



Alyeska Ski Club U16 Team 2021-22 Parent 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 and abide by 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).
 - The ASC Board adopted the following guidelines on October 26 and we will be updating our [COVID Operations Plan](#) with this information.
 - Program schedules will look very similar to last season.
 - Buildings will remain closed to the public. The RTC Equipment Storage Room and Mighty Mite and Devos Shacks will be open for coaches equipment storage. The RTC will be open for warm-up of groups on cold/rainy days and for coach's meetings. The Board asked the Alpine Committee to come back with a recommendation for accommodating athletes in the RTC equipment storage room.
 - ASC will continue to follow State, Municipal and Alyeska Resort mandates and policies for mask wearing, chairlift/tram and line management, etc...
 - ASC will follow guidance from USSS, IFSA and USASA for all sanctioned competitions, camps and projects.
 - 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. ASC will also provide access to tests during travel for symptomatic athletes and coaches and will follow current CDC guidelines for all athletes or coaches that test positive for COVID.
- 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.



COACHES

Jennifer Danza – U16 Head Coach
Martins Onskulis – U16 Assistant Coach
Conor Lynch – Head FIS Coach Assist Weekdays
Chris Maynard – U16 Part Time Lead Coach
Sean Higgins – U16 Fill in Coach
Hudson Moe – U16 Fill in Coach

TEAMSNAAP

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. 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 TeamSnap 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 TeamSnap'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. 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. Jen Danza's email for any question pertaining to the group or juniors' program is: juniorsprogramdirector@alyeskaskiclub.com

Who to Ask What:

- Overall, Juniors programming and specific U16 inquires and athlete programming. This can include travel, race or general questions, comments or concerns - **Jennifer Danza, Juniors Program Director**
- TeamSnap and/or ASC Website and/or USSS membership registration, U16 group questions – **Jennifer Danza, U16 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.
- U16 group related emails can also be found on your messages tab of TeamSnap.
- 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

U16 Full-time

1. Our Coaches will be Jennifer Danza, Chris Maynard, Martins Onskulis, Sean Higgins.
2. This year we will return to regular training on Wednesdays from 3:30pm to 5:30pm.
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 TeamSnap will be updated on Tuesday.
4. We may have the chance to train Monday and/or Tuesdays, especially for events such as SG.
5. Coaches will provide athlete evaluations throughout the season.



U16 Part-time

1. Our lead U16 Part Time coach will be Chris Maynard.
2. The U16 group will have one single TeamSnap platform for ease of communication.
3. Part Time athletes will be training in similar course environments. However, Coach Chris will be responsible for athlete training and management.
4. Part time athletes will have the option to add Friday evening training at Alyeska if they haven't already done so during registration.
6. Coaches will provide athlete evaluations throughout the season.

Weekly 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.

U16 Full-time

Monday and/or Tuesday:	On occasion for specific training 3:30pm – 5:30pm
Tuesday:	DL 3:30pm – 4:45pm
Wednesday:	3:30pm – 5:30pm
Thursday:	3:30pm – 5:30pm
Friday:	3:30pm – 5:30pm
Saturday:	Dependent on lane space assignment
Sunday:	Dependent on lane space assignment

U16 Part-time

Friday (Optional Add-on):	3:30pm – 5:30pm
Saturday:	Dependent on lane space assignment
Sunday:	Dependent on lane space assignment

- All on snow training sessions will be at Alyeska.
- Hilltop – We may use this ski area only for the first weekends until Alyeska's opening day. (Opening day December 10, 2021). The U16 and U19 staff that do not attend the fall camp will be available and responsible for the athletes who are staying home to train. Hilltop will NOT be part of our regular winter on snow program therefore athletes do not need a season pass for Hilltop.

Midweek Dryland – Sessions will be held on Tuesdays at Elite and periodically on Fridays and/or Saturdays and Sundays at the RTC. Athletes should be ready on Friday and/or Saturday and Sunday to do both skiing and dryland (BRING RUNNING SHOES and PROPER CLOTHES!).

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 have opportunities to race out of state. This will allow them to measure themselves with other athletes before important championships such as Western Region. We require a minimum of 8 participants for each out of state race.
4. Lastly, during the current year and based on the FIS group schedule, athletes will also have a chance to train up with the FIS group. Blended format.

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. Two pairs can also be an option but is not mandatory.
2. SG skis – U16s will have the opportunity to train and race SG, this means that SG skis are strongly encouraged.
3. Tuning and general maintenance of skis is extremely important (potentially on a nightly basis, at least weekly) and done by athlete.
4. **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.
5. Back braces are recommended for speed events.
6. 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 orders should be made individually as soon as possible with your store of preference.

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

- **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 school teachers.
 4. Be COMMITTED. Just attending is not enough, this will not make you a winner.
 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.
 10. U19-FIS expectations – even higher commitment, hard work and sometimes sacrifice to excel.

VOLUNTEERING

- 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. If you do need to update your official's 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/>.

- On snowy days coaches and athletes will appreciate an extra slip from parents – check with a coach or Chief of Course first. Again, you will need a volunteer license to enter race premises.

- Help with fundraising efforts – Some of our important fundraisers such as the UAA Gear and Ski swap have been cancelled again due to COVID, however others such as the Tanaka Tee off tournament were a success. For other fundraising volunteer opportunities (next one coming up in November is the Warren Miller Film festival) or for more information please reach out to our Director of Development, Randee Liles, Lara or I for any questions or suggestions.

SUPPORT YOUR ATHLETE

- 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.
- Make sure they are on time.
- Listen to them – make sure they are engaged and ensure they do not have problems that may become an obstacle in their performance.
- Give them a parental nudge or light push when needed – commitment is the recipe to success.



2022 RACE SCHEDULE

Jan 7 – 10

U16 Races Big Sky, MT

2 GS - 2 SL

January 16 – 17

Coca Cola Alyeska, AK

2 GS – 2 SL U16 Qualifier

January 19 – 22

WR SL Camp Sun Valley, ID

Selected Quota (RTG)

Feb 07 - 09

WR Speed Camp Big Sky, MT

Selected Quota (RTG)

February 15

Alyeska Cup SG, AK

2 SG – U16 Qualifier

February 20 – 21

Alyeska Cup Tech Events, AK

2 GS – 2SL U16 Qualifier

Feb 25 - 27

Laura Flood Sun Valley, ID

1 SL / 2 GS Open to U16s

March 5 – 6

Arctic Valley Cup Races, AK

SL/GS Open to U16s

March 14 – 17

WR Champs Big Sky, MT

Selected Quota from AK Qualifiers

March 24 – 27

Tri-Divisionals Jackson Hole, WY

Selected Quota from AK Qualifiers

April 07 – 11

NW Cup Finals Stevens Pass, WA

SG/GS/SL

April 14 – 17

WR Speed Project Location TBD

Selected Quota (RTG)