

# A day in the life of a Intro to Team Summit athlete



Your coach will be your main point of contact throughout the season.

**Available Training Days:** One day per week, beginning the 1st Saturday in December through mid-March

**Training will be held at resorts:**

Copper Mountain, Breckenridge, Keystone, or Arapahoe Basin

**Team:** Your athlete will be assigned a coach approximately two weeks prior to the start of the season. We assign coaches to groups based on age and ability. Although we do our best to have the athletes grouped prior to day 1, expect some changes over the first few weeks while we observe the athletes skills and make adjustments as necessary.

## Morning

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**8:00 am** - Arrival at ski area

**8:10 am** - Breakfast/Snack, water, restroom break

**8:15 am** - Gear Up for AM training (boots, gloves, facemask, helmet/goggles)

**8:25 am** - Head out to snow for coach greeting

**8:30 am** - Get in line for lift

**8:45 am** - Warm-up lap/Group stretch/Warm-up lap

**9:00 am** - 1st AM Training: Introduction of skill for the day and explanation of relation

**10:05 am** - Snack, water, restroom break

**10:15 am** - 2nd AM Training: Execution of skill for the day

## Lunch Time

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**12:00 pm** - Lunch, water, restroom break

**12:30 pm** - Gear up for PM training

## Afternoon

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**12:45 pm** - Stretch/morning recap

**12:55 pm** - Get in line for lift

**1:05 pm** - PM Training: Skill for the day and its incorporation to freeriding  
(aka riding with no agenda...just having fun)

**2:15 pm** - Snack and/or restroom break

**2:25 pm** - Full day recap and warm down

**3:00 pm** - Parent pick-up/debrief