

# A day in the life of an Age Class Athlete



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

## **Available Training Days:**

Saturday and Sunday from 8:30-3:00 and Wednesday and Friday from 4:30-7 pm

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

Training will take place at Keystone on Wednesday and Friday evenings and any of the 4 ski areas in Summit County on the weekends.

**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**

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**8:00 am** - Arrival at ski area

**8:15 am** - Gear Up for AM training (boots, gloves, facemask, helmet/goggles)

**8:25 am** - Head out to snow for coach greeting

**8:30 am** - Get in line for lift

**8:45 am** - Morning focus: free ski, drills, or courses

## **Afternoon**

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**12:00 pm** - Lunch

**12:45 pm** - Head back on snow

**12:45 pm** - Afternoon focus, free ski, drills, or courses

**3:00 pm** - Parent pick-up/debrief

## **Wednesday and Friday Evenings**

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**4:30 pm** - Athlete Drop off

**4:45 pm** - Load lift

**6:45 pm** - End of training

**7:00 pm** - Parent pick-up