



## JUNIORS U18/U21 GROUP

### COACHES

*Conor "Bucky" McDonald*– U18/U21 Head Coach

Peder Rickbeil - U18/U21 Assistant Coach

### 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 TeamSnap. **Both parents and athletes should have the app downloaded on their phones and contact information updated.** 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 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. 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 the assistant coaches. If there is no response, in a day please contact the person once more.

Conor McDonald: [coachbuckyak@gmail.com](mailto:coachbuckyak@gmail.com) (970-401-0574)

Alex Wilson: [alpinedirector@alYESKASKIclub.com](mailto:alpinedirector@alYESKASKIclub.com)

James Geist: [officemanager@alYESKASKIclub.com](mailto:officemanager@alYESKASKIclub.com)

Amber Momblow: [financemanager@alYESKASKIclub.com](mailto:financemanager@alYESKASKIclub.com)

Kaleen Haines: [executivedirector@alYESKASKIclub.com](mailto:executivedirector@alYESKASKIclub.com)

## Who to Ask What:

- Overall Mighty Mite, Devos, Freeride, Alpine X, Juniors and Masters programming and specific U10 inquiries and athlete programming. This can include, races, 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, 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**
- TeamSnap and ASC Membership questions – **James Geist, Office Manager**
- Corporate or Individual Sponsorships and General Fundraising – **Jessica 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>



## SCHEDULE

### Weekly Operations:

Weekend Training Lanes:	<b>Block 1</b>	<b>10:30am – 1:30pm</b>
	<b>Block 2</b>	<b>1:30pm – 3:30pm</b>
Weekend Lunch Blocks:	<b>Block 1</b>	<b>12:30pm – 2:00pm</b>
Weekend Gym Usage:	<b>Block 1</b>	<b>10:30am – 12:30pm</b>
	<b>Block 2</b>	<b>3:30pm – 4:30pm</b>

**Groupings will depend on the lane space schedule for their lunch breaks and gym usage. Groups will know their lane space assignment on the Tuesday prior to the weekend.**

### U18/U21 Full-time

Monday and/or Tuesday:	On occasion for specific training
Tuesday:	DL 3:45pm – 5:00pm
Wednesday:	3:00pm – 5:30pm
Thursday:	3:00pm – 5:30pm
Friday:	3:00pm – 5:30pm
Saturday:	Dependent on lane space assignment
Sunday:	Dependent on lane space assignment

### U18/U21 Part-time

Friday (Optional Add-on):	3:00pm – 5:30pm
Saturday:	Dependent on lane space assignment
Sunday:	Dependent on lane space assignment

- All on snow training sessions will be at Alyeska.
- Hilltop – We may use this ski area only for the first weekends until Alyeska's opening day. The U16 and U18/U21 staff that do not attend the fall camp will be available and responsible for the athletes who are staying home to train. Hilltop will NOT be part of our regular winter on snow program therefore athletes do not need a season pass for Hilltop.

**Midweek Dryland** – Sessions will be held on Tuesdays at Elite and periodically on Fridays and/or Saturdays and Sundays at the RTC. Athletes should be ready on Friday and/or Saturday and Sunday to do both skiing and dryland (BRING RUNNING SHOES and PROPER CLOTHES!).



## ATHLETE PROGRESSION

1. The team focus will be to create an atmosphere that will help individuals progress to reach their highest ability. “A team that lives together, wins together.” Norwegian Ski Team
2. Every athlete has a different developmental approach. As coaches we will work hard on providing a team environment where athletes can seize opportunities that will give them the tools 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 and team.
3. Coaches will focus the team's progression based on athletes' attendance and personal goals. On snow training, dryland, and recovery are all very important for the long-term progression of the team and athlete
4. Race opportunities are all dependent on athlete development. Athletes need to be prepared to race at the highest level at every opportunity. You can never be certain what races an athlete will qualify for. Athletes must learn how to perform on demand.
5. FIS points are the main measurement used to rank athletes for races. Head-to-head competition is then also used for qualifying athletes for the Elite, National and Regional Championship races.

### 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 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. Athletes are responsible for making sure their skis are tuned and waxed when showing up for training.

1. Skis and equipment for this year: 1 pair of DH skis, 1 pair of SG skis, 2 pairs of GS skis and 2 pairs of SL skis recommended.
  - a. [https://usskiandsnowboard.org/sites/default/files/files-resources/files/2018/2019\\_ALP\\_Equipment.pdf](https://usskiandsnowboard.org/sites/default/files/files-resources/files/2018/2019_ALP_Equipment.pdf)
2. Tuning and general maintenance of skis is extremely important (maintained on a nightly basis, tuned weekly).
3. **Make sure a coach checks your bindings before the first day on snow.**
  - a. Sometimes bindings need to be moved completely, which takes more time than simply adjusting the set with one screw.
4. Team tuning/waxing kit – The athlete is responsible for their own wax and tuning at all times. Coaches will have a kit equipped with everything needed at races. The team kit will be used only on specific situations. Wax orders should be made individually as soon as possible with your store of preference.



## EXPECTATIONS

- **Coaches:**
  - To communicate within a timely manner and proficiently.
  - To be a good role model and lead by example both on and off the hill.
  - To consider the health, safety, and wellbeing of athletes above anything else.
  - To be the athletes' biggest advocates.
  - To provide athletes with the best opportunity for success through our coaching abilities.
  - To challenge athletes to work hard, remind them of their goals, and enable fun.
  
- **Parents: NUMBER 1 PRIORITY IS COMMUNICATION**
  - Let us know how everything is going. This is the only way we can improve.
  - Contact the coach or the Alpine Director for general inquiries about the group or club.
  - If there are any problems or concerns that arise related to the athlete or to the coach – express concern!
  - If you have constructive feedback about Bucky, please do not hesitate to reach out to the Alpine Director.
  
- **Athletes:**
  1. Take ownership, be responsible for your own development and actions.
  2. Be on time, be prepared, and be engaged.
  3. Be respectful. Towards the team, coaches, guests, workers, and schoolteachers.
  4. Be COMMITTED. Just attending is not enough, this will not make you a winner.
  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. Be responsible of your equipment. Coaches cannot catch everything all the time.
  9. Dryland Responsibility. Discipline your mind and body. Be honest to yourself.
  10. U18/U21-FIS expectations – even higher commitment, hard work and sometimes sacrifice to excel.

## VOLUNTEERING

- Help is ALWAYS needed on race days – generally one parent per day for each event. You are required to have a US Ski and Snowboard volunteer license. If you do need to update your official's certificate, please reach out to Jen Danza or Brian Hartman - [bhartman1@mac.com](mailto:bhartman1@mac.com). You can sign up for or renew your volunteer license at <https://my.usскиandsnowboard.org/>.
- On snowy days coaches and athletes will appreciate an extra slip from parents – check with a coach or Chief of Course first. Again, you will need a volunteer license to enter race premises.

## SUPPORT YOUR ATHLETE

- Support your athlete by making sure they have whatever they need to succeed and to achieve their personal goals – equipment, time on snow, dryland attendance and commitment, school, etc.
- Make sure they are on time.
- Listen to them – make sure they are engaged and ensure they do not have problems that may become an obstacle in their performance.
- Give them a parental nudge or light push when needed – commitment is the recipe to success.
- Trust in the process and have a growth mindset. We are all trying to reach the highest level we can.

## RACE PROGRESSION

### FIS Races

- Devo/Wrangle Cup
  - ENL (Entry Level)
  - Open
- Elite/Western Region Cup
- FISU
- NorAm
- Europa Cup
- World Cup

### Qualifying Races

- Devo/Wrangle Cup-ENL
  - Alaska Region quota is 6 female, 7 male
- Elite/Western Region Cup
  - Devo races to qualify for Elite race (if not an automatic)
  - Alaska quota is at least 4 per gender
- U18 Nationals
  - Qualify through head-to-head through Elite/Western Region Cup qualifying races
  - West Region Quota is 20 per gender
- Western Region Championships
  - 5 Column selection process using
    - First 3 Columns use FIS points in SL, GS, and SG and
    - 4<sup>th</sup> and 5<sup>th</sup> column consist of results from head-to-head in Alyeska Cup in SL and GS
- U.S. Nationals
  - Western Region quota is 14 per gender

## ALPINE DEVELOPMENT



[Race Competition Schedule – See Attached Document](#)