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# Weekend Freeride Team

## 2025 - 2026

# Core Values

## Commitment

*noun*

1. the state or quality of being dedicated to a cause/activity.

## Teamwork

*noun*

1.the combined action of a group of people, especially when effective and efficient.

## Integrity

*noun*

1.the quality of being honest and having strong moral principles.


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# Coaches

**Freeride Head Coach:** George Rodney

Grodney@teamavsc.org (303)-547-2350

**Freeride Weekend Head Coach:** Owen Weiss

oweiss@teamavsc.org (860)-463-8762

**Freeride Coach:** Thomas Terzano

tomiterzano@gmail.com (435)-565-8096

# This is Freeride

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# Competitions

**Goals:**

- Introduction to Big Mountin (Freeride) Competition
- Apply what we have learned to a competitive atmosphere
- Give athletes the chance to showcase their skills
- HAVE FUN!

**Podium:**

- Prizes & Cookie medals for 1st, 2nd and 3rd
- Core Value Awards

**Comp. Days*:**

➔ January 19th (MLK)
➔ February 1st
➔ March 15 - Norway Comp.

*Subject to Change

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# Training

- ➔ Week 1 & 2: Group Splits, Body Position
- ➔ Week 3: Balance, Stance, Upper and Lower Body Separation
- ➔ Week 4: Review, Airbag Training

## Training Focus / Judging Categories (Big Mountain)

- Line Choice
- Control
- Fluidity
- Technique
- Style and energy

International Freeskiers & Snowboarders Association
ifsa

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# Expectation of the Athletes

- ➔ Commitment to Yourself, your Teammates, and your Coaches
- ➔ Integrity throughout all aspects of your lives (athletic, academic, social)
- ➔ BE ON TIME! Or we'll see you at lunch
- ➔ Be Safe, Be open to learning, Have Fun!
- ➔ Come Ready to Learn and Ask Questions
- ➔ Keep your phones out of sight

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# Expectation of the Coaches

- Keeping the wellbeing 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.

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# Communication Policy

- ➔ **Weekly email every Thursday**
  - ◆ Goals for the week
  - ◆ What we worked on the previous week
  - ◆ What mountains we will be skiing
- ➔ **Training Outline**
  - ◆ Monthly outline of things we will work on as a team
- ➔ **Arriving on time 9:00am**
- ➔ **9:15 Load Lifts**
- ➔ **End at 3:15pm**
- ➔ **Goal Setting and Tracking - Note Cards**
- ➔ ***March Start and end time will be 10am-4pm *subject to change***

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# Schedule / Holidays

- **Saturdays and Sundays**
  - Starting December 13th - March 15nd

- **Holidays**
  - Skiing MLK January 20th
  - Skiing Presidents' Day February 16th

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# Meeting Locations

- ➔ Highlands
  - ◆ AVSC Clubhouse
- ➔ Aspen Mountain
  - ◆ Outside Gorsuch Cafe
- ➔ Snowmass
  - ◆ AVSC Locker Room (Below Venga Venga)
- ➔ Buttermilk
  - ◆ The Fire Pits In Front of BUMPS

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# Athlete Info

- On this page, you'll find key information for Freeride Weekend Team athletes, including competition schedule and coach contact information.

## Freeride Weekend Athlete Info

### Parent Communication:

Communicating with AVSC families and athletes is of paramount importance so that families feel informed and understand the expectations and schedules for their athlete. Coaches in the Freeride Weekend Team program will send a weekly email every Thursday via Campminder for the upcoming weekend. Please check your email and add your child's coach and the Campminder program to your safe sender list.

### Competition Calendars:

We will have 3 competitions throughout the season. These dates are subject to change due to weather/snow conditions.

### COACH CONTACTS:

**Owen Weiss, Head Coach**
**Freeride Weekend Team**
(860) 463 -8762 or
oweiss@teamavsc.org

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# Rules

- **BE NICE!!!!!!!!**
- **Be on time**
- **No music**
- **No cell phones – exceptions being emergencies or with permission from coaches.**
- **Food – Healthy choices recommended: 1 sugar**
- **Zero tolerance for any verbal or physical abuse.**
- **Only show up when 100%, it's ok to miss a day: sleepovers, not feeling well, birthday parties.**

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# CODE OF CONDUCT

- Athletes shall abstain from the use of marijuana, illegal drugs, consumption of alcohol and all tobacco products
- Athletes will refrain from inappropriate sexual contact.
- Athletes shall abstain from the use of profane or abusive language.
- Athletes represent AVSC and their community and shall conduct themselves with honesty, integrity, and respect for others at all times.
- Athletes will contribute to a safe and positive learning environment for all.
- Athletes will respect all Club property, the property of other athletes, all on-mountain facilities, and the property of all hotels or accommodations.
- Athletes will obey regulations of the Aspen Skiing Company AVSC (ASC) and any mountains/venues on which they compete.
- Athletes will maintain a neat and clean appearance during travel and competition.

Disciplinary actions will be enforced if an athlete violates the AVSC code of conduct and or skier safety code.

Three strike policy: Strike 1) Athlete and parents are notified

Strike 2) Athlete disciplinary form

Strike 3) Athlete probation. Followed by athlete hearing Including parents and coaches to determine further action.

## 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.

**Athletes and coaches are always representing AVSC.**

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# Equipment List

**Required**

- Helmet- 1 impact and done. Check regularly for damage.
- Goggles with extra Lense. High light and Low light. No clear lenses
- Mouthguard- Must have for jumping
- Back Protector- Mandatory every day
- Poles with straps and powder baskets
- Ski height - Up to eyebrows or top of head
- Bindings- Professionally fit to your boot

**Boots**

- Proper sizing and shell last, not too stiff, should be able to easily flex in store.
- Custom footbeds are highly suggested.
- Boot heaters are helpful if you get cold feet

**Recommended**

- Backpack you can ski with and has ski carrying capabilities
- 2 Gloves
- Sunglasses
- Soft water flask

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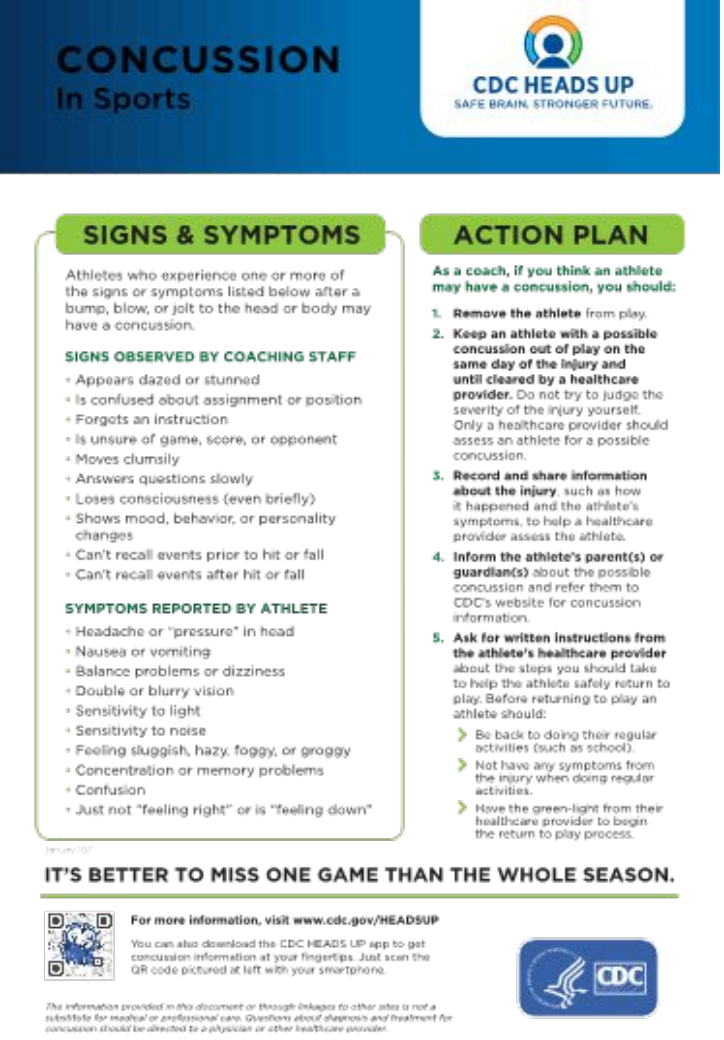
# Parent Work Deposit

- Weekend Team will pay $450 work deposit
- Work hours are equated at $30/hour. 15 hours
- You can work off 100% of your parent work deposit
- Parent work opportunities will be emailed to parents.
- Please help out

Erin Young
Head Athletic Trainer
The Steadman Clinic Outreach Athletic Trainer
Eyoung@teamavsc.org

•What is an athletic trainer and what do they do at AVSC?
Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute, or chronic injuries and medical conditions.
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

**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.**

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# LET'S HAVE A GREAT SEASON!

# THANK YOU