

The Family Guide to Alpine Meadows Team Programs



Mission Statement

Alpine Meadows Teams promote a safe and fun learning environment where participants can make lifelong friends and improve their technical skills while instilling responsible habits.

Teams Offered at Alpine Meadows

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Non-Competitive Teams

Mountain Rangers Ski Team

Ages 4-6, Ski Only

This program emphasizes skill development in a safe and fun social environment. It also serves as a building block for Development Team. This is a half day program running from 9:00am-12:00pm. Lunch not included. Minimum Requirements: Proof of age required. Must be able to ski beginner terrain (Subway) in a gliding wedge, stop without assistance (no edgie wedgies, harnesses, poles, etc.) Must also be able to load and unload lifts unassisted.

Development Team

Ages 6-14: Ski, Snowboard, Telemark

This noncompetitive program emphasizes skill development in a safe and fun social environment. Development Team is a great program that builds and refines skills needed to advance to our Semi Competitive Teams. Groups meet from 9:00 am - 2:30pm, includes a supervised lunch period with coaches and teammates. Lunch not included. Minimum Requirements: Must be able to ski or ride all blue terrain (intermediate) in a gliding wedge, linking turns, and must be able to load and unload lifts unassisted. **Up to competitive level.**



Competitive Teams

Alpine Race Team

Ages 8-16, Ski

This program emphasizes technical skill development, all mountain skiing and gate training. The competitive team participates in the Tahoe League Race Series as well as J3/J4/J5 Far West Races. Team members will work with the same coach throughout the season in a structured, fun environment. Groups meet from 9:00am-3:00pm; lunch is unsupervised from 12-1pm. Lunch is not included. After lunch, participants will free ski with their coach. Friday training available from 1-4pm. **Coaching at Tahoe League and Far West Races included where no travel expenses occur. Arrangements can be made for coaches to travel to away races; however, additional costs may be incurred. Minimum Requirements: Team members must be independent and able to ski the entire mountain in most conditions.*

Freeride/Freestyle Team

Ages 8-16, Ski

This program is designed to improve your child's all mountain skiing abilities including big mountain, steeps, powder, crud, bumps, jumps, terrain park, skier cross and any other adventurous terrain they can find. Athletes will participate in several competitions with other local mountains including. This is the best team to learn to ski the stuff other people won't. Groups meet from 9:00am-3:00pm with an unsupervised lunch. Lunch not included. **Coaching at local freeride/freestyle events is included. Minimum Requirements: Must be an advanced level skier. This means skiing everything on the mountain in a parallel stance in all conditions.*

Snowboard Team

Ages 8-16, Snowboard

This program is designed for kids looking to improve their technique, increase confidence and This innovative snowboard specific conditioning and instruction program includes a wide variety of training. Our excellent and enthusiastic coaching staff will help perfect your child's technique by using basic movement analysis that will help progression in every aspect of snowboarding. *Minimum Requirements: Must be an advanced level snowboarder.*

Telemark Team

Ages 8-16

This program is just what your young telemark skier has been looking for. We focus on skill development, all mountain skiing, safe backcountry travel, avalanche safety, terrain park and more. As with all of our programs, our primary focus is safety. Groups meet from 9:00am-3:00pm including an unsupervised lunch period with coaches and teammates. Lunch not included. *Minimum Requirements: Must be an advanced level skier. This means skiing everything on the mountain in a parallel stance in all conditions.*

Description of Add-Ons Offered with Team Programs

Early Bird Training

An add-on to the Race Team, this program allows early race training on weekends and holidays, when weather and conditions permit. This is a great opportunity for your child to get that extra training they need prior to public access on the hill. It also enables us to set courses we would not normally be able to set during business hours. The program runs from 7:30am-8:45am.

Midweek Training

Offered for all competitive teams, training will be from 1-4pm Wednesdays and Thursdays. *Program requires a minimum number of signups to run.*

Suggested add-ons for all racers and aspiring racers!

Nastar Season Pass

Developed by Ski Magazine in 1968, NASTAR (**N**ational **ST**andard **R**ace) is the largest recreational ski and snowboard race program in the world. The NASTAR mission is simple - to provide a fun, competitive and easily accessible racing program that, through the development of a handicap system, allows racers of all ages and abilities a means to compare their race results to other competitors across the country regardless of when and where they race. This pass will enable your child to race in the NASTAR course whenever the course is running. Weather permitting, Nastar will run on weekends and holidays from 10:00am-2:00pm. For more information, visit the NASTAR website: www.nastar.com



Locker Rental in Team Member Locker Room

Our team lockers are located behind the information booth, on the first floor of the main lodge. Lockers are 15" wide and approximately 6' tall and reserved for our team members. On-mountain lockers make storing your gear that much easier! If you are currently a locker lease holder and would like to renew, please download the locker lease agreement from the web and complete. If you are interested in leasing a locker for the first time, please complete the locker lease agreement and your locker number will be assigned. **Deadline:** November 1st for renewals; remaining lockers rented based on availability

Stored Value

Stored value is any easy way to give your child lunch money, by loading a predetermined amount onto their season pass. This can be done at the Ski and Snowboard School Sales Desk at your convenience.

Uniforms

Development Ski Team and Alpine Race Ski Team are required to purchase uniforms. Each uniform includes Spyder pants and jacket with Alpine Meadows Team logo and colors. The Race Team uniforms are suggested to last three years and Development uniforms two years. These uniforms belong to the participant and are the team member's responsibility. Uniforms are sold through Alpine Meadows at 30 percent off retail price!



General Information

Passholders

All team members receive a full season pass to Alpine Meadows and Squaw Valley. If you have purchased the Family Pass prior to registering for team, please contact our Sales Office or our Special Tickets department to make adjustments.

Meeting Area

Apart from early birds, the teams meet each morning at 9:00 am right outside the lodge heading to the lifts. If you are late, each group will normally make a run and swing by the base area to pick up the late arrivals.

Road Closures

If the Alpine Meadows road is closed, typically for avalanche control, we will have a later start.

Lunch

Competitive teams have an unsupervised lunch from 12-1pm. This is a great time for parents to touch base with coaches regarding progress. Non-competitive teams host a supervised lunch in the Mezzanine above the Alpine Bar from 11:30 to 12:30. Parents are welcome. Coaches will have duffel bags for each team's sack lunches. Stored value can be added to your child's pass to purchase lunch more easily. Children who leave during lunch must be reunited with their coach and team promptly at the end of the lunch period.

Pick Up and Drop Off Policies

For all non-competitive teams, parents are required to pick up and drop off their child. If someone other than a parent or guardian is scheduled to pick up your child, please inform your coach ahead of time. Competitive team parents are required for the first two weeks of the program to drop off and pick up their child. After two weeks, children will no longer be supervised after 3:00 pm. Non-competitive teams return to the meeting area at 2:30 pm. Competitive teams end at 3:00 pm. Please make arrangements to meet your children at this time!

Team Yearbooks and Photos

Team yearbooks and photos will be available for purchase in the spring. Look for more information midseason.

AMSF scholarships

Alpine Meadows Ski Foundation offers full and partial scholarships to young athletes, who wish to participate in an Alpine Meadows team program and need financial assistance. Applications, with instructions, can be found on the Alpine Meadows website (www.skialpine.com) under the *Connect* menu in the navigation bar and on the *Alpine Meadows Ski Foundation* option in the side menu bar. Submissions are due by October 1st, 2011 for the 2011/2012 ski season.

From Our Family to Yours

We know it's not easy to figure out all the details of a new program – so our team parents have put their heads together to answer the questions you are most likely to ask!



What if we miss the first weekend of teams?

Please let us know if you will not make the first meeting day. We can make alternate arrangements.

Can we request our child to be in the same group

as a friend? Yes, we do our best to accommodate friend requests; however, in the best interest of your child, we do not encourage placing children in groups below or above their ability level just to be with a friend.

How do I get in touch with a coach if we will be late? Most coaches do one lap and try to pick up any latecomers. Your coach may even designate a specific chairlift to always meet at around 9:15 and/or share cell phone numbers with you.

Will my child ski or ride with the same team all season? Yes, unless their ability level does not match their group and are moved to a team with a better fit.

If I want to pull my child out of team early on any given day, how do I let the coach know? It would be best to discuss this with your coach at drop-off or if you have alternate methods of contact (cell phone or text messaging) to communicate a time and meeting place that is convenient for the group.

How does a coach get in touch with me if my child becomes ill or injured? If your child is injured or becomes ill, your coach or our support staff will contact you via cell phone (the emergency contact numbers you provided upon registration). If you do not answer your phone and it is an emergency, we may hot-list your pass to prevent you from riding lifts until we are in contact.

Do all coaches ski with radios? Not necessarily. All of our employees are encouraged to carry cell phones and have them audible if there is an emergency.

Do coaches communicate with parents on a regular basis regarding what my child is working on in teams? Feedback is available on a weekly basis for interested parents.

Do I need to inform the coach of weekends we will not be skiing? Are we expected to participate every weekend? Although it is recommended for your child's benefit, there is no required number of days. Informing your coach ahead of time that you will not be participating in a certain weekend may prevent confusion and/or the team waiting for your family.

We look forward to you and your family joining us!

Alpine Meadows Ski Foundation

Alpine Meadows Ski Foundation is non-profit organization dedicated to supporting young amateur athletes interested in developing skills in competitive Alpine Skiing and Snowboarding.

Our primary goal is to provide scholarships to young athletes who need financial assistance in order to engage in competitive Skiing and Snowboarding. Additionally, we offer assistance to athletic charities and organizations for disabled athletes.

With money generated through fundraisers, we purchase equipment, pay for training clinics, and support competitive teams at Alpine Meadows. Various opportunities to contribute to the Foundation will arise throughout the season through events such as our Auction, end of season barbeque and raffle ticket sales.

For Additional Information...

Please contact our Sales Department through Alpine Meadows Ski and Snowboard School at 530.581.8200 or via email at Snowsportsam@skialpine.com. Please note that there is limited coverage during the summer months. Full time staff will return to the Sales Office in September. Thank you for choosing Alpine Meadows!