
General Info

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

Training Days: Saturdays with option of bonus days

Training will be held at resorts:

Arapahoe Basin, Breckenridge, Copper Mountain, and Keystone.

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.

Rough Schedule

8:00 am - Arrival at ski area

8:05 am - Breakfast/Snack, water, restroom break

8:10 am - Gear Up for morning training (boots, gloves, facemask, helmet/goggles)

8:15 am - Meet Coach and Stretch

8:30 am - Get in line for lift with the Coach

8:45 am - Warm-up lap

9:00 am - Introduction of skills for the day

10:30 am - Snack, Water, Restroom & Break

11:45 am - Lunch, water, restroom break

12:30 pm - Afternoon Skills introduction and/or Freeride/Freeski

1:45 pm - Snack, Water, Restroom & Break

3:00 pm - Wrap-up & Review with Family

Additional Details

Any questions may be answered on our FAQ page.

<https://teamsummit.org/join-team-summit/faq>

All other questions should be directed to your direct coach.

*If a coach has not been assigned yet, please contact the ITS Head Coach at theresa@teamsummit.org