



Dear Team Summit Alpine Ski Racing Devo, Age Class and Ability Parents; All U16 and Older athletes; Alpine Age Class and Ability Coaches:

We hope that all of you are enjoying lots of summer activities and are beginning to look forward to cooler weather and the winter season at Team Summit. We are now less than 90 days from training for Age Class and Ability athletes beginning at Copper Mountain! Starting dates for fall dryland training and on-snow training are now set.

As summer break is winding down, we are excited to offer Team Summit Alpine Age Class and Ability Athletes an additional, low cost, on-snow training opportunity (see below)!

September 17 and 18 are the dates of this year's annual Colorado Competition Council Equipment Session. We've been informed by manufacturers that racing equipment is selling out early due to anticipated shortages and delivery delays. Please contact your favorite race shop as soon as you can to order any equipment that is needed for next season.

There is much additional information below. Please read on!

In This Update:

- Late Summer On-Snow SL Training
- Equipment Ordering
- Dryland Training
- Fall On-Snow Training
- Members Helping Members
- Ability Van Shuttle Service

Upcoming Alpine Updates will provide information about other Alpine Program Details, equipment set-up and maintenance, the annual ski swap, competition calendars, volunteer opportunities and more.

Whether at camps, conditioning or once the snow flies again this fall, we look forward to the year ahead and to seeing you all soon!

Aldo and the Alpine Coaching Staff

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### Late Summer On-Snow SL Training

Those of you who have driven past Copper this summer have been able to look up on the mountain and see the snowfield that is still in operation for the Woodward Camps. [https://drive.google.com/file/d/1DSZZP\\_nW9oWtdojm8qma2QG6hsP3xig3/view?usp=sharing](https://drive.google.com/file/d/1DSZZP_nW9oWtdojm8qma2QG6hsP3xig3/view?usp=sharing)

With more than 15 feet of snow depth expected to be remaining, Copper Mountain has offered Team Summit the exclusive opportunity to train SL through the first weekend of September or as long as the snow holds out! Lift service via the magic carpet, grooming and staffing will be provided by Copper free of charge! A fee of \$25 per day will cover the costs of salt, vans for daily transport and for coaches' expense.

### Daily Schedule:

6:45 AM Load vans and drive to snowfield  
7:15-9:45 AM SL Training  
10:00 AM Pick up at base

We are planning 3 weekends of Fri-Sat morning training August 19-21, 26-28 and September 2-4 (Weather and snow conditions permitting).

Please indicate your interest and sign-up by adding your information to this sheet: <https://docs.google.com/spreadsheets/d/1HE0wAbEomoD60VYp9iRBM4rPHMIwWI2g/edit?usp=sharing&oid=101737236662125019540&rtpof=true&sd=true>

DEADLINE IS AUGUST 11. If we don't reach the required minimum athletes we may reduce the number of training days offered. If maximum numbers are exceeded we will prioritize by Program.

Only currently registered 2022-23 Team Summit Age Class and Ability athletes are eligible.

### Equipment Ordering

The 4th Annual Colorado Competition Council Equipment Session is scheduled for September 17 and 18 at Silverthorne Elementary School <https://coloradocompetitioncouncil.com>. Team Summit Coaches will be on site on Saturday afternoon from 2-6 PM to help you with any equipment decisions.

For skis, boots and bindings, you are highly encouraged to contact your favorite race shop to order your equipment ASAP.

If you are not familiar with the equipment that is recommended for you / your child you will find much useful information on the Alpine Racing Page of the Team Summit website <https://teamsummit.org/>



Alpine. Please scroll down to your program and click on the drop down marked "Equipment".

You can learn about the major supplier's race products and programs for 2022-23 here: <https://drive.google.com/drive/u/0/folders/1wn6uTh58oQ2MSjTo89XQUmNWbzBjlsa2>

Several of the manufacturers provide sizing recommendations. The chart provided by the Rossignol Group on the last page of the Rossignol or Dynastar Race Brochure is the most comprehensive and can be useful for selecting the correct size regardless of manufacturer.

Team Summit's Race Shop partners are Racer's Edge in Breckenridge and Podium Sports in Frisco. Both will honor racer pricing from the manufacturers they work with and can order items not in inventory.

If you are unable to find the information you need, please contact your program's Head Coach.

#### Dryland Training

The Ability Summer Lifting Program will wrap-up on August 15. Fall Dryland begins after the start of the school year at the end of the month.

Following is the general program by Team. Daily schedules will be published in TeamSnap.

#### Ability

Start Date: Monday, August 29, 2022

End Date: Wednesday, October 19, 2022

M,TH Hike, Bike, Other - Meet at location

T,W,F in Gym

2:00-3:00 Field and warm-up

3:00-4:00 Lifting

4:00-4:15 Cool down

#### Age Class

Start Date: Tuesday, August 30, 2022

End Date: Wednesday, October 19, 2022

T,F Hike, Bike, Other - Meet at location

W Field and Gym

2:00-4:15 Daily

Sa - TBD

#### Ski Racing Devo

Several SRD Dryland days will be scheduled through the fall! Information TBA.

#### Start of On-Snow Training

Copper Mountain has just announced October 21 as the opening day for Early Season Training. Ability and Age Class will begin on-snow training at that time.



Ski Racing Devo begins on-snow the weekend of December 3rd.

Members Helping Members – Please Help!

There is much involved in our sport and being part of the club that can be overwhelming.

Within our membership, there is a wealth of experience accumulated over years of involvement that we hope can be shared.

“Members Helping Members” is being introduced as a way to connect our members with each other and share information in areas where they have knowledge.

If you are willing to do this in areas as simple as “Local Logistics” or more in depth such as “Equipment and Preparation”, please complete the Google Form below. The final database will be shared with the Alpine Membership.

[https://docs.google.com/forms/d/e/1FAIpQLSeCpwTCnnQW9vHUvtxz0Zc9It62Z4LI9\\_Wt3IHO\\_bhi8alxtA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeCpwTCnnQW9vHUvtxz0Zc9It62Z4LI9_Wt3IHO_bhi8alxtA/viewform)

Ability Van Shuttle Service – Not Enough Volunteers Yet to Provide This Service!

The last two seasons, we have not provided van service for Ability athletes from the schools to training. With our small and efficient Ability staff it is challenging to remove a coach from the set-up in order to drive the van shuttle route.

We recognize the shuttle provides a valuable service to our Ability athletes who are not yet driving and their families.

A solution we would like to offer is to have a small group of parent volunteers who could organize and share the van driving responsibilities during the school year. One coordinator and two to three drivers would likely be able to manage it. Drivers will have to complete background checks and Safe Sport training among requirements to be eligible and insured.

If you are willing to help with this initiative, please contact [aldo@teamsummit.org](mailto:aldo@teamsummit.org).