

**INTERESTED IN SKI
RACE DEVO(SRD)?**

INFO, TRAINING & FAQ

What to know about Ski Race
Development, common questions
and a look at our program



TEAM SUMMIT
COLORADO



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A DAY IN THE LIFE: A LOOK AT OUR PROGRAMMING

Team Summit's Ski Race Development program has athletes training at Copper, Keystone and Breckenridge.

At SRD, we practice from 8:30am until 3:00pm on Saturdays and Sundays. For most practices, athletes train at their "home mountains" as decided by athletes and their families. Our options for home mountains are Copper, Keystone and Breckenridge. We sometimes practice as an entire team and will meet all together at any of our three home resorts.

We aim to find the balance between introducing athletes to the world of ski racing while also making sure we allow for an appropriate amount of time to freeski and enjoy the entire mountain. We spend part of our day training gates and reviewing drills and part of our day skiing steep, ungroomed terrain. We also ski in the trees and on moguls. We work towards allowing our athletes to be well-rounded and feel like they have an opportunity to get to know their home mountains.

In SRD, we train GS (Giant Slalom), SL (slalom), and Kombi (a mix of GS and SL gates on one course). We compete in the Colorado Youth Ski League, better known as YSL. We have around 5 races per season before our regional finals. Races are optional for athletes.

Our Race Devo athletes have access to training November through March. We offer camps during school breaks, as well as Friday night training and Spring & Summer Camps.



We use the USSS' SkillsQuest program as a tool to help athletes build familiarity with drills and confidence in their performance.

Q: WHAT ARE THE AGES OF SRD ATHLETES?

A: SRD athletes range from ages 6 to 14. We coach athletes who want to learn race technique, drills and become comfortable getting to try ski racing while still having time to freeski and get to know their home mountains.

Q: WHAT KIND OF SKIS DOES MY ATHLETE NEED?

A: We ask athletes to have a pair of skis that are appropriate for racing and performing drills, and a pair of skis that they feel comfortable skiing all-mountain. For a lot of our athletes, this is one pair of skis they split between freeskiing and training. Some athletes bring a pair of race skis as well as a wider/softer pair of freeskis to practice.

Q: WHAT ADDITIONAL EQUIPMENT DOES MY ATHLETE NEED?

A: Athletes need to have a hard-eared helmet (that is FIS approved if U14 and above) to race. Athletes also need a backpack, appropriate length poles, and ski boots that they can flex.

Q: DOES MY ATHLETE NEED TO BE AT EVERY PRACTICE?

A: We know our participants are busy and well-rounded kids. We want to see them as much as possible but understand they will likely not be at every practice and every race.

Q: WHAT IF MY ATHLETE WANTS TO TRAIN IN A RACE ENVIRONMENT BUT ISN'T READY TO RACE YET?

A: Sounds like they'd be a great fit for Ski Race Devo! We want to provide them the exposure to the racing world that they want and help them compete when they are ready.





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Ski Race Devo staff are committed to creating a training environment that is engaging, fun and challenging for our athletes. Our coaches love teaching about race terminology and nerding out over drills- but we are here to make sure that your athlete builds friendships, confidence and skills as well. Team Summit programs celebrate athletes' "personal podiums" and individual goals.

Rough Schedule

- 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, face mask, helmet/goggles)
- 8:20 am - Athlete warm up and coach greeting – stretching, running
- 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 course inspection and training
- 10:30 am - Snack, water, restroom break
- 10:45 am - 2nd AM Training: Execution of skill for the day
- 11:15 am - Lunch, water, restroom break 12:00 pm - Gear up for PM training
- 12:05 pm - Stretch/morning recap
- 12:15 pm - Get in line for lift
- 12:30 pm - PM Training: Skill for the day and its incorporation to free riding (aka riding with no agenda...just having fun)
- 2:00 pm - Snack and/or restroom break
- 2:35 pm - Full day recap and warm down
- 3:00 pm - Parent pick-up/debrief

AN EXAMPLE

OF AN SRD DAILY SCHEDULE

8:30am-11:30am Freeski: explore home mountain and ski challenging terrain, try some drills before lunch

11:30am-12:30pm Lunch inside at lodge with teammates and coaches

12:30pm-1:30pm Warm up and practice drills and activities

1:30pm-3:00pm Train gates to prepare for upcoming race

PLEASE REACH OUT WITH

QUESTIONS

Contact Sam

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or visit teamsummit.org for more!