U14 AVSC Alpine Info Sheet 2025-26

This is one of the most rewarding ages to coach, athletes at this level have incredible fundamentals and are starting to exploit the years spent exploring a variety of environments.

There is a troubling statistic in organized sports showing 70% of kids drop out by the age of 13. At AVSC we want to encourage athletes to continue to enjoy alpine skiing at their level of commitment. We offer two pathways, a Devo program and the Race team for high performers with specialized training needs. We know kids participate in sport because it's fun and conversely, leave sport because it's no longer fun. We continue to emphasize the importance of fun and fundamentals through a progressive competition schedule with clear advancement pathways.

Whether your athlete is motivated by the allure of winning at every level or would rather ski with friends, I'm confident one of these two distinctly different streams will meet their needs.

We acknowledge the relationship between quality time on task and long term success, therefore, we strive to maximize the amount of local training we can accomplish, starting mid November and finishing Mid May for our race program.

Our programs at all levels, including the U14 level attempt to match the athletes' readiness and emphasize cost effective local training and racing. The Aspen Cup series provides the thrill of competition in a local, cost effective setting. For those aspiring to achieve more there is a comprehensive U14 race series available in the region.

Spring Break training isn't included in our Devo programming costs but encouraged at an additional cost.

Team	**Devo (Age 12,13)**	**U14 Race (Age 12,13)**
Start Date	December 13, 2025	November 21, 2025
End Date	March 29, 2026	May 17, 2026
Weekly Schedule	Saturday and Sunday (9:00-3:00)	Wednesday, Friday (1:30-4:30), Saturday and Sunday (9:00-3:00)
Training Volume (days)	34	117
Training Volume (hours)	204	465
Coached Freeskiing	60%	25%
Coached Drills	20%	20%

Coached Gate Training	10%	40%
Alpine Disciplines Skied	Panelled SL, GS, and Stubbies	SL, Paneled SL, GS, SG
SL Gates	Stubbies	69” 27mm
Competition Simulation	10%	15%
Unstructured Freeskiing	As much as they find enjoyable	As much as they find enjoyable
Dryland	NA	3x a week throughout the off-season

Equipment:

Team	**General Fit**	**Devo (Age 12,13)**	**U14 Race (Age 12,13)**
Objective	Brand and fit will vary depending on athlete size and strength but in general equipment should promote skill and confidence. Freeing athletes to find movement solutions unencumbered by equipment constraints.		
Skis	In general, I prefer a narrower waisted ski to help athletes feel the edge beneath the big toe. An overly wide ski increases torsion on the knee joint leveraging against the articulating ski and delaying the acquisition of carving mechanics. I would always err on the side of a narrower width ski to promote outside ski balance and edge control. I prefer sandwich construction over cap skis from all brands.	A SL ski that's approximately nose height. A GS ski that’s approximately hairline height or just above is a good place to start. A big mountain ski to take into the woods and over the occasional rocks is a nice accessory to avoid damaging race skis.	A SL ski that's approximately nose height. A GS ski that’s approximately hairline height or just above is a good place to start. A big mountain ski to take into the woods and over the occasional rock is a nice accessory to avoid damaging race skis.
Boots	A good place to start with boot fitting is to remove the liner and have the athlete stand in the shell with their toe pressed lightly against the front of the shell. Between 1-2 finger widths of space between the heel and shell is a good place to start. If you’re recycling boots to ensure the soles are not overly worn, plates can be replaced, shells once worn out can make the binding interface unsafe. Especially in youth boots, liners don’t always resemble the shape of the shell, therefore, experiment with upsizing liners before shells. Unnecessarily large shells won’t align with	Athletes are all different heights at this age and boots can be a full blown adult boot with a high cuff or a shorter kids boot. It’s important the boot offers support without compromising the athletes ability to	Athletes at this stage should be getting their boots looked at for alignment. Although I’ve seen too much emphasis placed on alignment, it is important to address any limiting factors including boots that are actively working against an athlete's anatomical alignment.

	an athlete's ankle joint inhibiting boot flexion. NB - kids boots, especially smaller sizes are notoriously out of stock, consider buying earlier than later.	flex the boot.	
Bindings	Bindings and plates work as a system to connect and transfer energy from the skier to the snow. Heavier bindings offer a greater sense of stability and balance when skiing. The right binding should have your prescribed DIN setting comfortably in the middle of the range, it's where they work best.		
Protection	Back brace, although not necessary, can offer warmth and security in the event of a back first collision. Spines are worth protecting! Shin guards, although not necessary for stubbie gate training, can become useful when full gates are introduced.	Back brace and shin guards	Back brace, shin guards, arm guards.
Helmet	A closed ear helmet is not only warmer but safer than an open ear style, SL face guards can't always be mounted to open ear helmets. Choose a helmet brand with a secure mounting SL face guard thats easy to remove and doesn't have loose parts that could get lost. A good closed ear helmet includes a fit kit that is customizable and will 'grow' with the athlete. Many helmets are manufactured in China, with trade uncertainties buying this item sooner than later is advised.	Closed ear helmet, SL face guard recommended	Closed ear helmet, SL face guard recommended
Poles	Forearm parallel to the ground when holding the pole upside down, hand below the basket. Poles need straps or Leki style attachment.	1x SL poles with guards 1x GS poles, optional	1x SL poles with guards 1x GS poles
Speed Suit	At the highest levels of this sport, speed suits make a significant difference in time, however, at this age the emphasis should be on comfort, confidence and warmth. A used suit will suffice!		