



WHO IS WHO:

Kaleen Haines, Executive Director
Jen Danza, Alpine Director
James Geist Office Manager
Amber Momblow Finance Manager
Kjersti von Wichman, U12 Head Coach

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 Wednesday, Friday, Saturday, and Sunday at Alyeska. Updates to daily schedules are via TeamSnap. Please check TeamSnap periodically.

TEAM SNAP

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. 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 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.
4. Any last-minute changes will be sent via Team Snap'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.

SCHEDULE – tentatively

| | |
|---------------------|--------------------|
| 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 – 4:30 pm to 6:30 pm on Wednesday.

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.

Races

We follow the ASC race schedule posted on Team Snap and the ASC and Alaska Division websites.

One out-of-state race series will be considered – Generally, we attend the Monroe Cup in Sun Valley – Dates: February 4-5, 2023

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:

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|------------------------------------|
| Approximate percentage guidelines: |
| Coached Free skiing – 45% |
| Coached Drills – 20% |
| Coached Gate Training – 25% |
| Competition Simulation – 10% |

RACE REGULATIONS

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

COMMUNICATIONS

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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 2022-23 USSA license to compete.

COACHING STAFF

| | |
|----------------------------|-----------------|
| Kjersti von Wichman | Head Coach |
| Cristiano Mergozzi | Assistant Coach |
| Sarah Abts | Assistant Coach |
| Tasha Foster | Assistant Coach |
| Hunter Kern | Assistant Coach |

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