



TEAM SUMMIT
COLORADO

FREESKI
PARK & PIPE
HANDBOOK
2020



Skiing is our passion.

It's often hard to put that passion into words. Let alone, create a handbook to outline the values, stepping stones, and purpose found in the incarnations of this sport we love. The Park and Pipe Division of Team Summit will give it our best shot. This handbook represents our core values and the culture we share with other skiers around the world.

We intend for this to be a living resource for parents, coaches, athletes and the greater skiing community. We hope this document will help your family grow in the regional contest series, USASA. Over time, and with hard work, our athletes will emerge in FIS competitions. (FIS, of course being the International Ski Federation.)

Our program manages different competition formats such as Rail Jams, Half Pipe, Slopestyle, and Ski Cross. We encourage athletes to cross train, and we welcome those from other disciplines. Break-throughs can happen all over the mountain.

We will divide our team on training days by age and competition types. Our coach-to-athlete ratio will be about 1:7, but will fluctuate as other guest coaches join throughout the season. We are lucky to welcome traveling athletes and coaches on our roster, who enrich the training experience.

We have an outstanding staff, with frequent guests lined up to ensure each week of training is robust. Dean will focus primarily on FIS and traveling athletes. Brooke will work with established athletes in USASA. Jesse will head up our developing athletes, and support myself and Brooke. My job remains focused on ski fundamentals. I will blend all necessary skills, and will ski with all athletes. Coach Ben is an additional coach who will help with FIS, halfpipe and intense training such as the Aspen Open.

Team Summit values Ski Cross and Leah Emaus is our Head Coach. Leah is passionate about Cross and remains a competitive athlete. Get ready to go fast!

The 'Skills Quest' at the end of this handbook is not an assignment athletes are expected to complete. Let's face it, completion of this list in one season is impossible. A living objective list can always be improved upon. Participating in Skills Quest highlights everyone's skills, strengths and weaknesses. Treat Skills Quest as a scavenger hunt. Words, movements or phrases in the description may not be understandable today. Spend some time absorbing or practicing tasks and clarifying movements as often as you can.

Often, understanding competitive Freeskiing is confusing. We want you to understand the 'why' of our philosophies. This document addresses values, team culture, equipment needs, competitions, expectation management, and resort etiquette. This is a living document. We will revisit this document as the sport progresses.

Thank you for your time!

-Teddy Goggin

Freeski Park & Pipe Director
Team Summit Colorado



Mission

We are a youth development organization empowering our athletes to realize their personal podiums through athletics, education, and life skills by participating in innovative programming at our world class venues.

Core Values

Excellence: Elevating youth by delivering innovative programs at world class venues

Respect: Elevating youth by promoting values in a culture of team-work and dedication

Integrity: Elevating youth by fostering character and honesty

Responsibility: Elevating youth by instilling self-confidence, wellness and educational accountability

Fun: Elevating youth through and engaging interactive lifestyle

Family: Elevating youth teaching life-skills, embracing community and honoring culture

Coaching Philosophy

Developing life skills through consistent progress in fun and challenging environments, while creating a passion for skiing.

Training Philosophy

Our coaching team strives for improvement of each athlete's baseline abilities at every opportunity. The Team Summit Freeski Program aims to provide world-class training from highly motivated coaches. While skiing is a primary objective, aiding in youth development is our first priority. Skiing is the vehicle that teaches life-skills to our athletes so that they can learn to be successful, contributing community members for years to come. They will learn skills like organization; how to manage stressful environments; personal responsibility; grit; humility; timeliness, etc. Our largest successes involve confidence building through process oriented goals. Self expression, refined athleticism, and artistic creation are winning outcomes. Fundamental skills, both on and off snow, are developed through opportunities via competition, media creation, private camps, travel and relationships.

Community

Our community is an essential part of our secret recipe. Summit County is home to world class mountain experiences. People do not end up at 12,000 ft by accident. All of us make winter sports, and this community a priority. Thank you for being our teammates, friends, and ski family.



Resources

Athletes at Team Summit have access to incredible training facilities both locally and worldwide. Team Summit's partner resorts and training facilities are on the front lines of freeskiing. We have the opportunity to train at our partner resorts for 8 months of the year. Our community embodies a strong skiing culture, and our athletes' baseline abilities are great. With added camps to Oregon, Park City's Olympic Park, and New Zealand, skiing opportunities are abundant. Academy Athletes have the opportunity to train under the guidance of Chris Hughes, at the Team Summit Human Performance Center located at Copper Mountain. Athletes and families are able to participate at their own commitment level. '

Covid-19 Expectations for Athletes and Parents

At the beginning of each new season, it is important that we take a moment to outline our expectations for both athletes and parents participating in Team Summit's Park & Pipe program. We strive to promote an organization that fosters transparency and open lines of communication. As we prepare to transition into another winter here in Summit County, it is important that we all take a moment to reflect on how much our community has changed in the last year.

A global health crisis has forced us to completely reevaluate the way we operate as a team. Our new operating procedures are being prescribed, not only by local and state government agencies, but also by our resort partners. These protocols are being handed down in an attempt to protect the health and well being of our community and are subject to change at a moment's notice.

What we expect most from our athletes and parents this winter is that your expectations consider the challenges we all face. If we can all approach this season with lower expectations and a positive attitude, there is no doubt that we will continue to learn, develop, and grow through a shared passion for snow sports.

Mask wearing, distancing when possible, and lack of inside facilities are our new normal for training. Plan on dressing warm and in layers this season. Consider heated boots, socks, and other ways of managing the cold this winter. We will use Team Snap app to forecast any frigid days, where practice may be shortened or cancelled. **We cannot eat lunch inside this year.** Covid-19 has changed many of the comforts we all enjoy.

Operations this year will be different. We hope that your willingness to adapt and love of snow sports will outweigh the challenges that we expect. We are up for the challenge and invite you to join us, navigating change with and grace and a smile. We are grateful to have the opportunity of season 20/21, training together.



Things we expect:

- Participants will show up to scheduled practices on-time and ready to train. If you are running late or not planning to be at practice, please communicate this to your coach ASAP.
- Participants will show up dressed appropriately for all scheduled practices. Team jackets are expected to be worn and face coverings will be required at all times.
- Participants are expected to show up with the appropriate equipment each day. Some days will be designated as park days while others will be designated as pipe days. Showing up to practice with the wrong skis will not result in the lesson plan being changed.
- Ski poles should be brought to every practice. Your coach may give you permission to ski without poles for the day, but they should be present at practice nonetheless.
- Inappropriate language and behavior will not be tolerated.
- Drug or alcohol use will not be tolerated in any shape or form. Violation of this policy, inside or outside of scheduled practices, may result in suspension or expulsion from Team Summit.
- Although skiing is an individual sport, we train as a team. We expect that all athletes and parents will foster a culture of acceptance and inclusivity among all Team Summit participants.
- A tremendous amount of thought and planning goes into our schedule, lesson plans, and group splits. Please respect the decisions made by our coaches.
- We encourage transparency and open communication. If you have a problem or concern, we highly encourage you to bring it to our attention. That said, please choose appropriate times and venues for such discussions. Scheduled face-to-face meetings where both directors and coaches can be present are always preferred.
- RESPECT. It goes without saying, but we expect that everyone will show respect towards one another. This goes for athletes, parents, coaches, resort employees, and members of the public. Please treat others as you wish to be treated. Respect gets respect.



Team Culture

We are all responsible to cultivate a **culture of safety, processed based training, positive growth mindset, and FUN!**

Safety

Freeskiing is a young sport built around risk management. Developing sound judgement and learning to assess risk and consequences are of vital importance. Evaluating weather conditions, personal abilities, and developing situational awareness are essential life skills. Utilizing properly functioning gear is imperative. Injuries are an unfortunate part of freeskiing. Often the mental injury can outlast a torn knee or broken wrist. A sound recovery includes mental health.

Processed Based Learning

Team Summit's value system includes process based learning and patience. Every individual develops differently. Process based learning allows each phase of development to be duplicatable. Love your journey and enjoy the process of growing as an athlete. Frustration or disappointment clouds our vision.

Positive Growth Mindset

Athletes and/or parents will place unnecessary stress on themselves by comparing growth rates, risk tolerance or trick complexity with other athletes. An understanding of the process in each movement helps define mastery of each phase. Adding intensity or complexity to any movement demands mastery of the building blocks. When tasks are overly challenging, we can find the missing piece or weak link using the previous phases. Be patient with yourself and work the process thoroughly. Sometimes our greatest challenges are mental hurdles. Mental hurdles feel gargantuan while badgering patience.

Our curriculum's value systems transcend different aspects of skiing. We train fundamental Moguls, Big Mountain, Alpine Racing, Gymnastics and Ski Instruction. This diversity grants athletes versatile success metrics. Versatile skiing enables life-long skiing. Podiums are short lived moments worth striving for and the process to compete is a gritty life skill. Our success happens in the hustle of every practice. Only on certain days do we get rewarded with podium finishes.

Fun!

Some say freeskiing and super heros have a great deal in common. Athletes fly, jump or zoom around wearing funny clothing. Freeskiing wows others with, "AHHH's and OOO's". Athletes inspire the public with fluid movements and tricks! Athletes in their championship phases are certainly real life superheroes.

Others say, freeskiing is like a wild animal. Our sport hybridizes skateboarding, gymnastics, astronaut training and race car driving. Team values act as a road map and safety net as we navigate an untamed jungle.

The Dos and Don'ts of Skiing: How to Not Be a Beater

Beat - er:

noun

1. A person who uses bravado in an effort to make up for his or her lack of skill
2. A person who mistakes having fun for being “rad.”

Everybody knows the highest accomplishment in skiing is to go fast and big while looking like you aren't trying at all. But you don't have to be able to sail smoothly over every gap to hold your own at the resort. Even if you are still working towards being a pro, the main thing is to avoid being a beater. Here's how.

Helmets are cool?

Short answer: Yes. Wear one.

Long answer: Unless you're a French mountain guide, a seriously weathered ski instructor (also probably French) or Klaus Obermeyer, you should be wearing a helmet. If you're Billy “The” Kidd, yes, you may wear a cowboy hat ... but only at Steamboat. What's not to like, anyway? Helmets are warm and —side benefit— they prevent brain damage.

No Whining

Seriously. Quit Complaining. About the cold, how tired you are, how your skis need wax, how your goggles are fogging, how your boots hurt, how an old injury is bugging you, how little coverage there is, how you don't like wearing a mask, and how you “just aren't feeling it today.” WAAH! My ears are bleeding. Do you realize how lucky you are? Put a smile on your face and go skiing! You're skiing— you could be having fun.

Don't Get Too Caught Up

Short answer: Take everything with a grain of salt.

Long answer: Skiing is fun. The point is to recreate, not to get bent out of shape over someone else's idea of what skiing “should be”. If everyone played by the rules, there'd be no fat, rockered skis or twin tips. All ski boots would be uncomfortable... Skiing is about having fun and being overly concerned with how you look as a skier is the true sign of a beater. At the same time, anyone who says they're completely immune to the criticism of others is a liar or the Dalai Lama. We continue to offer advice. You have the freedom to have fun without worrying that people are judging you. Don't get too caught up.

Equipment

Park and Pipe Skis

Athletes need at *minimum* one pair of twin tip skis. Park and Pipe athletes push their bodies and equipment at practice each day. Skis cannot be built to withstand the types of impacts we cause. Large jumps, rails, good landings and bad landings all take a toll on ski equipment. Our athletes are in the business of breaking skis. We recommend at least two pairs of similar skis. Rail sliding will dull sharp edges in a matter of days. Icy Half-Pipes demand sharp edges. While this may seem costly to a family, Park skis are a smaller burden compared to racing or touring skis. As equipment fails, having a backup ski waiting in the wing is vital.

Ski-Cross Skis

A Giant Slalom ski is preferred for competitions. A ski with a 20-27 meter turning radius is best. FIS regulation for GS is 27 meters. This regulation becomes more important once athletes are FIS eligible. An additional pair of free-skis is also ***strongly advised***. Consider a cambered twin tip ski for free skiing and jumping practice. Ski cross athletes often wear a race boot. Avoid too stiff of a boot. Ankle flexion leads to proper tip engagement and softer/safer landings.

Boots

Ski boots remain the most important piece of equipment. Comfortable boots which flex naturally with the ankle are the ideal. We need a boot with natural flex because of landings. Race boots are often called two piece boots or four buckle boots. These boots can be heavier and sometimes are riveted together creating a stronger boot. Freestyle boots are referred to as Three Piece boots or Three Buckle boots. Popular brands for our needs include, *Dalbello, Full Tilt, Roxa, Nordica and Head, Technica and Salomon/Atomic.*

Protective Equipment

What do football and freeskiing have in common? Contact! Often skiers contact the ground, not each other. Proper fitting snow sports helmets will stay on the head when unbuckled and flipped upside-down. Snow sports helmets should be replaced frequently as sun, travel and falls can impact their heartiness. Many helmets use a system called MIPS, or Multiple Impact Protection System. **All helmets should be replaced after significant impact.** <https://mipsprotection.com> - The Yellow Dot - *Not all great helmets carry this dot.*

Mouth guards are strongly recommended. Goggles, back/chest/shoulder elbow/hip pads help soften falls. Athletes may complain that protective pads are uncool, uncomfortable or too warm. Sports like Hockey, or Football require lots of padding. Culturally we can shift towards pads. Back protectors are okay. Chest, Shoulder and Back protectors combined are better. Athletes who fall when twisting often land on their sides and shoulders. Brands like POC, Slytech, Demon United, Shred and G form all make products worth the investment.



Invest In Protective Gear, Passes and Camps

Multiple skis, protective equipment and special passes all have their associated costs. We feel these costs are fair when considering a career in freeskiing. Athletes learn to manage consequences and rewards in real time. **A mouth guard can help save teeth.** Proper ski equipment, and protective gear help us succeed. Special passes or camps give us access to unique training opportunities.

Maintenance

Wear and tear of equipment is unavoidable. Negligence and skiing in the parking lot is completely avoidable. Care for your equipment with respect and gratitude. Inspect your equipment for irregularities. Ski equipment can fail rapidly when a binding breaks or pulls out from the ski. A broken ski caused by the wear and tear is a success! A broken ski caused by negligence is a big mistake.

A frequent wax routine will help condition and maintain athletes skis. A wax routine is therapeutic and symbiotic. Ski wax cannot fix broken skis but helps maintain them at their best. Freshly waxed skis glide and slide better. Small knowledge of simple wax techniques will improve your speed

Organizational Skills

Skiing demands a lot of clothing, equipment and accessories. Do not lose what you use! Cleaning, organizing, and packing gear is not a parents' job. Athletes can plan ahead for their training by making sure boots are drying, and gear is either folded and ready to go or being washed. Wash your Team Jacket a few times throughout the season. Athletes become seasoned gear managers with practice. Mornings should not be a battle with your athlete.

Training and Competitions

Periodization Plan

Our periodization plan includes a comprehensive look into a calendar year's training. Each year is broken into preparation and competition periods. Training intensity and dietary guidelines are considered. Lastly small phrases or mantras help define each calendar block. Dates not represented are periods of REST. These blocks can be modified for athletes not participating year round.

Sept 15 - Oct 15	Oct 15 - Nov 15	Nov 15 - Dec 15	Dec 15 - Jan 15	Jan 15 - Feb 15	Feb 15- Mar 15	Mar 15 - April 15	May Camp	July 15 - Aug 25
General Prep	Max Strength Training Prep	Power Training Prep	Maintain General Prep	Comp Period	Comp Period	Comp Period	Prep Period 2	Comp period 2
Moderate Intensity	High Intensity	High Intensity	Moderate Intensity	High Intensity	Moderate Intensity	Low Intensity	Moderate Intensity	High Intensity
Balanced Diet	High Carb	High Protein	Balanced Diet	High Carb	Balanced Diet	Balanced Diet	Balanced Diet	High Carb
Welcome Back	Volume UP	Add Weight Begin Skiing	Ski Smart	New Tricks	Ski Hard	Refine Tricks	CAMP FUN NEW TRICKS	NZ!

Individual Competition Plan

The freeski competitions pipeline begins with local/regional USASA events, progressing onto FIS and to qualify athletes for elite level competition, including the Grand Prix, World Cups and the Olympic Winter Games. Coaches will make athlete specific recommendations as to the program series and dates recommended for participation.



Competitions Plan

- USASA -Regional Rocky Mtn Series Championship Period - March 25 - April 15
- US Ski and Snowboard Rev Tour - National
- FIS NorAm Strategy North America
- FIS Continental Cup - Southern Hemisphere
- Local non-sanctioned Comps, Rail Jams
- Media creation, photography, videography, editing and more!

FIS Athletes

FIS eligible athletes balance school, travel and periodization needs. FIS competitions are year round and demand great focus, intense training plans and **incredible respect**. FIS events are expensive. FIS level courses carry massive consequences and require well planned inspections. Training progresses feature by feature, tactically. Knowledge and patience are exponentially important as the intensity increases in competition venues. Achieving a starting spot at the FIS level is an achievement to be proud of.

Local Comp, Events and Edits

Non-competitive or unsanctioned events like film, photography, movie premiers, rail jams and editing contests can be the most rewarding/inspiring work we do. Pictures tell a thousand words and last a lifetime. Local events embed us in our community's culture. Please engage in these events. Loved ones are inspired by our short ski movies. Make one every year.

Competition Morning Guidelines

Athletes all manage their stresses differently before competing. Some athletes need firing up, while others need to be calmed down in the start gate. Parents can begin these big days successfully by asking open ended, and process based questions. For example: *“What do you feel confident doing today?”* Instead of *“Are you going to do a Cork 7?”* A process based question, *“Do you feel comfortable with the start gate feature? It reminds me of the one at another training course. Do you agree?”* Allow athletes to share their hopes and merely echo their words. Athletes inherently want to please you and do their best. There is no need for you to compound pressures by interjecting your own hopes and fears.

Some athletes will self sabotage. Competition day is not the time to correct this behavior. Sports and mental health are intertwined. All athletes need guidance on mental conversations. **Make a point to develop positive internal dialogues before competition day.**

Your job as support staff includes registration and lift tickets, equipment prep, meal prep, and helping to distract your athlete from their own internal fears. These stress filled mornings are when patience and support truly shine. Engage in light hearted conversation, and help athletes smile, laugh, and remember their hard work in training. We compete to put ourselves under the microscope and express the skills and movements we value most.

If athletes are ill prepared, it is best to wait until after the event to have a discussion about correcting habits in training. Consider the timing of this conversation, not the same day of a bad result. Keep it positive! We play the way we practice. Practice hard and rely on training do the work on competition day.

Winning feels awesome! When athletes win, encourage them to enjoy that feeling and remain humble. Winning and losing share the same journey. Competing is courageous, no matter the outcome.

After the competition, don't meet your athlete at the scoreboard or ask how they did. Instead of focusing on results and performance, redirect and ask questions such as, *“Are you hungry?”* or *“Can we celebrate tonight over a favorite meal?”* This will give them the opportunity to share their feelings. Make an effort to allow your athlete to speak first and most after competitions.

Athlete/Coach/Parent Guidelines

Respect

Please consider how your words or actions make others feel. We must advocate for one another. Tearing another athlete down weakens our process. Putting a team member up gives our team strength. Respect the time coaches, parents and athletes give to each practice. Be kind to officials and volunteers working at competitions. Weather we cannot control. We can control our actions and words.

Setting Expectations

Positive reinforcement is key to supporting your athlete. Please let go of expectations that most often lead to disappointment, and instead help us to instill the attitude *"If at first you don't succeed try and try again."* Parent's performance expectations can undermine our core values and have a negative impact on athletic performance. As in life, athletes will fail frequently, and it is through these failures that we teach the life skill of *resiliency*. Through this process, athletes learn they can and will achieve success, yet sometimes it doesn't always come easily. But when it does...it's all the sweeter! Please carry this responsibility with love and patience. Our expectations as coaches are a positive attitude, good listening skills and hard work.

Goals

Coaching like parenting can be challenging. Please trust our process. We cannot promise Olympic athletes but we will promise support and positive growth tailored to each individual athlete. Our coaches will help your athlete to understand there is a process behind goal setting.

By helping athletes to set S.M.A.R.T. goals: Specific, Measurable, Achievable, Realistic, and Timely we strive to find the balance by being able to celebrate successes and build upon the athlete's hopes versus having goals that are unrealistic, unattainable or impatient.

Team Summit values both outcome and process based goals. We aim to develop process goals to help reach outcome goals. With minimal effort, we can change any outcome based goal into a process. Work with your athlete on this philosophy at home. Process based goals become empowering as folks recognize their control along any journey.



Parent Involvement

Team Summit's parents make this dream and team a possibility. Our families make great sacrifices with time, travel and financial contributions. Freeskiing is an expensive and tight-knit community.

No competition is the most important moment of our athletes lives. Value this journey with your family, as it will define a large part of your child's youth. Language and energy need to be open ended and support a positive growth mindset. Weather and falls are expected factors of this sport. We participate in this sport because we admire other freeskiers and love the thrill.

It is best for you as a parent to provide support skills like: positive reinforcement, unconditional patience and open ended questions. Conviction of action leads to ownership, mastery and consistent success. Support skills like positive open ended questions allow an open dialogue. Your dialogue regarding competitive skiing we hope will echo team values. Self trust and commitment to growth is a winning combination.

Fear

Large jumps, complex tricks and speed can create anxiety and uncertainty. Fear is a normal and healthy response to the challenges we face every day on the Mountain and in the Barn. Athletes develop coping skills to help navigate stressful situations. Patience with our athletes and coaches is an important part of the process. Please understand that fear is an integral part of freeskiing. We work with athletes to objectively manage fears, and we teach techniques to help athletes with their mental game. It takes time for an athlete's confidence and comprehension to build. Simply telling an athlete to *"perform trick XYZ"*, or *"you've got it"* seems like a nice thing to say, but that approach is really not effective in the scheme of their training. Instead, we encourage you to say statements like, *"enjoy your day and express yourself with skills you are proud of."* Pressure can be both internalized and externalized. Avoiding external pressure from the support network is vital. We need athletes focused on their growth and movements.

Progression

Athletes connect with coaches to set short-term and long-term goals throughout the season. Each day athletes will take steps to move through the progression, ultimately working to achieve the goals they have set for themselves. Like a final exam, athletes cannot successfully cram for any competition. Make the most of every day and improve your baseline faster. Athletes with big goals must have equally big actions. A motivated athlete will scale any sized hurdle. Work hard. Equally, respect rest.

Athlete Communication

The beginning and end of practice is a sacred time. Please text your coach in advance- preferably the night before, if you're going to miss training. Bring positive and prepared energy during these times. Arrive on time to practice. Respect unity and team focus when we gather as a group. Coaches will distribute personalized feedback using evaluation forms, weekly emails and verbally during practice. Use resources like the schedule and handbook to help navigate questions.



Parent Communication

Please respect our coaches' time and set-up a formal time to meet with them if necessary. Pick-up / Drop-off is a busy time and not an appropriate time to communicate personal issues about your athlete's situation. Please use email for personalized questions. If there is an issue, first contact your coach via email. If you feel the need to escalate the issue contact Program Director, Teddy Goggin at teddy@teamsummit.org. If the issue needs further escalation please contact the Executive Director, CB Bechtel at CB@teamsummit.org. Please be advised that your concern is of great importance to us. However, please know that our team is on the hill daily and has extensive travel to competitions. All concerns will be addressed at the earliest possible time frame.

Coach contact information:

teddy@teamsummit.org - Program Director
dean@teamsummit.org - FIS Coach
brooke@teamsummit.org - Academic Coach
jesse.bertan@teamsummit.org - Development Coach
leah@teamsummit.org - Ski Cross Coach

Student Athletes

Student athletes are students first. School commitment opens more opportunities for skiing. Academy athletes must maintain a 2.5 average to remain eligible for early release. We take pride in the fact that our team average is 3.7 at the High School. Academics are an important piece of personal development.

Long Term Athlete Development (LTAD)

As athletes mature they find bigger successes and failures. Freeskiing rewards long term commitment with a rich lifestyle. Skiing as a career is a dream few achieve. Long term athlete training programs like Team Summit build foundational and duplicable skills demanded in all professions. Competitive sport and the lessons learned happen over a long journey. "LTAD" is a philosophy shared world wide.

Host Families

It is in no way an obligation to host athletes, however, some families open their homes to traveling athletes. This sacrifice is grand and selfless. This experience can be rewarding, as often these traveling athletes are from other cultures. Host families become grand representatives of the American freeski culture. Parents and athletes can aid our team culture by echoing our core values. We carry the torch of great skiing and community. As retired athletes reflect on their youth sport, they remember the community most.



Resort Etiquette

Speeding zones and beginner areas deserve our respect. Be overly cautious and courteous in SLOW ZONES. Check your speed, make eye contact and smile at Patrollers standing in these zones. Athletes will not spray each other and instead will use the **LADDER** system when grouping up. Bus your own lunch table and thank volunteers. Show gratitude to resort staff. Wear your Team jacket with pride. Your actions speak to the public. Be kind. Care for your environment. Use appropriate garbage/recycling cans. Pick up other people's trash. **Real skiers bus their own tables.**

Powder Days

When it snows, **WE FREESKI!** Fresh snow deserves our skiing, and we deserve to ski in fresh snow.... Athletes should not enter the park on powder days until after fresh tracks are **long** gone.



10 Commandments of Freeskiing:

- i. Golden rule always applies, treat others the way you wish to be treated
- ii. Parents are our biggest sponsors - Treat them as such
- iii. Wear your Team Jacket, no "cotton kids" in the middle of winter
- iv. Gossip is not welcome at practice (anywhere) or about teammates
- v. Use your time wisely - Do not waste practice time
- vi. "Yes coach", is a great answer to most requests - Clarification questions welcomed
- vii. Take ownership of your skiing and progress; you are in charge of successes
- viii. Know your limits so you can push those limits with a sound plan
- ix. Dream big and work hard - Big Dreams need big plans to achieve
- x. Love your teammates, coaches - Be a humble team player.

X _____

Date: _____

X _____

Date: _____

X _____

Date: _____



Social Media Release and Team Values

Social media is a great tool and wonderful distraction for all athletes. Online engagement is a long process. Many freeskiers believe social media is necessary for sponsorship or a career. Athletes can learn to be professional and carry themselves with dignity in a public setting. Social media's identity is instant engagement with the skiing community. Applications like Instagram become scrapbooks. On the flipside, athletes' online misbehavior, harsh words or negativity can be haunting. When posting media or comments ask, "Would my Grandmother approve of this post or comment?"

Language online and via text can be used out of context. Tone of voice, sarcasm and audience can be a hard variable to pin down. When in doubt, leave out the comment, like or engagement. A troll wins when you engage negatively.

Sponsors want wonderful people and complete athletes as brand representatives. A focused athlete loving their craft will eventually lead to support from companies. Searching out sponsors is unnecessary and can undermine a developing work ethic. Remember, sponsorship is a business contract. Skiing suddenly changes from a love or passion to an expectation; an external pressure. Boundaries must be consistently pushed when sponsorship is a reality. Parents will forever be the largest support network for every athlete. Your team is a second support network. Treat parents (and the Team) as sponsors and be thankful. Sponsorship is a two way street. What do you bring to the table for your sponsors as a skier/human?

Remember to Team Summit loves to document our story using Instagram, Facebook, etc. Does Team Summit have your permission to document, tag and post your athlete when appropriate?

X _____ Date: _____

X _____ Date: _____

X _____ Date: _____

Skills Quest

Skills Quest is a concentrated set of fundamental skills that athletes can work to achieve as they progress through the sport over time. Skills Quest is never complete. We can always improve our baseline. Instead, Skills Quest is a living document to help understand the many metrics of success in freeskiing. Blank spaces allow individuals to add their own objectives. Some language may read foreign. Take the time over an entire season to learn what words like, “Slow-Dog-Noodle” mean. Over time, mastery of different movements becomes a window to each person’s strengths and values.

Skills Quest Description	Frequency	Intensity	Mastery
Flat ski glide	Yes/No	Blue Terrain/MD	ON LOCK
Stacked body position, nose over toes, same angles in back and shin	Sometimes	Black/park/LRG	Landed
Garlands/Floating leaves			Nope
Hockey Stops		all terrain	
Leave train tracks in snow for two or more turns		green	Growing
1,000 steps carves/Javelin turns and outside ski turns			
Carved one ski drill			
Find fastest part of turn			
Look ahead! Keep my eyes moving into new turn			
Leave ground and engage edges on landing			
Switch railroad tracks			
Switch take off, land carving			
Create body triangle/ Upper body - lower body separation through carves, counter balance			
Manipulate a flat ski/Pivot Slips			
Upper body/Lower body separation			
Whirly Birds			
Glass ceiling, absorb and extend in a traverse (moguls required)			

Description	Frequency	Intensity	Mastery
Glass ceiling, begin to link fall line turns w/maintaining strong body position			
Absorb jump take off			
Vision acuity/patterns - Look ahead			
Make a line selection, zipper, round, carved			
Pivot slip a groomed run			
Pivot slip a bump run			
Slow Dog Noodle			
Ski Half of bump run; NO STOPPING			
Ski All of bump run; NO STOPPING			
Pole plant effectively			
Carve a bump run			
Ski easy switch bumps			
Ski without poles			
Double a bump up - jumping			
Make buttery movements/change of pivot point under ski			
develop active pop o takeoff			
use active pop to develop a kill bounce or absorption movement			
Flexion/extension movements (simple, dynamic, or refined)			
Trampoline - use and safety practices			
Foam pit - use and safety practices			
Water ramp - use and safety practices			
Airbag - use and safety practices			
Bring new movements from above training mediums to snow			

Description	Frequency	Intensity	Mastery
T I D Timing Intensity Duration			
Find natural and unnatural directions			
Hit features which scare me/slide a box			
Ollie, Nollie, and Tap			
Urban rail - tactics and navigation			
Slide rail features both directions			
Use feet to change direction on a rail			
Add complex and multiple edge changes on a rail			
Bail from a feature effectively			
Gain speed for a feature if needed			
Twister, Spread Eagle and back scratch - Old School?			
Hit a feature switch			
Spotting acuity			
Developed Take Off - T set, Stacked stance and eyes ahead			
Spin a rotation with a grab			
Rotate all (4) 180's			
Rotate all 4 360's			
Spin to win (+540)			
Go bigger; continue familiar movements on larger features			
Learn to spin with grabs in multiple directions			
Flip/Cork/invert/wobble/rodeo/misty/ bio...early understanding different axis			
Find comfort off axis			
Hike to a skiing venue			
Hike an entire day of practice			
Determine which aspect has best snow			
Enjoy untouched snow			

Description	Frequency	Intensity	Mastery
Pack a lunch, pack gear and prepare for a day			
Safely navigate big mountain environments			
Use avalanche equipment effectively			
Pull the plug on a sketchy situation			
Build a Jump			
Build a Backyard Setup			
Huck a Cliff			

Goal Sheet

S.M.A.R.T. goals: Specific, Measurable, Achievable, Realistic, and Timely
Objective or outcome goals include tricks, results, and single moments in time.

Process based goals are a journey and fundamental tactics to achieve outcome goals.

Please work with your athlete at home to define and describe both types of goals using the SMART model.

Example: "I want to do a 720" (outcome goal)

The process to land new and complex tricks like a 720 starts with building blocks like a sound take off. Spotting acuity, comfort with air, consistent 360s and 540s are prerequisites to succeed. Using the Woodward facility's ramps and trampolines movements can be learned with less consequences. In the Park, a jump called Hidden Vein is comfortable. A comfortable jump after developing new movements helps ease anxiety. After planning/training and with ideal conditions, I landed three 720s.

Outcome goals:

Process Goals:



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