



ASPEN

VALLEY SKI & SNOWBOARD CLUB

Park & Pipe Comp Team

2025-2026

AVSC Core Values & Mission Statement

- ❖ Commitment
- ❖ Teamwork
- ❖ Integrity

AVSC Mission Statement:

To provide all youth in the greater Roaring Fork Valley the opportunity to develop as athletes and as people through winter sports.



ASPEN
VALLEY SKI & SNOWBOARD CLUB



Comp Team Programs

❖ Team Program

- ❖ Year-Round Training
- ❖ Summer Glacier @ Buttermilk & Trampoline
- ❖ Summer Camps (Mt Hood, UOP)
- ❖ July - November Dryland (Gym, Agility, Trampoline, Skate Ramps & Bag)
- ❖ Early Season Training
 - ❖ General Skiing Focused (Forward & Switch Skiing)
 - ❖ Rail Skill Acquisition
- ❖ In Season Training
 - ❖ Sport Specific Training (Jumps, Halfpipe, Rails)
 - ❖ Contest Specific Training
 - ❖ Regional & National Level Competitions & Travel

❖ Weekend Program

- ❖ Saturdays & Sundays December 13th 2025 – March 15th 2026
 - ❖ MLK (1/19/26) & Presidents day (1/16/26) (*add-ons*)
- ❖ USASA Competitions (*If desired*)





Team Policies

❖ Zero Tolerance

- ❖ Verbal & Physical abuse of others
- ❖ Alcohol/Tobacco/Substances

❖ Flips & Corks

- ❖ Must follow AVSC qualification Process
 - ❖ First flip is a backflip per AVSC standards
 - ❖ 60 flips on airbag or Water Ramps
 - ❖ Test: 5 flips on airbag & 5 on-snow
 - ❖ Other inverted/off-axis tricks with coaches approval

❖ Mouthguards

- ❖ Required for airbag & snow-jumps/halfpipe
- ❖ Recommend a backup in athlete ski bag

❖ Leaving early to ski with family or friends

- ❖ Parents must give email or text for consent

❖ AVSC Core Values

- ❖ Athletes are expected to conduct themselves with Commitment, Teamwork, and Integrity every day



Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFF	12:30-3:30p	12:30-3:30p Gymnastics 7:30-8:30pm	12:30-3:30p	12:30-3:30p	9:00a – 3:00p	9:00a – 3:00p

❖ **Weekly Emails will be emailed on Thursdays**

- ❖ Contains the schedule through the following weekend
- ❖ Details on upcoming competitions & Registrations
- ❖ Other important information if necessary

❖ **Training will be between Snowmass & Buttermilk**

- ❖ Halfpipe Training @ Buttermilk
- ❖ Slopestyle Training both @ Buttermilk & Snowmass
- ❖ Airbag will be @ Snowmass again



Dryland & Gymnastics

❖ July – November: Dryland

- ❖ 5 Days a week
- ❖ Gym, Trampoline, & Skate facilities
- ❖ Cardio, Agility, & Outdoor Training

❖ Strength & Conditioning Program

- ❖ Train Heroic App
 - ❖ Designed by Erin Young from Steadman Clinic
 - ❖ Any athletes 15 & over can get a Train Heroic login from Erin

❖ Injury Prevention & Recovery

- ❖ Erin Young – Steadman Clinic (AVSC Athletic Trainer)

❖ Gymnastics

- ❖ 7:30-8:30pm on Wednesdays *(Starting in November 5th through February)*
- ❖ @ Red Brick Gymnastics in Aspen



Winter Schedule

❖ Tuesday – Friday

- ❖ Training will be available 12:30 – 3:30pm
- ❖ Shuttle from AVSC to Snowmass @ 12:30pm
 - ❖ Athletes get picked up @ Snowmass @ 3:30pm when training ends
- ❖ Please communicate with coaches if you are not in the shuttle to facilitate an easy meet up on-hill

❖ Saturday & Sunday

- ❖ Typical Training 9am – 3pm
- ❖ Please arrive early so athletes are ready to get on snow @ 9am
- ❖ Typically unsupervised lunch @ Snowmass Mall

❖ Please text if you are running late

School Break Schedule



- ❖ **Thanksgiving Break**
- ❖ **Christmas Break**
- ❖ **Spring Break**

- ❖ **All break schedules are currently TBD, and decisions will be made based on resort availability (Copper Parks, Snowmass rails, etc)**



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**

- ❖ Inspection and speed check, Straight air, straight slides, comfortable tricks & skills, new tricks & progressions

❖ **Train with intent & make the most of each day**

- ❖ Create a smart plan with the coaches to maximize productivity for each training session. Maximize each opportunity
- ❖ Take into consideration weather, park conditions, athlete energy, etc.

❖ **Competition Preparation**

- ❖ Create contest runs and build consistent tricks for each discipline
- ❖ Discuss potential runs and create solid & consistent plans tailored specific to each athlete from contest training days throughout the contest

❖ **Manage soreness & injuries**

- ❖ Maintain fitness & take dryland seriously, must be in top shape to train at the maximum level
- ❖ Personal morning warm-ups/routines & regular stretching are important for injury prevention
- ❖ Workout/Stretch/Return to sport programs available at AVSC Clubhouse with Erin/Coaches

Coaches Goals

- ❖ **Instill the love of skiing!**
 - ❖ Skiing is fun!!
- ❖ **Build individual training and competition plans**
 - ❖ Facilitate individual goal setting meetings
- ❖ **Train with a plan and review goals regularly**
- ❖ **To give your athlete the training program to help realize their athletic potential**
- ❖ **To provide positive influence, mentorship, and leadership**
- ❖ **To help instill morals, AVSC core values**
- ❖ **For athletes to reach their goals**
- ❖ **For each athlete to look forward to continuing with AVSC & Lifelong love for skiing**



Mental Health & Mindfulness

- ❖ **Your brain is your biggest muscle! It needs exercise and training as much as the body**
 - ❖ Mental strength and mindfulness are incorporated in our training and are highly recommended outside of AVSC as well
 - ❖ Examples of mindfulness and mental strength
 - ❖ Breathing exercises
 - ❖ Journaling
 - ❖ Grounding
 - ❖ Visualization exercises
- ❖ **Mental Strength Coaches/Sports Psych**
 - ❖ Highly recommended for National/International Level competitive athletes
 - ❖ Don't hesitate to reach out to the coaching staff for help with this or some recommendations for resources



Competitions

- ❖ **USASA – Aspen/Snowmass Series**
 - ❖ Local Series
 - ❖ Qualify for Nationals @ 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 World Cups
- ❖ **Grand Prix/World Cup**
 - ❖ The Show!
 - ❖ Olympic Qualifications
- ❖ **Olympics**



USASA Regional Competitions

- ❖ 1/10/26 – Skicross # 1 @ Buttermilk
- ❖ 1/11/26 – Skicross # 2 @ Buttermilk
- ❖ 1/17/26 – Skicross # 3 @ Buttermilk
- ❖ 2/1/26 – Slopestyle # 1 @ Snowmass
- ❖ 2/7/26 – Halfpipe & Rail Jam #1 @ Buttermilk
- ❖ 2/8/26 – Halfpipe & Rail Jam #2 @ Buttermilk
- ❖ 2/15/26 – Halfpipe & Rail Jam #3 @ Buttermilk
- ❖ 2/22/26 – Slopestyle # 2 @ Snowmass
- ❖ 3/1/26 – Slopestyle # 3 @ Snowmass
- ❖ 3/3 - 3/8/26 – USASA Nationals @ Copper



Futures Tour

- ❖ 12/12/25 – Halfpipe @ Copper
- ❖ 2/5/26 – Slopestyle @ Okemo
- ❖ 2/11/26 – Slopestyle @ Mt Snow
- ❖ 2/17 -2/19/26 – Slopestyle @ Copper
- ❖ 2/23/26 – Halfpipe @ Northstar
- ❖ 2/26 & 2/27/26 – Slopestyle @ Sugar Bowl
- ❖ 3/9 – 3/12/26 – Slopestyle & Rail Jam @ Woodward PC
- ❖ 3/13/26 – Halfpipe @ Park City
- ❖ 3/17 – 3/19/26 – Slopestyle & Rail Jam @ Waterville Valley
- ❖ 3/20/26 – Halfpipe @ Loon Mountain



Revolution Tour/NorAm

- ❖ 1/13 – 1/15/26 – Halfpipe, Slopestyle, & Big Air @ Copper
- ❖ 1/22 – 1/23/26 – Halfpipe @ Calgary
- ❖ 2/4 - 2/7/26 – Slopestyle, Big Air, & Rail Jam @ Stoneham
- ❖ 3/13 & 3/14 - Halfpipe & Slopestyle @ Mammoth
- ❖ 3/23 – 3/27/26 – Halfpipe, Slopestyle, Rail Jam @ Aspen
- ❖ 4/3– 4/4/26 – Slopestyle, Big Air @ Whistler

- ❖ 2/26 – 3/7/26 - Junior World Championships @ Calgary

- ❖ **International Travel & Camps**
 - ❖ Mt Hood, OR/ Cardrona, NZ/ Chile/ Banger Park, AUT/ Kitzsteinhorn, AUT/ Calgary, CAN/ Maximize, CAN
 - ❖ These trips are based on higher level competitions & commitment
 - ❖ Coaches recommendations

Judging

❖ PAVED

- ❖ Progression
- ❖ Amplitude
- ❖ Variety
- ❖ Execution
- ❖ Difficulty

❖ The 5 criteria are all elements towards the overall impression score of a Slopestyle/Halfpipe run

❖ Score

- ❖ The score does not mean anything in the grand scheme of things. Scores are just used as tools & ranges for the rankings of each event.





Team Travel

- ❖ **Athletes must be of FIS age to travel with the team for FIS events**
- ❖ **Athlete confirmations will be finalized/confirmed 10 days prior to travel departure**
 - ❖ Athlete Personal travel or team travel
- ❖ **Coaches will send out a detailed email with rough estimated costs before each trip**
 - ❖ We do our best to keep the trips economically feasible for everyone
 - ❖ Emails will contain
 - ❖ Athlete lists
 - ❖ Accommodation estimates
 - ❖ Transportation estimates
 - ❖ Food estimates
- ❖ **Athlete Items**
 - ❖ We recommend athletes have a travel credit card (Low Limit) or reloadable debit card while traveling. Cash is easy for the athletes to spend fast or lose which can create issues while traveling
 - ❖ ApplePay is not accepted everywhere, so that is not recommended
 - ❖ Food
 - ❖ We understand that many athletes have dietary restrictions or allergies, and we do our absolute best to accommodate those. Please remind the coaches of anything like this so we can plan accordingly.
 - ❖ Futures/Rev Tour athletes prefer to purchase their own food and cook it as well to monitor these issues and maintain their health properly



Communication

❖ **Communication Policy**

- ❖ Weekly Email on Thursdays
- ❖ Email is 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

Parent work deposit and volunteers

- ❖ Park & Pipe Comp will pay \$600 work deposit
- ❖ Work hours are equated at \$30/hour. 30 hours
- ❖ You can work off 100% of your parent work deposit
- ❖ Parent work opportunities will be emailed to parents from Tess Weaver at AVSC.
- ❖ Please help out



Athlete Equipment

❖ Skis

- ❖ 2 pairs of Skis highly recommended
- ❖ 1 Halfpipe & 1 Slopestyle Ski (same setup)

❖ Boots

- ❖ Footbeds are suggested
- ❖ 4 Buckle/High Flex Rating Boots Recommended for Halfpipe
- ❖ 3 Piece Boots/4 Buckle Freeride Boots for Slopestyle Focused/smaller athletes

❖ Poles

- ❖ Must have pole straps and baskets

❖ Bindings

- ❖ Look Pivot (First Choice) Or Marker Jester/Griffin (Second Choice)

❖ **Helmet - New year = check your helmet. Your brain is the most important piece of equipment.**

❖ **Mouthguard Required**

❖ **Back protector and Hip Pads are highly recommend and encouraged!!**

Please program coach's numbers into Smart Watches and Phones.

Park & Pipe Coaches

- ❖ **Dave Zweig: Head Coach**
814-441-0562
dzweig@teamavsc.org
- ❖ **Matt Newton: Assistant Head Coach (FIS Coach)**
315-663-4214
mnewton@teamavsc.org
- ❖ **Shannon Vanderwerken: Assistant Coach**
970-236-1791
svanderwerken@teamavsc.org
- ❖ **Keenan McIntyre: Assistant Coach**
970-618-8582
kmcintyre@teamavsc.org



Coach expectations

- ❖ Keeping the well being and safety of athletes is our first-priority.
- ❖ Inform parents of any concerns the coaches experience with athletes.
- ❖ To be on time to training sessions and competitions.
- ❖ To provide the best possible experience for athletes and parents.
- ❖ To return phone calls and emails in a 24 hour time frame
- ❖ All coaches undergo background screening, CPR, concussion and AVSC coaches training every year.





AVSC Code of Conduct

- ❖ All athletes have signed athlete code of conduct
- ❖ Please review athlete code of conduct with your kids.
- ❖ All parents have signed parent code of conduct

- ❖ **AVSC Three strike policy:**
 - ❖ strike 1 - Athlete notified
 - ❖ strike 2 - Athlete and parent meeting
 - ❖ strike 3 - Athlete will take 1-2 weeks off



Skier Responsibility Code

1. **Always stay in control. You must be able to stop or avoid people or objects.**
2. **People ahead or downhill of you have the right-of-way. You must avoid them.**
3. **Stop only where you are visible from above and do not restrict traffic.**
4. **Look uphill and avoid others before starting downhill or entering a trail.**
5. **You must prevent runaway equipment.**
6. **Read and obey all signs, warnings, and hazard markings.**
7. **Keep off closed trails and out of closed areas.**
8. **You must know how and be able to load, ride and unload lifts safely.**
9. **Do not use lifts or terrain when impaired by alcohol or drugs.**
10. **If you are involved in a collision or incident, share your contact information with each other and a ski area employee.**

Erin Young – Head Athletic Trainer

The Steadman Clinic Outreach Athletic Trainer

eyoung@teamavsc.org



AVSC's athletic trainer is a free resource for AVSC athletes.

She works with athletes of all levels from initial injuries, through their return to sport/snow and helps with prevention with dryland training.

How to contact Erin:

"I am often at the AVSC clubhouse during training & business hours and will always try to accommodate drop ins. But I do sometimes go out on the mountain for races and competitions, or when injured athletes are returning to snow. When possible, email me to schedule a day/time that works for both of us."
eyoung@teamavsc.org

AVSC Concussion Policy

SIGNS & SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a healthcare provider.** Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury,** such as how it happened and the athlete's symptoms, to help a healthcare provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's healthcare provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - Be back to doing their regular activities (such as school).
 - Not have any symptoms from the injury when doing regular activities.
 - Have the green-light from their healthcare provider to begin the return to play process.

AVSC follows current best practices and Colorado law with regards to concussion care. All coaches have taken Heads-Up concussion training and are trained in recognizing possible concussion symptoms.

If an athlete is suspected of having suffered a possible concussion, they will be safely removed from training and will need to be cleared by their doctor before returning to training.

Athletes can return to training after they are symptom free, have completed the recommended return to sport progression, and have medical clearance from their doctor.

Athletes are able to return to sport progression with AVSC's athletic trainer.

Please reach out to Erin if you suspect your child has suffered a concussion at AVSC or outside of AVSC, she and help with their return to sport and return to school as needed.

January 2021

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



For more information, visit www.cdc.gov/HEADSUP

You can also download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.



The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider.

Year-round training & Multi-sport athletes

- ❖ One of the benefits of being a comp team athlete is year-round programming! Having a successful and healthy ski season does not start and end the day the mountain opens and closes – it's a continuous, year-round process. We have developed safe, well-rounded, age specific programming for the entire year.
- ❖ We encourage athletes to pursue other sports as a part of their overall athleticism! But we also want to make sure multi-sport athletes aren't over doing it. Please let us know if you're participating in another sport so we can work on a personalized schedule that works for everyone. Our year-round training can easily be adjusted to accommodate multi-sport athletes, and can challenge single sport athletes, but we need to know when to adjust.



WHAT WE DO

PCA inspires and empowers youth and high school sports organizations to leverage the unique opportunity sports presents to build character in our youth. We provide research-based training and resources for coaches, parents, athletes and leaders to improve culture and ensure a positive youth development experience for ALL kids through sports.

WHY WE DO IT

40 MILLION KIDS PLAY SPORTS NATIONWIDE.

We help maximize this Positive Youth Development opportunity by impacting sport on three levels: **YOUTH, COACHING, & CULTURE.**

resulting in increased...

RESILIENCE	GROWTH MINDSET	TEAMWORK
EMPATHY	LEADERSHIP	CHARACTER
LIFE LESSONS	GRIT	PERSISTENCE

DONE RIGHT, SPORTS TEACH

IMPACT

# OF PARTNER ORGANIZATIONS	# OF YEARLY WORKSHOPS	# OF KIDS REACHED
3,500	3,000+	20+ MILLION

✉ 180K+ f 127K+ t 70K+ i 15K+ g 1 MILLION+

RESULTS

96% OF PCA TRAINED COACHES BELIEVE PCA TRAINING GIVES THEM THE TOOLS TO HELP THEM IMPROVE THEIR PLAYERS AS INDIVIDUALS AND AS TEAMMATES.	72% OF PCA TRAINED ATHLETES BELIEVE THEIR SPORTSMANSHIP IMPROVED AFTER TRAINING.	70% OF PCA TRAINED COACHES FEEL PCA PROGRAMMING REINFORCED THEIR DESIRE TO TEACH LIFE LESSONS.	60% REDUCTION IN ARGUMENTS WITH OFFICIALS, REPORTED BY PCA PARTNERS.
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Student First

- ❖ **The Freestyle team would like school to be our athletes first priority**
 - ❖ We feel if athletes have low grades or poor attendance, they should focus on school first and training second.
- ❖ **Before Competitions athletes are expected to communicate with teachers six weeks prior to competition date.**
- ❖ **Athletes are expected to remind their teacher a week prior to travel date.**
- ❖ **Make a plan with your teachers for submitting homework and test times.**
- ❖ **Away Travel – Quiet time will be made for study sessions**

Positive Coaching Alliance

- ❖ **Mission: Be a catalyst for a positive youth sports culture in all communities across the U.S.**
- ❖ **Vision: All youth can benefit from a positive, inclusive sports future that develops social and emotional skills, molds character and prepares them for competition and for life.**
- ❖ **Parent workshop December 4: Positive sport parenting**
- ❖ **Athlete workshop December 5: Triple Impact Competitor**



THANK YOU!!
Let's have a great season!

