

A day in the life of an Age Class Athlete



Available Training Days:

Saturday and Sunday from 8:15-3:00; Tuesday through Friday afternoons from 1:00-4:30; Wednesday and Friday from 4:30-7:00

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.

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

Head Age Class and U14 Coach: Jared Hedges
jared@teamsummit.org
Head U12 Coach: Mia Cullman
mia@teamsummit.org
Head U10 Coach: David Owsley
davidw@teamsummit.org

Morning

8:00 am - Athlete Drop off

8:15 am - Meet coaches, warm-up and make daily plan

8:30 am - Load Lift

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

Afternoon

11:30 am - Lunch

12:15 pm - Afternoon focus: free ski, drills, or courses

3:00 pm - Athlete Pick-up

Wednesday and Friday Evenings

3:30 - 4:30 pm - Athlete Drop off

7:00 pm - End of training

7:15 pm - Athlete pick-up