



## 2022-2023 Alyeska Ski Club Alpine X Parent/Athlete Handbook

### COACHES

Morgan Haymans – Head Coach

### ASC STAFF

Kaleen Haines – ASC Executive Director

Jen Danza – Alpine Director

Conor Lynch – Juniors U14 Head Coach

Nick Foster – Juniors U16 Head Coach

Ryan Gregory – Juniors U16 Assistant Coach

Connor McDonald (Bucky) – Juniors U18 Head Coach

Chris Maynard – Juniors U16/18 Part Time Coach

Martins Onskulis – Juniors U16/18 Assistant Coach

Connor Michael – Freeride Head Coach

Leah Scott – Freeride Program Director/ASC Office and Finance Manager

### 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. 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. 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. Morgan Haymans' email for any question pertaining to the Alpine X Program is:

[alpinexheadcoach@alYESKASKIclub.com](mailto:alpinexheadcoach@alYESKASKIclub.com)

### Who to Ask What:

- Overall Mighty Mite, Devos, Freeride, Alpine X, Juniors and Masters programming and specific U10 inquiries and athlete programming. This can include, races, general questions, comments or concerns - **Jennifer Danza, Alpine Director**
- Team Snap and/or ASC Website registration – **Jennifer Danza**
- Overall ASC direction (ASC Board and Committee decisions); fundraising initiatives; volunteering; and general questions – **Kaleen Haines, Executive Director**
- Accounting questions – **Leah Scott, Office and Finance Manager**
- Corporate or Individual Sponsorships and General Fundraising – **Megan Olson, 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>

### USSS 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>

### **USASA Big Alaska Series Director – Alison Sterley**

- Manages all USASA events in Alaska
- Please take some time to familiarize yourself with the USASA Big Alaska Website  
<https://bas.usasa.org/>

### **Other Useful Links:**

- [US Ski and Snowboard](#)
- [USASA](#)
- [IFSA](#)
- [FIS](#)

## **PROGRAM**

### **Alpine X**

1. U14/16/18 Athletes will have the opportunity to compete in USASA Ski Cross, USSS Alpine and IFSA Freeride Events.  
U18 Athletes will also be able to compete in FIS Ski Cross and Alpine events.
2. Alpine X athletes will have the opportunity to qualify for USASA SX Nationals and USSS WR Championships.
3. Types of training that will be offered on snow:
  - Directed Freeskiing
  - Technical Freeskiing (Drills)
  - Alpine gate training – GS, SL, SG
  - Freeride mini comps
  - Early ride/Speed Training
  - SX start gate training
  - Terrain Park/Jump Training
4. This program will work closely with ASC's Juniors and Freeride programs.
5. Weekday training (Monday-Friday) will be done with the appropriate age Juniors group. (Full Time/Part Time + add on athletes)
6. Part-Time athletes will have the option to add Friday evening training if they haven't already done so during registration. Athletes not registered for Friday training that choose to join will be charged accordingly.
7. The weekend schedule on TeamSnap will be updated on Thursdays.
8. The training schedule is subject to change to maximize training opportunities based on weather/snow conditions, lane space, gym space and crowd/chairlift line management. Athletes and parents are required to stay updated via Team Snap and email.
9. Coaches will provide athlete evaluations throughout the season.
10. Hilltop – We will use Hilltop ski area starting from when it opens until Alyeska's opening day.
  - Hilltop's opening day will be somewhere between November 19<sup>th</sup> - December 3<sup>rd</sup>
  - Hilltop Day Ticket - \$22
  - Hilltop Season Pass \$335



## Memberships/Licensing:

US Ski and Snowboard

Alpine Competitor U14: AGE 12-13 // \$115

Alpine Competitor U16 & over: AGE 14 and over // \$185

USASA

Competitors 11 and over // \$125

Single Day Competitor (17 and under) // \$35

(Single day memberships are not upgradeable, are non-refundable, and do not count for regional or national points)

IFSA

Full Junior Athlete Membership (Ages 12-18) // \$105

Junior Athlete One-Time Competitor // \$25

(Valid for one event only during season purchased. If athlete chooses to enter a second event, \$80 upgrade membership required.)

## Schedules by age:

### U14 Full Time

Wednesday:	Hilltop	5:00pm – 7:00pm U14 Juniors Group
Thursday:	DL @ Elite	5:00pm – 6:00pm U14 Juniors Group
Friday:		5:00pm – 8:00pm U14 Juniors Group
Saturday:		9:45am – 3:30pm
Sunday:		9:45am – 3:30pm

### U14 Part Time

Friday (Optional Add on):		5:00pm – 8:00pm U14 Juniors group
Saturday:		9:45am – 3:30pm
Sunday:		9:45am – 3:30pm

### U16 Full Time

Tuesday:	DL @ Elite	3:45pm – 5:00pm U16 Juniors Group
Wednesday:		3:30pm – 5:30pm U16 Juniors Group
Thursday:		3:30pm – 5:30pm U16 Juniors Group
Friday:		3:30pm – 5:30pm U16 Juniors Group
Saturday:		9:45am – 5:30pm
Sunday:		9:45am – 3:30pm

### U16 Part Time

Friday (Optional Add-on):		3:30pm – 5:30pm U16 Juniors Group
Saturday:		9:45am – 5:30pm
Sunday:		9:45am – 3:30pm

### U18 Full Time

Tuesday:	DL @ Elite	2:45pm – 4:00pm U18 Juniors Group
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Wednesday:	1:30pm – 4:00pm U18 Juniors Group
Thursday:	1:30pm – 4:00pm U18 Juniors Group
Friday:	1:30pm – 4:00pm U18 Juniors Group
Saturday:	9:45am – 5:30pm
Sunday:	9:45am – 3:30pm

**Dryland** – Sessions will be held on weekdays at Elite with Juniors groups and on weekends Saturdays or Sundays at the RTC. Athletes should be ready to do both skiing and dryland (**BRING RUNNING SHOES and PROPER CLOTHES!**) when dryland is scheduled, or when there is inclement weather that could influence the daily schedule.

During holiday/training camps we will not have dryland at Elite. A dryland schedule will be set prior to the camp beginning.

### **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 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. We will be evaluating our opportunities to race ski cross out of state this season. Competing out of state allows athletes to measure themselves with against other athletes before important championships such as USASA Nationals and/or USSS Western Region Championships. USASA and USSS may have COVID recommendations/restrictions this year.

### **Notes:**

- Athletes need to be on time and ready for warmup.
- SL training – Athletes will need to have pole guards and shin guards unless instructed differently.
- If your athlete has a smart phone, please have them download the Team Snap app. and sign in.

### **EQUIPMENT**

As a general rule: **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: 1 pair of GS skis, 1 pair of SL skis and 1 pair of All-mountain freeskis skis are required. Your athlete will also have the opportunity to train and race SG. SG skis are encouraged, but not mandatory.
2. All skis and equipment can be bought used. Please contact me if you have any questions regarding equipment, or if you need help finding used equipment.
3. Tuning and general maintenance of skis is extremely important (race skis: potentially on a nightly basis, at a minimum weekly) and done by athlete.

4. If your athlete has Leki race poles, please make sure their name is on them and they have some sort of unique identifying mark (sticker or colorful tape).
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 protectors are to be worn for all on-snow training sessions.**
7. Swix, Toko and other discounted deals on tuning equipment/wax are available for athletes. Does anybody need to put in a wax/tuning equipment order?

## 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 keep everyone happy.

1. Let us know how everything is going. This is the only way we can improve.
2. Find coach Morgan 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 – please express concern!
4. If you have constructive feedback about Morgan, please do not hesitate to reach out to Lara.

## VOLUNTEERING

1. Help is ALWAYS needed on race/competition days – generally one parent per day for each event.

For USSS events, you are required to have a US Ski and Snowboard volunteer license. If you do need to update your Officials Certificate, please reach out to Jen Danza or Brian Hartman - [bhartman1@mac.com](mailto:bhartman1@mac.com). You can sign up for or renew your volunteer license at: <https://my.usskiandsnowboard.org/>

2. USASA events, volunteers must have USASA or USSS volunteer license.
3. On snowy race days, coaches and athletes will appreciate an extra slip from parents – check with a coach or Chief of Course first.



4. Help with fundraising efforts – For more information please reach out to our Director of Development, Randee Liles, Lara or Jen Danza 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 your athlete is eating a lot of food on training days. Start with a large breakfast, pack a lunch if possible, have them eat a large dinner.
  3. Send your athlete to training with pocket snacks (Granola bars, protein bars, fruit, nuts, etc.). Athletes often get hungry during training. Make sure they have snacks to keep their energy level high and stay focused throughout the day.
  4. Make sure they are on time
  5. Listen to them – make sure they are engaged and ensure they do not have problems that may become an obstacle in their performance.
  6. 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. (You're 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, 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 your responsibilities – school/sport/family.
    8. Be responsible for 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. Full Time expectations – high level of commitment, hard work and sometimes sacrifice to excel.