



Alpine X Team

2023-2024 Program Guide

Program Options:

AX Full Time - 5 days a week + Holidays (U14-U21)

AX Part Time - Weekends + Holidays (U14-U21)

SX HomeSchool/Post Graduate – 5 full days a week + Holidays + Dryland 3 Days a week (U16 and older)

INTRODUCTION

ASC's Alpine X Team is for athletes who have the desire to train and compete in the multiple disciplines of competitive skiing offered through Alyeska Ski Club, with ski cross being at the forefront. Athletes in this program will have the option to compete in **ski cross, alpine, and freeride events**.

The program will be fluid in terms of training-specific competitive focuses on any given day; groups will optimize the focus for each day based on snow, weather conditions, and upcoming events.

On the hill:

Athletes can expect to participate in all-mountain freeskiing, alpine gate training, technical freeskiing, terrain based learning, and start gate training.

Off the hill:

Athletes may participate in warm-ups (before skiing), cool-downs (after skiing), video analysis, and dryland training.

The program will host one USASA Big Alaska Series ski cross race and will participate in local ski cross, alpine, and freeride events. For ski cross - it will also travel to the USASA National SX Championships and FIS Nor-Am Cup ski cross races depending on athlete

age/interest. Athletes planning on traveling should be motivated to succeed, good role models on our home mountain, disciplined, and have good attendance at training. Any athletes deemed to not represent our team's values, will be removed from the travel team regardless of their registration status for events. Program costs do not include travel and coach expenses on away trips.

STRUCTURE

All athletes in the Alpine X program will primarily train together. However, for activities such as technical freeskiing, all-mountain freeskiing, and alpine gate training athletes may be split into groups based on age or ability level.

Travel plans, training schedule, and daily activities are coordinated by the head coach. Please contact the head coach if you have questions.

The Alpine Director can also be contacted on program related initiatives, questions, and issues.

SUITABILITY

Athletes must be confident skiers on all terrain. There will be a two week trial period for all members who are new to the team.

EXPECTATIONS

Below is a list of what we expect from our athletes. If these expectations are not met on a regular basis, the athlete will not be invited back to the Alpine X team next year. ASC Alpine X represents our sport, our ski club, and our mountain.

1. Athletes are expected to be good stewards of the mountain and respect the public, ski patrol, mountain staff, and follow all the rules of the mountain.
2. Athletes are expected to represent the Alyeska Ski Club and follow the Club's code of conduct.
3. Athletes are expected to be good role models to younger athletes.
4. Athletes are expected to ski in control and respect the other skier's "bubble."
5. Athletes are expected to have good attendance and show up on time.
6. Athletes are expected to listen to the coaches.
7. Athletes are expected to respect the Race Training Center and its rules.
8. Athletes are expected to **always** rack their skis.
9. Athletes are expected to support their teammates on and off the hill.
10. Athletes are expected to have a good attitude, have fun, and give out lots of high fives.

COMMUNICATION

Communication in this program is extremely important to keep up with training, travel, events, volunteering, and the overall program. The coaching staff sends regular emails via TeamSnap. If you are unfamiliar with TeamSnap, it is an app used to communicate with

your team via emails and have easy access to a calendar with our schedule of events. The coaching staff is always willing to answer your questions via phone call, text message and email. However, we do ask that you check your email regularly.

Every athlete must have all coaches' phone numbers in their phone. Coaches are available via text, phone call, and radio when on the hill. If an athlete is going to be late to training, they need to communicate when they will be arriving with a coach and we will designate a meeting location. If an athlete is going to miss training, we ask that the athlete or parents notify the staff, or the responsibility will fall on the athlete. If an athlete is separated from the group, they need to contact a coach via phone or radio in the RTC.

TRAVEL

As mentioned earlier in our program guide, the team will travel to the USASA National SX Championships and FIS Nor-am ski cross races depending on athlete age and interest. The season's competition schedule is usually announced at the beginning of November, with registration for competitions opening up soon after that. Athletes and parents will be notified which races we are targeting as a team at our pre-season parent/athlete meeting. If athletes/families plan on attending competitions we are not traveling to as a team, arrangements can usually be made for the athlete to be coached by another ASC program or another ski club who will be attending the competition.

Once the competition schedule has been announced, travel plans will begin immediately. Coaches will send out cost estimates for the trips which will include lodging, rental cars, fuel, coaches travel, and sometimes groceries (depending on the lodging situation). You must confirm with the staff that you will be traveling for each trip by making a \$250 non-refundable deposit. Once the coaches book each trip, they will send out their itinerary for athletes to book under, set a meeting date to discuss the trip, and send pre-trip cost estimates.

Note: Costs can sometimes increase due to unforeseen circumstances on trips.

COMPETITION

Ski cross:

Ski cross is a discipline of ski racing where racers compete head to head with 4 skiers on course at the same time. Ski cross courses have both natural and artificial terrain features including jumps, rollers, and banked turns.

This program is formatted around competing in USASA Big Alaska Series races and the USASA National Championship. Depending on athlete interest, we will also travel to FIS North American Cup races. Our athletes will train with experienced coaches to hone their skills in all aspects of ski cross racing with a heavy focus on the fundamentals of skiing.

USASA Nationals

Nationals is held at the beginning of April each year. Athletes from all over the nation come together to compete in the national championships. The 2024 National Championships will be at Copper Mt., Colorado.

Athletes who are under the age of 16 will compete in their age class. Athletes who are 16+ and are not FIS athletes, will also have the option to compete in their age class. To compete in these championships, athletes will need to become members of USASA and athletes can qualify for these championships by competing in the USASA Big Alaska Series races. Athletes who will be competing in the FIS National championships (must be 16) will compete in an “open” FIS race. To compete in this race, athletes will need to become members of USASA, have a US Ski and Snowboard Freeskiing membership, and have a FIS Freestyle Skiing license. Athletes can qualify for nationals by competing in USASA Big Alaska Series open class races, USASA Super Series races, regular FIS and FIS Nor-Am races.

If an athlete does not qualify for the USASA national championships and wishes to compete in them, there is a petition process that can be initiated. Talk to the head coach for more information regarding this petition process.

North American Cup (FIS)

Nor-Am Cup racing is designed to bridge the gap between youth and world cup level for ski cross. It also brings together athletes from across North America to identify the top juniors. Athletes can earn an invite to the Junior World Championship, Youth Olympic Games, U.S. Grand Prix events, USASA Nationals, and Project Gold camps from these races. To compete in FIS events, athletes must be 16 years or older and have both a FIS Freestyle Skiing license and US Ski and Snowboard Freeski membership.

Alpine:

This program will have the option to compete in USSS Alaska Division Alpine races. Athletes who compete in these races will have the opportunity to qualify and represent the Alaska Division at the Western Region Championship and other spring championship races if they have the interest in doing so. To participate in USSS Alpine events an athlete must hold a current USSS Alpine license. If an athlete is 16+ and wishes to compete in a FIS Alpine event, they must also have a FIS Alpine license.

Freeride:

This program will have the option to compete in local IFSA events. Athletes who participate in these events must hold a current IFSA membership and pay Pacific Northwest Regional Dues.

THE RACE TRAINING CENTER

Athletes are to use the Race Training Center (RTC) to store their boot bags/day packs. It is where we will meet in the morning for warm up and where we will group up before going out on the hill. Athletes are permitted to eat lunch in the RTC and microwaves are provided. Ski tuning facilities are also provided at the RTC, although athletes must bring their own tuning equipment. The RTC is also where we will do video analysis, weekend dryland training, post skiing cool down, and hold meetings.

Athletes are expected to follow the rules of the RTC and keep their area clean, regardless of who's trash it is. If the area where Alpine X athletes get ready is a mess, or rules aren't followed, athletes will lose their RTC privileges.

DRYLAND

To be successful in competitive skiing it is extremely important to be in shape and ready to rip on the first day of the season. Skiing is a sport that requires athleticism - it is incredible how much better you can ski when you are strong and fit! This year's fall dryland will start in September and will run until Alyeska opens in December. The program is specifically designed by a professional trainer for competitive downhill skiing athletes. Athletes who are physically prepared for the season have a higher chance of success and a lower chance of injury.

DAILY ACTIVITIES

Warm-up

Athletes will participate in a dynamic warm up prior to going out on the hill. During full training days this will be done as a team and on short training days this will be done individually.

All-Mountain Freeskiing

We will do lots of all-mountain freeskiing this season. All-mountain freeskiing paired with deliberate practice (consciously working on the things you know you need to work on) is one of the best ways for athletes to improve. Athletes will become strong, confident skiers from all-mountain freeskiing. Freeride training also falls under this category. If conditions allow for it, we will also seek out jumps/cliffs appropriate for the athlete's ability levels.

Alpine Gate Training

We will train GS, SL, and stubbies throughout the season when lane space is available. Running alpine gates is a great way to force an athlete to ski an inspected line in a course and practice their inspecting skills, which are very important in all three disciplines this program competes in.

Technical Freeskiing

This is where we work on technique and the fundamentals of skiing. This is usually done through drills and drill courses to improve a certain aspect of the athlete's technique. We will do lots of technical freeskiing early season when terrain is limited.

Start Gate Training

Athletes will participate in start gate training for ski cross because the start is one of the most important aspects of ski cross. Athletes will develop quick reaction time, quick feet, and become more competent at moving over terrain from start gate training.

Powder Days: When there is significant snowfall and the normal training day is relegated to skiing powder, athletes will be notified in the morning that it is a "powder day." We will meet at 9:45am as usual at the RTC. Athletes not ready to meet the coaches at 9:45am will miss the plan and meeting times for the day. However, the RTC office has radio contact with

coaches for late arrivals. The staff requires the practice of skiing with a partner and the athlete should never be skiing alone. 3:30pm is considered the end of the day on a powder day and athletes departing early should notify coaches via text, call, or RTC Radio.

Coaches are directed to be on the hill during powder days with cell phones as well as radios available for contact with the RTC and Ski Patrol dispatch. Alyeska receives a lot of snowfall and powder days are where athletes and coaches develop great camaraderie and it is about having fun, making memories, and skiing pow!

DAILY SCHEDULE (Full days)

9:45am	Meet at RTC for warm-up
10:30am	Load lifts
10:30am-12:30pm	Morning Session
12:30pm-1:30pm	Lunch
1:30pm – 3:30pm	Afternoon Session

Coaches may make changes to the schedule due to factors including weather, snow conditions, lane space availability and video analysis. If the athlete is late for the initial meeting time at 9:45 am, they will miss the training overview and meeting times for the day. Late athletes are expected to call one of the coaches and wait for them according to the coach's instruction.

At the beginning of the season when terrain is limited, training will have a heavy focus on the fundamentals/racing. This is to lay a strong foundation to build off of throughout the season. As terrain opens up, we will transition to a freeskiing focus on the weekends, but week day training will generally remain racing/fundamentals focused.