



**ASPEN**

**VALLEY SKI & SNOWBOARD CLUB**

2024-  
2025  
Winter

PARK & PIPE TEAM

# The Programs

- ▶ Team Program
  - ▶ Year-round training
  - ▶ Summer Glacier & Trampoline
  - ▶ Fall Dryland
  - ▶ Train for & compete in National Level Competitions
- ▶ Weekend Program
  - ▶ Saturdays & Sundays December 14-March 23 (plus 1/20 & 2/17)
  - ▶ USASA competitions if desired

# Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
off	12:30-3:30	12:30-3:30 RB 7:00-8:00	12:30-3:30	12:30-3:30	9:00-3:00	9:00-3:00

- ▶ Training schedules will be emailed out on Fridays
  - ▶ Will contain the schedule through the following weekend
  - ▶ Details on upcoming competitions/registrations
- ▶ Training schedules can also be found online
  - ▶ <https://www.teamavsc.org/Park-Pipe-Team-1-2-Training>
- ▶ Most of the training will be at Snowmass
  - ▶ Airbag will be at Snowmass this winter!!!!
- ▶ Whats App – if there is interest

# Day to Day

- ▶ Tuesday-Friday
  - ▶ Training will be available 12:30-3:30
  - ▶ Shuttle will be available for ride to Snowmass at 12:30
  - ▶ Please communicate with coaches to facilitate an easy meet up on-hill
    - ▶ Note\*: If texting coach, include parent
- ▶ Saturday & Sunday
  - ▶ Training will typically be 9:00-3:00
  - ▶ Please arrive early so that athletes are ready to get on snow at 9:00
  - ▶ Typically unsupervised lunch at Snowmass Mall
- ▶ Please text if you are running late

# The Training

- ▶ First Priority: SAFETY
  - ▶ Providing a safe environment for athletes to safely progress their skills
- ▶ Ease into the day, ramp down at the end of the day
  - ▶ Pre-ride, re-ride, freeride
- ▶ Make the most of our days
  - ▶ Work with coaches to find a productive training progression
  - ▶ Take into consideration weather, park conditions, athlete energy, etc
- ▶ Manage Soreness & Injuries
  - ▶ Need to be in top shape to train at top level
  - ▶ Stretching important for injury prevention
  - ▶ Clubhouse workout/stretch option for those not out early enough to get on snow

# Team Policies

- ▶ Zero Tolerance
  - ▶ Verbal & Physical abuse of others
  - ▶ Alcohol / Tobacco/ Substances
- ▶ Flips & Corks
  - ▶ Must follow qualification process
  - ▶ Airbag -> Snow
- ▶ Mouthguards
  - ▶ Required for airbag and snow-jumps
  - ▶ Recommend a back up in ski bag
- ▶ Leaving early to ski with family or friends?
  - ▶ Parents must give email or text for consent

# Competitions

- ▶ USASA – Aspen Snowmass Series
  - ▶ Local series
  - ▶ Qualify for Nationals at Copper in April
- ▶ Future's Tour
  - ▶ Regional/National series
  - ▶ Qualify for Rev Tour / Build FIS points
- ▶ Revolution Tour / NorAm Cup
  - ▶ National/International series
  - ▶ Build FIS points / Qualify for GP
- ▶ Grand Prix
  - ▶ The Big Show / Qualify for Olympics

# USASA Regional Competitions

- ▶ 2/2 – Slopestyle #1 @ Snowmass
- ▶ 2/9 – Slopestyle #2 @ Snowmass
- ▶ 2/12 – Halfpipe #1 @ Buttermilk
- ▶ 2/22 – Halfpipe #2 & Rail Jam #1 @ Buttermilk
- ▶ 2/23 – Halfpipe #3 & Rail Jam #2 @ Buttermilk
- ▶ 3/1 – Slopestyle #3 @ Snowmass
- ▶ 3/2 – Rail Jam #3 @ Snowmass
- ▶ 4/7-4/13 – USASA Nationals @ Copper



# Future's Tour

- ▶ 12/13 – Halfpipe @ Copper
- ▶ 2/4-7 – Slopestyle @ Okemo
- ▶ 2/11-13 – Slopestyle @ Mt Snow
- ▶ 2/24-28 – Slopestyle @ Northstar
- ▶ 3/3-6 – Slopestyle & Halfpipe @ Mammoth
- ▶ 3/10-14 – Slopestyle & Rail Jam @ Woodward PC

# Dryland & Gymnastics

- ▶ May – October/November
  - ▶ 5 days a week
  - ▶ Gym and trampoline facilities
  - ▶ Cardio and outdoor training
- ▶ Strength and Conditioning Program
  - ▶ Designed by The Steadman Clinic
- ▶ Injury prevention and recovery
  - ▶ Erin Young of The Steadman Clinic
- ▶ Gymnastics
- ▶ Wednesdays starting in November

# Communication

- ▶ Communication policy
  - ▶ Weekly email on Fridays
  - ▶ Tuesday-Friday Office hours (mornings before training are the best time to catch us)
  - ▶ Email is the preferred contact method
  - ▶ Give us 24 hours to respond
- ▶ Athlete to Coach Communications
  - ▶ Safesport protocols require another adult (parent, coach) to be included in any communications between athlete and coach (especially texts)
- ▶ When in doubt, reach out
  - ▶ We are here for you



Thank  
You!!