

# AVSC NORDIC NEWSLETTER

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## **GRAND MESA CAMP**

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23 skiers, 4 coaches, a bunch of parents, good skiing and great food all made for a successful camp. Thanks to all the parents who helped out with pot-luck food and meals. Special thanks goes to Sara Ransford for doing all the shopping and meal planning.



## **THING PARENTS CAN DO TO HELP THEIR CHILD ENJOY NORDIC**

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- Ask them about their goals
- Send an after school snack with them every day
- Make sure they have proper ski clothing in their locker
- Remind them to check the web site regularly
- Check the web site yourself for important dates and info
- Pack good healthy food for them on road trips
- Ask them what happened at practice
- Communicate with the coaches
- Participate in team events

## **VEILEDERS**

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*AVSC coach and alumnus, Mirte Mallory, is rekindling a program she enjoyed while she was skiing on the team. She explains what it's all about...*

### **The AVSC Nordic Veileder Program: Fostering Mentorship and a Lifelong Love for Nordic Skiing**

Veileder: Norwegian for mentor, tutor, instructor – role model.



In Norway, people live, breath, think and sleep cross-country skiing. Cross-country skiing is a way of life: kick wax can be purchased at the gas station, extensive trails connect towns, weekends are spent skiing and building fire pits for picnics, schools have active Nordic programs, tens of thousands of spectators attend the major Nordic races and the athletes on the Norwegian national team are revered as Americans respect their pro-sport team heroes. This is the ethos the AVSC Veileder Program intends to emulate for our athletes.

The AVSC Veileder Program was begun in the 1990s by then coaches Toby Morse, Ruthie Brown and Jill Pisani, and our current coaches, Travis Moore and Ben Dodge. Their vision was to bring together the Aspen Nordic community such that our local Nordic role models could mentor the aspiring skiers and demonstrate how Nordic skiing is indeed a lifestyle.

I was fortunate to be one of those aspiring skiers greatly influenced by the Veileder program. Every other Thursday was greeted with enthusiasm as it was Veileder Day! Practice began by skiing with our paired Veileder, in my case Ruth Wade, who continues to join us today. After the formal ski which varied from long slow distance to intervals, the entire team and Veileders would gather for fun on snow. A good sense of humor was paramount, quick footwork was essential and good balance proved helpful. We played softball on skis, relays of all sorts, ultimate frisbee, biathlon, snow football, raced gates on Tiehack and the legendary day of jump building and touring on Richmond Ridge.

The Veileder program of the 1990s achieved its goal as most of us who participated are now lifelong Nordic skiers – we ski, we race, we coach, we even Veileder! We learned to embrace Nordic skiing for not only the competition and team camaraderie but also for its broader community.

Last season we were pleased to bring the Veileder Program back to life. Many of our former Veileders returned and we welcome new faces. Our athletes quickly embraced the program and were happy to have some new speed and tactics for our games of capture the flag and sharks and minnows. As coaches, we were grateful for the varied perspectives and mentorship the Veileders brought to our athletes. Once again, the Veileder program cultivated a Nordic community such that our skiers know who they are passing on the trails or trying to catch in a race!

This program is only possible thanks to Veileders generously taking time out of their days to join us. We hope that at each practice they have a nice ski, meet a new athlete, share some wisdom, learn something new, and perfect their agility and speed!

## **TEAM PARKAS**

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We still have a few of black team parkas for sale. We will keep this current version of the parka for at least another 2 years. The team parkas are optional and available to all Devo, High School and CompTeam skiers/jumpers, and team parents. Kids sizes 8 – 16 sell for \$139. Adult sizes XS – XL sell for \$179. Parents may also purchase a parka if they wish.



Nordic Team Parka

### **OLD RED TEAM PARKA DONATIONS**

AVSC is accepting donations of our old team parkas. They will be given to equipment scholarship recipients. Please contact John if you would like to donate an old parka.

## **FUNDRAISERS**

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- Clarks Cash Savers. Please save your coupons and turn them in during our sponsor week, January 4-10.
- Domino's cards - ½ of what the kids sell goes to their athlete account.
- Big-O cards – When you present the card Big-O donates AVSC a percentage of the money you spend for parts and service.

Ask John for Dominoes and Big-O and cards

## **IMPORTANT DATES**

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- **DEC 5:** AVSC Gala!
- **DEC 7:** 1st day of RidgeRunners (Carbondale and Aspen)
- **DEC 7:** Leadville HS/MS Race Confirms Due
- **DEC 11:** Crested Butte RMN Confirms Due
- **DEC 12:** Leadville HS/MS Race
- **DEC 18-20:** XC Crested Butte Race
- **DEC 18-20:** NC Steamboat jump training
- **JAN 6:** Next Parent Meeting