

## WHO IS WHO:

*Kaleen Haines*, Executive Director  
*Alex Wilson*, Alpine Director  
*Conor McDonald*, Juniors Program Director  
*James Geist*, Office Manager  
*Amber Momblow*, Finance Manager  
*Elliot (Duffy) Daniels*, U14 Head Coach

## 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.



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 – **Alex Wilson, Alpine Director & Kaleen Haines, Executive 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, Kaleen Haines**
- Overall ASC direction (ASC Board and Committee decisions); fundraising initiatives; volunteering; and general questions – **Kaleen Haines, Executive Director**
- Accounting questions – **Amber Momblow, Finance Manager**
- Corporate or Individual Sponsorships and General Fundraising – **Jess Guess, 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 or Alyeska, 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:**

- o The goal is to provide athletes with the tools they need to be successful, and relevant to their goals and ability. Athletes will be divided into groups based on ability levels. Groups will then be adjusted throughout the season based on their fundamental and technical needs.
- o It is hopeful that we will be able to set two different courses during several training sessions. However, there will be days when only one course is manageable.

## **ATHLETE GOALS & PROGRESSIONS**

1. **As U14s the primary goal is skill development, fundamentals, implementing fundamentals into everyday skiing, and supporting team members.** (as opposed to points or results). Skiing fast will be a result of this but takes time and patience.
2. We will begin the season with goal setting to examine the 'why' for participation and deconstruct into short term and long-term goals. Setting these goals early on will help athletes identify what they want out of the ski season.
3. Develop a supportive internal dialogue that generates confidence and motivation to achieve goals. Use self-talk to regulate intensity levels and maintain or shift focus.
4. Continue to develop mindfulness to strengthen the ability to focus, refocus and shift attention on demand.
5. Coaches will focus on progression based on athletes' attendance and personal goals as well as technical and tactical needs.
6. Every athlete has a different development approach. As coaches we will work hard on providing the best environment possible for each athlete to progress.
7. 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. Be Responsible for your own development and **actions**. (You are old enough to do so.)
2. Zero tolerance for bullying.
3. **Be on time, be prepared and be engaged.**
4. Be **respectful** toward team members and coaches.
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 everything – school/sport/family.
8. **You are responsible for your own equipment.**
9. Dryland responsibility. Commit and be honest to yourself regarding how much you put into your training.

### Coaches:

1. To communicate within a timely manner and proficiently.
2. To be a good role model and lead by example both on and off the hill.
3. To consider the health, safety, and wellbeing of athletes above anything else.
4. To be the athletes' biggest advocates.
5. To provide athletes with the best opportunity for success through our coaching abilities.
6. 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. Find coach Duffy for general inquiries about the group or club.
5. 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.
6. Make sure they are on time!
7. Listen to them – make sure they are engaged and ensure they do not have problems that may become an obstacle in their performance.
8. 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 should wear their **race suits** during training. This will be beneficial when we are doing race simulations, timing, hiking, and it provides the athletes with an extra layer for warmth and protection.
4. **Low light lenses!** We have all seen the low light conditions at Alyeska. Athletes will ski better when they can see!
5. SG skis – U14s will have the opportunity to train and race SG, this means that SG skis are encouraged. However, if the athlete does not have SG skis, we can work together to find a pair. Otherwise, GS skis will work just fine. In the past, many U14 athletes have bought a longer pair of GS skis that can be used for the following season.
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.** Sometimes bindings need to be moved completely, which takes more time than simply adjusting the set with one screw.
8. Back protectors are recommended for speed events.

## SCHEDULE

### Alyeska Weekend Training

10:00 am	Warm Up in boots
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** – 4:30pm to 6:30pm OR **Wednesday Alyeska Training** – 3:30pm to 5:30pm

**Thursday Elite Training** – 5:00pm to 6:00pm

**Friday Alyeska Training** – 5:30pm to 7:30pm

**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 \$25 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**

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

Out of state race series will be considered in February and March based on quota restrictions – location and time TBD

## **U14 COACHES**

<b>Duffy Daniels</b>	U14 Head Coach
<b>Kjersti von Wichman</b>	U14 Assistant
<b>Rob Carte</b>	U14 Assistant
<b>Jimmy Henderson</b>	U14 Assistant