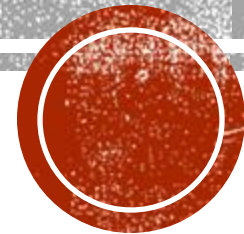


Nordic Fall Parent Meeting

Wednesday 5:30 October 23rd 2024



WELCOME

- Roll call and introductions
 - Name, parent of.... 1-5 how are you doing, years with AVSC
 - AVSC Nordic Staff:
 - August Teague - Nordic director
 - Sophie Hamilton - Race Team head coach
 - Lina Sutro - Race Team Assistant Coach/BKL Director
 - Simi Hamilton, Emma Larsson and Maggie Casey - part-time race team coaches
 - Nika Meyers, Pete Van Deventer, Scott Lacey – Aspen Devo Coaches
 - Justin Silcox, Eliana Mallory, Devon Blanchard – Spring Gulch Devo Coaches
 - AVSC Support Staff: Erin Young (Trainer), Sari Anderson (Operations Manager)
- Agenda
 - Athlete Guidelines
 - Parent Handbook
 - Licensing and Terms
 - Communication
 - Parent networking
 - Uniform
 - Ski Waxing and Cleaning
 - Parent Work Deposit
 - Transportation
 - Alpine Nordic Switch Days
 - Coelabs
 - Schedule
 - Thanksgiving Camp
 - Spring Trip



SKIER EXPECTATIONS

- Growing responsibilities...bring the correct equipment, attitude, **clothing**.
- Communicate with coaches...we start asking for a number 1-5 on how you are feeling mentally and physically. We want athletes to start using their voices to question us, advocate for themselves, and tell us how they are doing.
- Learning how to push their bodies, Nordic skiing is not an easy sport...
- Learning to be supportive teammates.
- These expectations increase as athletes move through the program from year to year.





PARENT HANDBOOK IMPORTANT TO READ!

- Handbook <https://teamavsc.org/About>
- USSS/RMN Licenses (need to sign up at <https://my.usскиandsnowboard.org> if you are going to race in RMN races!)
 - Sign up for **Competitor** USSS license in order for your child to accumulate points throughout the season.
- Terms
 - RMN – Rocky Mountain Nordic
 - USSS – U.S. Ski and Snowboard
 - JNs – Junior Nationals
 - JNQ – Junior National Qualifier
- Golden Rules
- Please, please, I will say it again please, read the Nordic handbook



PARENT EXPECTATIONS

- Communicate if there is a problem or concern asap
- Be on time as much as possible.
- Support your skier in a positive way (Golden Rules in handbook)
 - 7 pages of great information about how to be the best sports parent you can be
 - Thriving in Nordic:
<https://docs.google.com/document/d/1hA4MFYJ10JeTs42SXMevLK2N1zS1hvXI6B7dQy-RS6A/edit>
- Emphasize the learning process, some of the best skiers in the world were very slow for YEARS before it all clicked.
- The coaches do not care if we have slow or fast skiers, it's about FUN and decreasing stress, kids should leave practice smiling.
 - (Let us know if this is not the case for your athlete)



COMMUNICATION

- CampMinder
 - Weekly Emails: Please read these.
- Contacts
 - Sophie – shamilton@teamavsc.org, 435-962-3699
 - August – ateague@teamavsc.org, 303-918-9966
 - Lina – lsutro@teamavsc.org, 970-456-6854
 - Nika – nmeyers@teamavsc.org, 802-299-6321
 - Justin – jsilcox@teamavsc.org, 970-340-9184
- WhatsApp.
 - U20 Race Team <https://chat.whatsapp.com/D6d1WWZWFcK1F7THxOwLqs>
 - U16 Race Team <https://chat.whatsapp.com/FPuse2mC1PcAITx1fCxQK2>
 - Also, you will have the opportunity to “opt-in” to a race specific group prior to each race.
- Communicate injuries, concerns.



Parent Communication



- Parent Community
 - Hosting team/family events
 - Coordinating food/snack table on race weekends
 - New Parent WhatsApp group! <https://chat.whatsapp.com/LWrS2dkLkJ2BX36b0MEw3B>
 - Feel free to use for whatever you like, but we hope this can help parents connect, coordinate plans on race weekends, ask questions, etc.
 - Open to ideas!



Uniforms



- We have a new design in our AVSC colors.
- Athletes are welcome to race in any iteration of AVSC suits
- Hats and Headbands from Skida that can be purchased through AVSC
- We will also have buffs for purchase this year
- Podiumwear store closes TONIGHT



SKI MAINTENANCE

- Label EVERYTHING: both skis, poles, boots with name and Age group U12, U14 or U16.
- Kick waxing on classic days will happen at the beginning of practice. You, or your athlete, are welcome to glide wax whenever you want. Please only glide wax with CH or NF(non-flouro) wax.
- Athletes will clean classic skis after practices (we will teach this soon for new athletes)
- Wax room at “the shed” or up at AVSC. We will continue to teach how to glide wax and what is available to us.



PARENT WORK DEPOSIT

- **NORDIC'S BIG VOLUNTEER OPPORTUNITIES:** Mark your calendars – we need help with the following events! Stay tuned for more opportunities, including our HS races, to learn how you can help and get more information.
 - **Feb 22nd, 2025:** AVSC Bonfire Dinner Fundraiser (At the Aspen Cross Country Center)
 - **February 9th, 2025:** Ski for SISU (at Spring Gulch)
 - **END of year:** Bib ordering, mending, and washing
 - **Spring Gulch Hot Chocolate Pick Up/ Drop Off**
 - **Ute Series Races and Owl Creek Chase**
- Any club event including those for other disciplines



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Alpine/Nordic Switch Days

- Proposal to spend two days right after Thanksgiving between Friday-Sunday
 - Train with Alpine U16 team
 - Alpine training with AVSC Alpine coaches in the morning
 - Nordic training with AVSC Nordic coaches in the afternoons
- Please let us know:
 - If this is of interest
 - If your child is available for full days
- Why?
 - Team bonding
 - Getting to know athletes from another discipline
 - Agility/Coordination
 - Athleticism
 - Getting comfortable with the uncomfortable



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CoeLabs

- Transitioning to new training log platform
- CoeLabs has many nordic specific capabilities we are excited about
- Gaurdian Option
- Attendance Option
- As your child transitions to race team, we encourage them to have a watch that has time, heart rate monitor connection, and basic GPS.
- Please make sure they are signed up for CoeLabs! More and more information will begin to appear there.



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SCHEDULE (Weekly)

- Pre - Thanksgiving Schedule
 - Weekends generally off/OYO
 - U20 Race Team – M-F Practice (Both up and down valley locations on M,T,TH,F)
 - U16 Race Team – M-F Practice (Both up and down valley locations on M,T,TH,F) with Wednesday practice with respective Devo Team
- Post-Thanksgiving Schedule
 - U16 + U20 Race Team – Thursdays become the off day and weekends will begin to have races or some type of training if it's a weekend off from racing



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SCHEDULE (Races)

- **Current Race Schedule and Important Dates:**
 - Can be found on Website
 - Nov 22nd-27th - Grand Mesa Fall Camp
 - Dec 8th – Ute Series Mass F Race
 - Dec 12th-15th – Jackson Hole Season Opener
 - Dec 19th-21st – Steamboat RMN JNQ
 - January 5th – Ute Series Snowmass
 - January 11th-12th – Spring Gulch Ute Series
 - January 16th-18th – Soldier Hollow Super JNQ
 - January 25th – Ute Series Owl Creek Chase
 - Feb 1-2 – Aspen RMN JNQ
 - Feb 14th-16th – Crested Butte RMN JNQ
 - Feb 22nd – Bonfire Dinner
 - Feb 28th - March 22nd Frisco Youth Championships (U16s)
 - Mar 9th – Ute Series Silverboom
 - Mar 8th-16th – Junior Nationals Soldier Hollow
 - Mar 19th – End of Season Party
 - Spring Trip
- Focus will be on RMN JNQ races with local races and adventures on off weekends.



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Thanksgiving Camp

- We are going to Grand Mesa Nov 22-27th
 - Full details to come in two weeks.
 - Hopefully you have let Sophie know if you are certain your child is not going to attend, otherwise we are assuming everyone is attending.



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Spring Trip Options

- European Spring Nationals
 - Exploring Options
 - March 22nd – 31st
 - Three Days of racing
- Jackson Spring Series
 - Jackson Hole
 - March 28th – April 2nd
 - Four Days of Racing
 - Friday – Wednesday



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Thank you

- Questions?



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