



## 2022 ASC FALL CAMP CHECKLIST & FACT SHEET

### PURPOSE

To prepare our athletes for our upcoming season and to utilize early season skiing in venues not as familiar to our athletes. For the third year in a row, we will have the opportunity to train in Big Sky MT, and after that, the older athletes will extend their training to Copper. This camp provides an awesome way to start our season as a group working on our ski fundamentals and building a team environment with athletes and coaches.

- U12 Early Season Training – After a successful first fall camp, the U12s will join the older groups again this year. We have seen that this group responds well to a team environment and to a camp environment. They learn to be responsible by following schedules, packing their gear, and working on schoolwork. They also have the opportunity to interact with their older teammates whereas during the winter this cannot be done because of different schedules.
- Team Building/Bonding – This is one of the few times that there is a concentrated effort to have all the age groups work closely together. This goes a long way toward establishing the tempo and expectations for the year on and off the snow. Athletes and coaches learn each other’s character and dynamics, which is a great way to build a closer relationship between the coach and the group.
- Skiing Fundamentals – both in and out of the course. Most athletes have difficulty adjusting their technique during the competitive season. There are several reasons for this, but the primary ones are:
  1. Athletes are less inclined to do something new or uncomfortable especially if the immediate result is that it may make them slower when they know they have a competition soon. They fail to realize that sometimes you must take a half step backward to go a full step forward.
  2. It is difficult for athletes to maintain a consistent focus in the winter when they have so many other distractions– school, friends, family, etc. Camps are more intense, so it is much easier for athletes to become immersed in skiing and make improvements. The additional time with the athletes also allows for higher quality video sessions and more personal feedback.
  3. It can be difficult for coaches to build and athletes to follow some skill development progressions in the winter. Coaches and athletes usually have very little time to work on the development and often feel the pressure to train race-specific courses without focusing on short environments that improve technique.

### BUDGET

- U12 - U18/U21 Big Sky Camp estimated cost - \$2,500
- U16 and U18/U21 Colorado Big Sky Combo Camp estimated cost - \$ 5,000
- U16 and U18/U21 Part-time estimated coaching fees for Copper – an additional \$315
- U12, U14 – U18/U21 Part-time estimated coaching fees for Big Sky – an additional \$315

The above budgets include lodging, food, daily ground transportation, lift tickets, all hill expenses, all coach expenses, equipment transportation, and afternoon activities.

The above budgets do not include athlete air transportation to Bozeman or Denver.

Final Reconciliation will be made after the termination of the camp. Leah, our office manager, will then reconcile each athlete's account and will inform you if you owe or have a credit.

PLEASE NOTE: U16 and U18/U21 athletes have a choice to attend only the Big Sky portion of the camp or both camps, because of progression purposes they will not be able to attend only the Copper portion of the camp.

### **TRAVEL**

- For the Big Sky portion, U12 – U18/U21 coaches will depart Anchorage on Nov 16.
- U12 – U18/U21 athletes will finish their Big Sky camp on Nov 23.
- U12 – U14 athletes will return to Anchorage on the morning of Nov 24.
- U16 – U18/U21 athletes will have a choice to return to Anchorage or continue onto Denver (Copper) on the morning of Nov 24 with a United Airlines direct flight.
- U16 – U18/U21 athletes will return to Anchorage.

Athletes should travel on the same flight or should arrange to arrive within the same time frame as the coaches' flight. If you have already made travel arrangements, please specify dates of arrival and departure upon registration.

### **WEATHER**

Both locations will most likely be experiencing their first snowfalls and sub-freezing weather. Please ensure that your athlete brings enough clothing for winter-like weather.

### **SKI EQUIPMENT/GEAR**

U18/U21 – 1 pair of SG skis (for the Copper portion of the camp) 1 pair of FIS GS and 1 pair of FIS SL skis.

U16 – 1 pair of SG (for the Copper portion of the camp) 1 pair of SL and 1 pair of GS skis.

U12 and U14 - 1 pair of SL and 1 pair of GS skis.

**NOTE: All skis should be tuned waxed and scraped and ready to go.**

Other Equipment:

- Ski boots/orthotics/footbeds
- GS and SL poles
- Protective gear - Arm pads, stealth, shin guards, pole guards, helmet, mouthguard, goggles, sunglasses, etc.
- Backpack for on the hill – water, snacks, extra clothes/gear
- Ski-tuning equipment. Files, guides, stones, scraper, wax. Snow conditions at Hood in the summer can be quite challenging if we get into a strong freeze/thaw cycle so athletes will need to tune every night. Even though the weather may be warm, the snow is quite abrasive therefore colder training waxes should be used.

- Pack DH suit/training shorts. With the warm weather, athletes will likely be training in DH suits daily.
- Bring appropriate dryland workout clothes and shoes.

## ACCOMMODATIONS

- Colorado: Center Village  
[https://cms.coppercolorado.com/sites/copper/files/2019-11/FY20\\_VillageMap\\_Winter\\_web.pdf](https://cms.coppercolorado.com/sites/copper/files/2019-11/FY20_VillageMap_Winter_web.pdf)
  - **Colorado Option 2 Vail area - TBD**
- Big Sky: The Huntley Lodge on the Resort  
<https://bigskyresort.com/accommodations/hotels/huntley-lodge>

## PARENT ACCOMMODATION OPPORTUNITIES

- Parents will have the opportunity to book lodging in both Copper and Big Sky. However, Big Sky will not be open to the public. Copper's projected opening is November 16<sup>th</sup>, and Big Sky is November 24. Last year parents could purchase lodging at a discounted rate. For lodging in Copper, please contact Copper mountain directly. For lodging in Big Sky more information to come soon.

## COMMUNICATION

Coach Phone numbers -

- Jennifer: (907) 382 - 0566
- Bucky: (970) 401 - 0574
- Conor Lynch: (970) 901 - 9829
- Nick Foster: (970) 306 - 5344

## IMPORTANT DOCUMENTS

**ASC Emergency Medical Form** – attached to the accompanying email and posted on our website under Juniors Camps.

\*Resort waivers will be sent to camp attendants as we get closer to the departure date.

All documents need to be sent to me via email: [alpinedirector@alyeskaskiclub.com](mailto:alpinedirector@alyeskaskiclub.com)

Failure to provide any of the above documents before departure disallows an athlete from attending the camp.

## ASC & USSS REGISTRATION –

- All athletes **MUST** have a current US Ski and Snowboard license.
- All athletes also need to be currently registered for the 2022-23 season.

**DAILY SCHEDULE - except for early morning training days and mid-morning training. (Subject to change)**

6:30 - Wake Up  
 6:45 - Breakfast  
 7:20 - Depart for hill  
 8:00 - 12:00 - On snow training  
 12:00 - 1:00 - Lunch  
 1:30 - 5:30 - Mandatory Study Hall  
 5:30 - 6:15 - Light DL/video  
 6:30 - 7:15 - Dinner  
 7:30 - 9:15 - Free time/ski tuning/video  
 9:30 - Lights out

<b>11/16/22</b>	<b>Travel to Big Sky</b>		
<b>11/17/22</b>	<b>Big Sky Montana</b>	<b>GS</b>	<b>8:00 - 12:00</b>
<b>11/18/22</b>	<b>Big Sky Montana</b>	<b>GS</b>	<b>8:00 - 12:00</b>
<b>11/19/22</b>	<b>Big Sky Montana</b>	<b>GS</b>	<b>8:00 - 12:00</b>
<b>11/20/22</b>	<b>Big Sky Montana</b>	<b>GS</b>	<b>8:00 - 12:00</b>
<b>11/21/22</b>	<b>Big Sky Montana</b>	<b>SL</b>	<b>8:00 - 12:00</b>
<b>11/22/22</b>	<b>Big Sky Montana</b>	<b>SL</b>	<b>8:00 - 12:00</b>
<b>11/23/22</b>	<b>Big Sky Montana Travel</b>	<b>SL</b>	<b>8:00 - 12:00</b>
<b>11/24/22</b>	<b>Travel</b>		
<i><b>Loveland/Copper</b></i>			
<b>Date</b>	<b>Requested Location</b>	<b>Discipline (SL, GS, SG, DH)</b>	<b>Start Time</b>
<b>11/24/22</b>	<b>Travel</b>		
<b>11/25/22</b>	<b>Copper</b>	<b>Train/Free SKI</b>	<b>TBD</b>
<b>11/26/22</b>	<b>Copper</b>	<b>Train</b>	<b>TBD</b>
<b>11/27/22</b>	<b>Copper</b>	<b>Train</b>	<b>TBD</b>
<b>11/28/22</b>	<b>Copper</b>	<b>Train /Rest</b>	<b>TBD</b>
<b>11/29/22</b>	<b>Copper</b>	<b>Train</b>	<b>TBD</b>
<b>11/30/22</b>	<b>Copper</b>	<b>Train</b>	<b>TBD</b>
<b>12/1/22</b>	<b>Copper</b>	<b>Train</b>	<b>TBD</b>
<b>12/2/22</b>	<b>Copper Denver</b>	<b>Train/Travel</b>	
<b>12/3/22</b>	<b>Anchorage</b>	<b>Travel</b>	

\*Note that U16 - U18/U21 athletes participating to the second part of the camp in Copper (tech and speed project) will depart from Bozeman on November 24.

\*The Colorado schedule is not fully defined yet. U16 and U18/U21 groups will have slightly different schedules dictated by the speed camp schedule. Athletes will most likely have on day rest in the middle of their second part of the camp in Colorado.

\*Please note that we may have afternoon sessions in addition to morning sessions for a few of the days in Big Sky, timeframe: 12:00 pm - 4:00 pm.