



2021-2022 Alyeska Ski Club U12 Parent/Athlete Orientation Meeting

INTRODUCTION

Lara Hildreth – Executive Director

- Alyeska Resort Operations Plan <https://alyeskaresort.com/comfort-safety/>
 - Alyeska Resort's Operations Plan has not been updated since summer operations. We will post all future updates for the winter season to our website.
 - Currently, Alyeska is not requiring masks, however masking is recommended for non-vaccinated guests. Masks are still required on the tram.
- 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 are continuing to stay abreast of CDC, state and muni health guidelines. Once we receive the final version of guidelines from our governing bodies we will update our [COVID Operations Plan](#). From preliminary discussions with our program leadership, the plan will look very familiar with programs maintaining the same schedules and format as last season. We will also most likely make the decision to keep the Race Training Center closed to the public. As always, we will continue to follow best practices for safe COVID management during this constantly evolving pandemic and will keep everyone informed of adjusted protocols as necessary to keep our membership safe and healthy.
 - For traveling teams, ASC will continue to require proof of a negative COVID test taken within 72 hours of departure for all athletes and coaches. In the coming weeks, ASC will also be considering the guidance provided by the Western Region and in the updated version of US Ski and Snowboard's COVID-19 Alpine Domestic Competition Guidance document for traveling teams. As an organization we are continuing to adapt to new health protocols and our changing environment. The entire coaching staff is committed to ensuring the safety of our staff, families and especially our athletes. We will be respecting developing protocols not only for our organization but for the facilities we will be using.
- 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 –
 - We need you! Please visit <https://alyeskaskiclub.com/volunteer/> for a full description of race day volunteer opportunities and requirements.
 - We are waiting on guidance from US Ski and Snowboard on conducting training for NEW Officials certifications and continuing education and training for renewing



certifications. If you are currently an Official (Timing & Calculations, Race Administrator, Referee, Chief of Course, Chief of Race, etc...) or interested in becoming one, ASC will be reaching out with training opportunities.

Who is Who:

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|----------------------------|--------------------------|
| Lara Hildreth | ASC Executive Director |
| Jen Danza | Juniors Program Director |
| Leah Scott | Office Manager |
| Kjersti von Wichman | U12 Head Coach |
| Volunteer Needed | Parent Liaison |

The U12 Program emphasizes a continuation and development of skills learned in Mighty Mites and/or the U10 program. Practice (more notably referred to as *training*) occurs every Friday, Saturday, and Sunday at Alyeska. Updates to daily schedules are via TeamSnap. Please check TeamSnap periodically.

Alyeska Daily Training Schedule

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|---------------------|--------------------|
| 9:45 am | Warm Up |
| 10:20 am | In Lift Line |
| 10:30 am – 12:15 am | Morning Training |
| 12:15 pm – 1:00 pm | Lunch |
| 1:00 pm – 3:30 pm | Afternoon Training |

Hilltop Weekday Training – 5:00 pm to 7:00 pm or **Alyeska Weekday Training** – 3:30pm to 5:30pm on Wednesday.

Alyeska Weekday Training – 4:00pm to 6:00pm on Friday.

Additional Opportunities Available

In addition, our Holiday Camp days are built into the U12 program, but the additional Spring Break camp (3-day program) is an add on. Preseason dryland is also available as an add-on to the U12 Program. We strongly encourage athletes to participate in both these programs.

Training Philosophy

Our goal is to put a lot of miles on athletes. We believe that young athletes this age need straightforward directions and focus on a select few of them at the same time. Some athletes learn by feel, and some learn by the mechanical implantation of a move/motion. In addition to becoming a versatile skier, we believe that it is pertinent for young athletes to have fun while on the hill. This can include activities such as jumps, tree trails, powder, and the terrain park.

We strive 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. Our training regimen is broken roughly up into the following categories, and their respective time dedication per season:

Coached Free skiing – 45%
 Coached Drills – 20%
 Coached Gate Training – 25%
 Competition Simulation – 10%

Races

We follow the ASC race schedule.

| | | |
|------------------|-----------------------------------|-------------|
| January 14 - 15 | Coca Cola Classic U12 – U14 | 2SL/2GS |
| January 21 | Ram Cup (Hilltop) TENTATIVE | SL |
| February 13 | Alyeska Ski Cross Invitational | SX |
| February 16 - 19 | Alyeska Cup U12 – U14 | 2SG/2SL/2GS |
| March 4 | Brian Russell Costume Race | Dual GS |
| March 5 – 6 | Arctic Valley Cup (Arctic Valley) | 2SL/2GS |
| April 2 – 3 | U12/U14 State Champs (Fairbanks) | SL/GS |

One out of state race series will be considered in February based on quota restrictions – location and time TBD

To view the other race document for all the races that are planned for the season please visit both ASC and Alaska division website. As well as Team Snap is updated!

Race Regulations

Race regulations can be found on the Alaska Division website: <https://alaskaalpine.com/alaska-division-rules/>

Communication

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. Email or text is the best way to communicate with me or other coaches.

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>

Equipment

- 1 pair of GS skis
- 1 pair of SL skis
- 1 pair of rock/freeskis

As a 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. Please make sure bindings are set to your athlete's boot before the first day of skiing.

Responsibilities of the Athletes

- Be on time
- Be respectful to lift attendants, ski patrollers, and others on the mountain
- Pay attention to slow zones on the mountain
- Follow directions
- Adhere to the 'buddy system', which provides for more freedom on the mountain
- HAVE FUN!

Responsibilities of the Parents

- Make sure your athlete is on time
- Maintain a two-way channel of communication with the Head Coach
- Stay involved, and volunteer when available

Other Info

Please make sure to sign up your athlete on TeamSnap. TeamSnap is the only daily communication tool that ASC uses between itself, parents, and athletes. Please make sure your athlete has a 2021-22 USSA license to compete.

Coaching Staff

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|----------------------------|-------------------------|
| Kjersti von Wichman | Head Coach |
| Jimmy Henderson | Assistant Coach |
| Sarah Abts | Assistant Coach |
| Adam Garrigus | Assistant Coach |
| Francesca Bergstedt | Assistant U10/U12 Coach |
| Jason Jeffers | Fill-in |

Check out coach bios at [alyeskaskiclub.com/programs/juniors/juniors-coaches/!](https://alyeskaskiclub.com/programs/juniors/juniors-coaches/)