 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.

This season the starting ages for both the Devos and Mighty Mite programs will be 6 yrs old. This change is dependent upon coaching availability for the younger groups. Additionally, ALL athletes are required to have basic ski skills and be independent from parents for the full program day.

Due to the ongoing concerns with Covid we will continue with our programming adaptations from last season for the safety of all. This includes the start of the older groups at 11:30 am and the younger groups at Noon and no lunch breaks. All groups will be done skiing for the day at 3:00 pm. Further information on use of the Race Training Center will be provided prior to the Season but it's unlikely it will be open to the public. We await any Alyeska Resort decisions on operations due to the ongoing pandemic. Last Season proved that we could operate successfully under these limitations, and we look forward to providing great programs again this year! Thanks for your patience and support.

### SEASON

December 18, 2021 – April 2, 2022 - Dependent upon mountain conditions  
Saturdays 11:30/Noon – 3:00 pm (see daily schedule below)

### COST PER ATHLETE

Program: \$410  
Two-day Winter Camp: \$150 – Dependent upon Mountain Conditions  
Three-day Spring Camp: \$150 – Dependent upon Mountain Conditions

### DAILY SCHEDULE –

**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 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.

**Early Groups: Typically consists of the older kids 11 and older**

- 11:20-11:30am Early Mountain Groups –athletes meet their coach at designated group signs between Alyeska Ski Club Race Training Center (RTC) and base of Tanaka Chair. ***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.***
- 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!

**Later Groups: Typically consists of the kids 10 and under**

- 11:50-Noon Later Mountain Groups –athletes meet their coach at designated group signs between Alyeska Ski Club Race Training Center (RTC) and base of Tanaka chair Athletes. ***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.***
- 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 – 12/12/21 Dependent on Snow Conditions**

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](mailto: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 DEVOS 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 6 as of 12/31/21

## 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. Devos 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 Devos 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 Devos 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 – Have Seasonal Rental Program

Powder Hound Ski Shop – Have Seasonal Rental Program

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 Devos 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.

## DEVOS Groupings

Our Goal is to provide for ease of placement and movement by ability and age ranges within our Mountain/Glacier Ski Groups. Those 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. Generally, 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, Roberta Carney: devosprogramdirector@alYESkaskiclub.com, 907-351-0636  
DEVOS Co-Head Coach: Terri Adkins & Nick Leonard: devosheadcoach@alYESkaskiclub.com

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 Co-Head Coach’s, Program Director, 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 2021/2022**

Winter Break Camp:	Monday-Wednesday	Dec. 27-29	\$150
Spring Break Camp:	Wednesday - Friday	Mar 7-9	\$150

**Wednesday Night Training at Hilltop:**

Hilltop Wed Training \$255 – Starts 1/5 through 3/2 from 5:30 pm to 7:00 pm

This training session teaches skills for skiing around gates in a race course. The training is for older, independent athletes who can check-in with coaches, follow directions and get themselves to the practice courses all session long. Individual coaches will not be assigned to groups. This is a great opportunity to expose athletes to racing in a minimal no-pressure manner and builds great all mountain terrain ski skills.

**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 6-14 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.

### **Tailgunner Program for 14 yrs old and up:**

As part of the Alyeska Ski Club's goal to provide exciting, challenging, and character-building experiences we are offering a way for athletes 14 years and older to learn about coaching. This is a great option for skiers who have graduated from our Recreational Programs like Mighty Mites or Devos.

The Tail Gunner Program offers an opportunity for athletes to stay involved, learn about coaching and build experience for volunteer/paid positions in the ski world. This Program provides an option when the Juniors or Freeskiing Programs may not be the right fit.

Tail Gunners have provided great support to the Mighty Mites and Devos Program for several years now. We will continue with this program are seeking 5-6 interested applicants for the Mighty Mites and Devos program. See the link for our Tailgunner application on the ASC Website for the Devos Program or just let the Co-Head Coaches know if interested!

### **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](mailto:devosprogramdirector@alyeskaskiclub.com) and the Devos Head Coach [devosheadcoach@alyeskaskiclub.com](mailto: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 area and pick up all trash
- 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!

## DISCIPLINE

The inherent dangers involved in alpine skiing combined with the size of DEVOS 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 and parents will be contacted.

## PARENT EXPECTATIONS

To ensure a great 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 needs to leave the session early
- 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
  - Volunteer for the ski club fundraising events
  - Learn how to gate keep for the ski club races