



2021-2022 Alyeska Ski Club U14 Parent/Athlete Handbook

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 requiring masks in all indoor public spaces pursuant to the Anchorage Municipal mandate.
- 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 Certifications –
 - We need you! Please visit <https://alyeskaskiclub.com/volunteer/> for a full description of race day volunteer opportunities and requirements.
 - ASC will be conducting training and testing for Officials on November 6 and 7 at the Hilltop Chalet. Certifications for those renewing can be done online, however all new officials will need to be done in person. 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 more details.

**Please note: At this time the US Ski and Snowboard COVID-19 Risk Mitigation for Non-Athletic Related Gatherings document requires that all members planning to attend in-person clinics/meetings must present the CDC COVID-19 Vaccination Record Card or photocopy of same.*

Who is Who

Lara Hildreth	ASC Executive Director
Jen Danza	Juniors Program Director
Leah Scott	Office Manager
<i>Volunteer Needed</i>	Parent Liaison

U14 Coaches

Sarah Lundgren	U14 Head Coach
Ryan Gregory	U14 Assistant
Brenna Petrie	U14 Assistant
SJ Klein	U14 Part-Time Assistant
Rob Carte	U14 Part-Time Assistant
Tim Thornley	Fill-in
Kate Bragg	Fill-in

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>

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>

TeamSnap

TeamSnap will be the primary form of communication between coaches, parents, and athletes. Schedules, training updates and changes, emails and alerts will all be through TeamSnap. **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. 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.
3. The U14 Full-Time and Part-Time groups will be using the same TeamSnap calendar. Be sure to look at the event description, this will provide you with information on whether the training is for FT or PT.
4. Any last-minute changes will be sent via Team Snap’s alert text. Please ensure you allow alerts in your profile. 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.**

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 for any questions pertaining to the group or juniors program is: u14headcoach@alYESkaskiclub.com

U14 Programs

U14 Full-Time

1. Our U14 Full-Time Coaches will be Sarah Lundgren, Ryan Gregory, and Brenna Petrie.
2. During the season we will have Wednesday training at Hilltop, Thursday dryland at Elite, and Friday training at Alyeska.
3. Weekend days will be dictated based on lane space assignments. Normally we will train in the morning or afternoon and technical free ski or perform drills during the other half of the day. Schedules on TeamSnap will be updated at the beginning of each week.
4. Athletes will be expected to complete homework assignments and reflect on their training and personal goals. Homework will not be lengthy or time consuming.
5. Coaches will provide athlete evaluations throughout the season.

U14 Part-Time

1. Our U14 Part-Time Coaches will be Sarah Lundgren, SJ Klein, and Rob Carte.
2. Part-Time athletes will have the option to add only Wednesday evening trainings at Hilltop if they haven't already done so during registration. Athletes not registered for Wednesday training will only participate during weekend training.
3. Athletes will be expected to complete homework assignments and reflect on their training and personal goals. Homework will not be lengthy or time consuming.
4. 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.

- Throughout the season the Full-Time and Part-Time will morph into one large group so that all athletes can learn from one another and have access to all coaches. The U14 coaching staff wants to provide all athletes with every resource to make them successful!
- It is hopeful that we will be able to set two different courses during several training sessions. However, there will be days when only one course is manageable.

Athlete Goals & Progression

1. **As U14s the primary goal is skill development, fundamentals, implementing fundamentals into everyday skiing, and supporting team members.** (as opposed to points or results). Skiing fast will be a result of this but takes time and patience.
2. We will begin the season with goal setting to examine the 'why' for participation and deconstruct into short term and long-term goals. Setting these goals early on will help athletes identify what they want out of the ski season.
3. Develop a supportive internal dialogue that generates confidence and motivation to achieve goals. Use self-talk to regulate intensity levels and maintain or shift focus.
4. Continue to develop mindfulness to strengthen the ability to focus, refocus and shift attention on demand.
5. Coaches will focus on progression based on athletes' attendance and personal goals as well as technical and tactical needs.
6. Every athlete has a different development approach. As coaches we will work hard on providing the best environment possible for each athlete to progress.
7. Lastly, second year U14 athletes will also have a chance to train up with the U16 group at the end of the season.

Expectations

- **Athletes:**
 1. Be Responsible for your own development and **actions**. (You are old enough to do so.)
 2. Zero tolerance for bullying.
 3. **Be on time, be prepared and be engaged.**
 4. Be **respectful** toward team members and coaches.
 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. **You are responsible for your own equipment.**
 9. Dryland responsibility. Commit and be honest to yourself regarding how much you put into your training.
- **Coaches:**
 1. To communicate within a timely manner and proficiently.
 2. To be a good role model and lead by example both on and off the hill.
 3. To consider the health, safety, and wellbeing of athletes above anything else.
 4. To be the athletes' biggest advocates.
 5. To provide athletes with the best opportunity for success through our coaching abilities.
 6. To challenge athletes to work hard, remind them of their goals, and enable fun.

- **Parents:**
 1. **Communication with head coach!**
 2. We always need volunteers.
 3. Let us know how everything is going. This is the only way we can improve.
 4. Find coach Sarah for general inquiries about the group or club.
 5. 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.
 6. Make sure they are on time!
 7. Listen to them – make sure they are engaged and ensure they do not have problems that may become an obstacle in their performance.
 8. Give a parental nudge or light push when needed – commitment is the recipe to success.

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, 1 pair of SL skis, and free skis/powder skis recommended.**
2. SL and GS gear ready at all times, regardless of what the training schedule says!
3. Athletes should wear their **race suits** during training. This will be beneficial when we are doing race simulations, timing, hiking, and it provides the athletes with an extra layer for warmth and protection.
4. **Low light lenses!** We have all seen the low light conditions at Alyeska. Athletes will ski better when they can see!
5. 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. In the past, many U14 athletes have bought a longer pair of GS skis that can be used for the following season.
6. Tuning and general maintenance of skis is extremely important (potentially on a nightly basis, at least weekly). This should be done by the athlete!
7. **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.
8. Back protectors are recommended for speed events.

Daily Training Schedule

Alyeska Weekend Training

10:00 am	Warm Up in boots
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

U14 Full-Time Weekday Training & Part-Time Optional Add-on

Wednesday Hilltop Training – 5:00pm to 7:00pm OR *Wednesday Alyeska Training* – 3:30pm to 5:30pm

Thursday Elite Training – 5:00pm to 6:00pm

Friday Alyeska Training – 5:00pm to 8:00pm

Hilltop – We may use this ski area for the first weekend until Alyeska’s projected opening day, December 5, 2021. 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 19 Hilltop training sessions on the schedule, this includes the first weekend as well as Wednesday training days. This may be subject to change due to snow/weather conditions. Hilltop racer tickets are \$22 and the season pass is \$335. The day racer tickets will only be available for purchase on scheduled training days. Season pass purchase days are October 30th and November 6th.

Race Schedule

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

Additional Out of State Race Opportunities

This is a tentative out of state race schedule. These are the races that we are targeting this season. We are hopeful there will be no changes to out of state travel.

January 22 - 23rd	2022 U14 Series #1 - Schweitzer Mountain, ID (TENTATIVE)	GS/SL
February 24 - 27th	Northern U14 Qualifier - Discovery Ski Resort, MT	3SG/2GS
March 23 - 27th	2022 Western Region U14 Championships - Mammoth Mountain Resort, CA	SG/GS/SL
March 24-27 th	2022 Tri-Divisional Championships – Jackson	SL/GS/SG
April 18 - 21st	2022 Western Region U14 Spring Project - Squaw Valley, CA	Speed Project