



SNÖBAHN Training Camp!

SNÖBAHN is an indoor ski and snowboard training center based in Centennial, CO.

Skiing and snowboarding are no different than any other sport; repetition leads to muscle memory which allows for further advancement. One half-hour of continuous skiing or snowboarding on our revolving slopes at the average speed is the equivalent of skiing the distance of over 20,000 vertical feet. In addition, each of our revolving slopes has a mirror at the base providing immediate feedback on technique and positioning.

“The ability for our front range athletes to get more time on snow is logistically challenging. Even with our night training options, it is difficult to make the 1-1 ½ hour drive to the mountains and back after school. SNÖBAHN’s industry-leading indoor slopes and freestyle training area are a game-changer for our families coming from the metro areas. The ability for these athletes to add high volume training sessions in a convenient location will significantly accelerate their athletic development”, CB Bechtel, Team Summit Colorado Executive Director.

Official Team Summit training will be available on Tuesday nights in 3 blocks this season.

- Block 1 -Pre-season prep will be October 22, 29 and November 5, 12
- Block 2 -December Training will be December 3, 10 and 17
- Block 3 -Mid-Season Training will be Jan. 14, 21, 28 and Feb. 4

These sessions will run from 6 - 8 pm and they will be staffed with both SNÖBAHN and Team Summit coaches. Four-week sessions will be \$200 and three-week sessions \$150. Registration is now active on the Team Summit website, <http://teamsummit.org>. Just click on the CampMinder Login button, then select Camper Application to sign up.



For more information please visit teamsummit.org

whole athlete | whole team | whole community

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