

# A day in the life of a Big Mountain Academy Athlete



## Morning

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

**8:15 am** - Gear up! boots, gloves, facemask, helmet/goggles sunscreen and properly adjusted and tuned skis. Snackbar in jacket.

**8:25 am** - Head out to snow for coach greeting - typically meet at the bottom of the Pallavicini chair.

**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

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

## Lunch

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

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

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

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

## Afternoon

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**1:05 pm** - PM Training: Skill for the day and its incorporation to directed freeskiing or course work.

**2:35 pm** - Full day recap and cool down

**3:15 pm** - Parent pick-up/debrief

## Weekday

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**10:00 am to 1:00 pm** (dependent on when athletes get out of class) - Athletes leave school via either van or their own vehicle

**12:00 pm** - Meet at base of Pallavicini Chair

**12:00 pm to 3:35 pm** - Lap hard and fast, with focuses typically being on gaining endurance. Athletes will be given specific skills to work on relating to technique and line choice.

**3:45 pm - 4:00 pm** - Gear off, head home. If using the van service, athletes will load the van and be dropped off at the Middle School in Frisco (unless arranged differently).

**4:30 pm** - Pick up at Middle School