

## **WHO IS WHO:**

<b>Kaleen Haines</b>	Executive Director
<b>Jen Danza</b>	Alpine Director
<b>James Geist</b>	Office Manager
<b>Amber Momblow</b>	Finance Manager
<b>Ryan Gregory</b>	U14 Head Coach

## **U14 COACHES:** <https://alyeskaskiclub.com/programs/juniors/juniors-coaches/>

<b>Brenna Petrie</b>	U14 Assistant
<b>SJ Klein</b>	U14 Assistant
<b>Rob Carte</b>	U14 Assistant
<b>Jimmy Henderson</b>	U14 Assistant
<b>Tim Thornley</b>	Fill-in
<b>Kate Bragg</b>	Fill-in

## **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 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 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 TeamSnap 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 or assistant coaches. If there is no response, in a day please contact the person once more.

### Who to Ask What:

- Overall Mighty Mite, Devos, Freeride, Alpine X, Juniors and Masters programming and specific U14 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 – **Amber Momblow, Finance Manager**
- TeamSnap Information or ASC Membership questions – **James Geist Office 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>

### 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>

## U14 PROGRAMS

### U14 Full-Time

1. During the season we will have Wednesday training at Hilltop, Thursday dryland at Elite, and Friday training at Alyeska.
2. 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.
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.

### U14 Part-Time

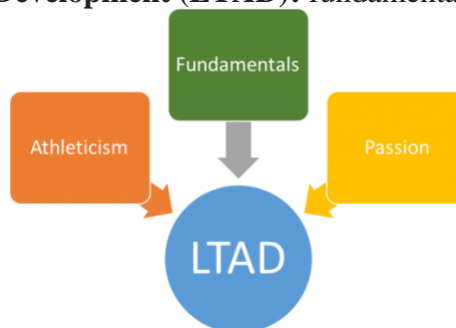
1. Part-Time athletes will have the option to add only Wednesday evening trainings at Hilltop if they haven't already done so during registration. Athletes not registered for Wednesday training will only participate during weekend training.
2. Athletes will be expected to complete homework assignments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

## ATHLETE GOALS & PROGRESSIONS

1. **Long Term Athlete Development (LTAD):** fundamentals, athleticism, and passion



2. **Coaching Philosophy:** create a system where athletes develop habits that will allow them to have long term success as athletes and in competition. Habits form our skills which form our talents. Awareness, Learning, Practice, Opportunity
3. Use After Action Reports (AAR)- after each run, debriefing after training, watching video.
  1. What did I do well? (strength)
  2. Can I do it better? What else can I improve?
  3. What will I do to improve next time? (focus)
4. Coaches will focus on progression based on athletes' attendance and personal goals as well as technical and tactical needs.
5. 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. Take ownership of your own development and **actions**. (You are old enough to do so.)
2. Zero tolerance for bullying. No cliques!
3. **Be on time, be prepared, and be engaged.**
4. Be **respectful** toward team members and coaches.
5. Communicate with your coaches
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.**

### Coaches:

1. Create opportunities- safe, challenging, fun
2. To communicate within a timely manner and proficiently.
3. To be a good role model- lifelong athlete and competitors and lead by example both on and off the hill.
4. To be the athletes' biggest advocates.
5. Advocate for the sport- collect data on training, equipment, and races
6. To provide athletes with the best opportunity for success through our coaching abilities.
7. 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. 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.
5. Make sure they are on time!
6. Listen to them – make sure they are engaged and ensure they do not have problems that may become an obstacle in their performance.

7. 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 need to wear their **race suits** during training.
4. **Low light lenses!** We have all seen the low light conditions at Alyeska.
5. Equipment
  1. Rules: <https://usskiandsnowboard.org/sites/default/files/files-resources/files/2022/2023-Alpine-Equipment-Regulations.pdf>
  2. Recommendations: <https://alYESKASKIclub.com/wp-content/uploads/2018/09/2018-Junior-Equipment-Spreadsheet.pdf>
  3. Data: <https://forms.gle/bJvpHhLspDaeptWf6>
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!**

## SCHEDULE

### Alyeska Weekend Training

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

### 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. 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.

- o 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 30<sup>th</sup> and November 6<sup>th</sup>.

## Races

The U14 ASC race schedule posted on Team Snap. All races for Alyeska Ski Club will be posted to the [ASC](#) and [Alaska Division](#) websites.

ASC: <https://alYESKASKIclub.com/wp-content/uploads/2022/09/2022-23-ASC-Event-Competition-Calendar-DRAFT.pdf>

Alaska Division: <https://alaskaalpine.com/race-calendar/>

Qualifications for Western Region Champs, Tri-divisional, and AK State Champs are still being discussed and finalized by the ACC. Check the [AK Division](#) website for the final qualification procedures for these races.