

# A day in the life of a Ski Cross Academy Athlete



Your head coach will be your main point of contact throughout the season but expect feedback from individual coaches.

## **Available Training Days:**

Skier X is a 2- 5 Day per week program

Saturdays and Sundays: 8:30-3:00

## **Training will be held at resorts:**

Arapahoe Basin, Copper, Keystone, and Breckenridge.

For more information visit our logistics page.

**Team:** Your athlete will be assigned a coach approximately two weeks prior to the start of the season. Athletes are grouped by age and ability and will have a chance to ski with several coaches throughout the season to prepare for upcoming events.

## **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

**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

**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 venue work

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

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

**On own time** - Tune Skiers for next training day