

A day in the life of an Intro to Race athlete



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

Available Training Days: Saturdays and 3 Sundays per month

Training will be held at resorts: Copper Mountain, Breckenridge, 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.

Morning

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, facemask, helmet/goggles)

8:20 am - Athlete warmup and coach greeting – stretching, running, skating drills for warm up

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

Lunch Time

11:15 am - Lunch, water, restroom break

12:00 pm - Gear up for PM training

Afternoon

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 freeriding (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