

Juniors U10 Program



WHO IS WHO:

Kaleen Haines, Executive Director
Alex Wilson, Alpine Director
Conor McDonald (Bucky) Juniors Program Director
James Geist, Office Manager
Amber Momblow, Finance Manager
April Ingram, U10 Head Coach

The U10 program is a continuation of skills learned in Mighty Mites or other ski club programs. We practice every Saturday and Sunday in Girdwood, but we will probably start the season at Hilltop as they tend to open sooner than Alyeska. Also, we offer an optional add-on of Wednesday night training at Hilltop and at Alyeska for Girdwood athletes.

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.

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 U10 inquiries and athlete programming. This includes general questions, comments or concerns – **Kaleen Haines, Executive Director & Alex Wilson, Alpine Director**
- Juniors program development. This can include, races, questions on alpine racing volunteer development, athlete development – **Conor McDonald (Bucky), Juniors Program Director**
- Team Snap and/or ASC Website registration – **James Geist, April Ingram**
- 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 and ASC Membership Information – **James Geist, Office Manager**
- Corporate or Individual Sponsorships and General Fundraising – **Jess Guess, Director of Development**

- Parent Liaison – **Who would like to join**

- 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>

SCHEDULE

U10 – Wednesday 3:30pm – 5:30pm (Alyeska)
Wednesday 5:30pm – 7:30pm (Hilltop)
Saturday 10:30am – 3:30pm
Sunday 10:30am – 3:30pm

OUR PHILOSOPHY

Is to put a lot of miles on the kids. We believe that kids this age need straightforward directions and focus on not too many of them at the same time. Some kids learn by feeling and some kids learn by the mechanical implantation of a move/motion. Also, we believe it is pertinent to have fun while we are on the hill in addition to also becoming a versatile skier: jumps, tree trails, powder, terrain park we will do it all.

We try 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.

Which are:

Coached Free skiing – 60% - 30 Days
Coached Drills – 20% - 10 Days
Coached Gate Training – 10% - 5 Days
Competition Simulation – 10% - 5 Days

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.

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. Tuning and general maintenance of skis is extremely important (potentially on a nightly basis, at least weekly).
2. **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.

RACES

We race with the Mighty Mite program in addition to a couple of YSL races and the U10 State Championships with a location to still be determined. All the Mighty Mite races will be staffed, and we will only be staffing 2 of the YSL races. Additionally, athletes will have the option to attend Monroe Cup in Sun Valley, ID.

Staffed YSL Races:

Location & Event see the 2023-2024 race schedule on alyeskaskiclub.com

Arctic Valley U10 Championships SL/GS/SG Location/Date TBD

Monroe Cup Feb 3-4 (to be confirmed)

Mighty Mite Race Schedule:

Grouping Race – Jan 7

MM Race 1 – Feb 4

MM Race 2 – Feb 25

MM Weekend – March 23-24

View the other race document for all the races that are planned for the season. As well as Team Snap is updated!

RESPONSIBILITIES OF THE ATHLETES

- Be on time.
- Be respectful to lift attendance/ski patrol and other skiers on the mountain.
- Pay attention to slow zones on the mountain.
- Follow directions.
- Buddy system means more freedom.
- HAVE FUN!

- Athletes will have warmup breaks as a group accompanied by one coach.

RESPONSIBILITIES OF THE PARENTS

- Make sure your athlete is on time.

- Communicate with the coaches how things are going (two-way).
- Volunteer & Stay involved!

COACHING STAFF

April Ingrim has the main oversight of the program. The coaches will collaborate with April every training day to decide what the U10s are going to do on the hill. The coaches report back to April how the day went and if there are any problems that need to be taken care of.

Currently the U10 assistant coaches are:

Tyler Abts– U10 Assistant Coach

Cristiano Mergozzi– U10 Assistant Coach

All coaches' information is found on Team Snap!