



Intro to Team Summit

Whole Athlete | Whole Team | Whole Community



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2024-2025 SEASON

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Theresa Eckert

Director

Intro to Team Summit

theresa@teamsummit.org



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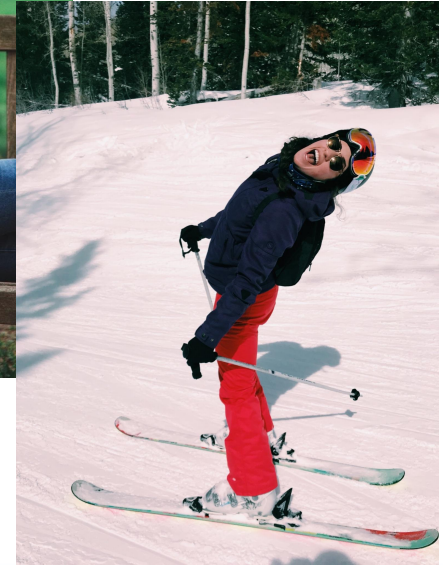
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Cassie Kelly

Intro to Team Summit
Coach (Copper Sat and Sun) and
Administrative Assistant
cassie@teamsummit.org



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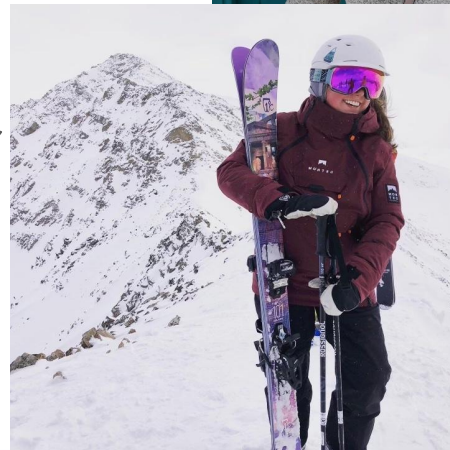
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Meaghan O'Donnell

ITS Lead, Copper (Saturday)

meaghan@teamsummit.org

Hi! My name is Meaghan O'Donnell and I am the lead coach at Copper on Saturdays. I raced from middle school through college in the northeast and this is my 6th season coaching. Skiing is my biggest passion in life and I love sharing that passion. Looking forward to meeting you! Come say hi!



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Chris Baune

ITS Lead, Keystone (Saturday) &
Breckenridge (Sunday)

Chris.baune@teamsummit.org

I'm coaching at Keystone on Saturdays and Breckenridge on Sundays. I've taught both skiing and snowboarding for 12 years now. I'm a sponsored snow skater as well. In my free time I enjoy river surfing, wakeskating, skateboarding and all winter sports.



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Mike Spero

ITS Lead, Arapahoe Basin

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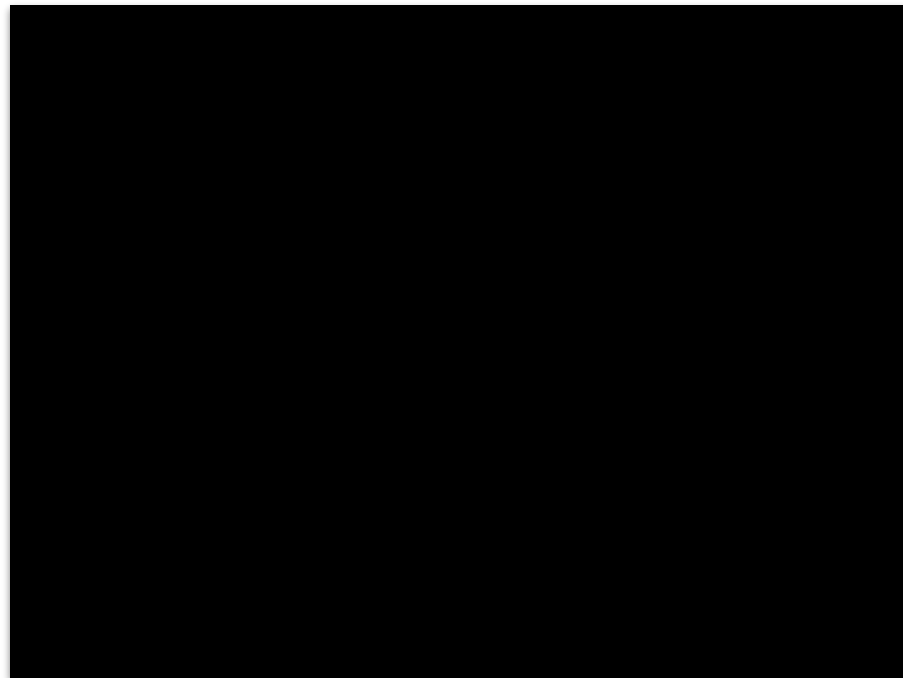


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Zach Jansing

ITS Lead, Breckenridge (Saturday)
& Copper (Sunday)

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Core Values

Elevating youth by

Excellence

Respect

Integrity

Responsibility

Fun

Family



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“Fun is the essence of play, it constitutes the core of successful youth sport experiences.”



Goals for ITS

- ★ Fun!
- ★ Learn Basic Ski Fundamentals by utilizing SkillsQuest
 - Stance and Balance
 - Rotary
 - Pressure
 - Edging
- ★ Learn Basic Skiing Fundamentals
 - Equipment
 - Technical and Tactical
 - Mental and Social
 - Competition



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We Follow USSA's ATS

Alpine Training Systems Matrix (ATS)

- ★ [learn more here](#)
- ★ SkillsQuest is a cornerstone program of the Alpine Training System



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“The objective is to promote skills by providing a resource where fundamental skills can be taught, measured and tracked over time.

The drills are organized by developmental phase, with a drill emphasizing each of the four primary skiing skill areas - **pressure, edging, rotary and balance.**”



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SkillsQuest Skiing Assessment



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SKILLSQUEST ASSESSMENT TABLE



|  | Phase 1 | Phase 2 | Phase 3 | Phase 4 | Phase 5 | Phase 6 |
|---|------------------------------|--|--------------------------|--------------------------------------|--|---|
| <i>Pressure</i> | Steps & jumps | Pole jumpers | Pole jumpers in tuck | Straight run in wave track | Linked turns in wave track | Camel jump in wave track |
| <i>Edging</i> | Basic outside ski turns | Outside ski turns | One ski skiing | One ski skiing with lane changes | One ski skiing without poles | One ski skiing hourglass |
| <i>Rotary</i> | Hockey stop | Straight run to sideslip with edge set | Pivot slips | Sideslip to straight run to sideslip | Hop turns | Vertical brush quickness course |
| <i>Balance</i> | Freestyle with parallel skis | Freestyle with pole usage | Freestyle – lane changes | Freestyle – hourglass | Freestyle – varied terrain and snow conditions | Freestyle – moguls in "V" shaped corridor |



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Typical Day of Training

8:00 a.m. - Arrival at ski area

8:10 a.m. - Restroom break

8:20 a.m. - Head out to snow for coach greeting

8:30 a.m. - Team heads for lift

8:45 a.m. - Warm-up lap/Group stretch/Warm-up lap

9:00 a.m. - First Morning Training: Introduction of skill for the day, practice drills

10:15 a.m. - Morning break: snack, water, restroom

12:00 p.m. - Lunch Break

12:30 p.m. - Gear up for p.m. training

12:45 p.m. - Stretch/morning recap

12:55 p.m. - Load lift

1:05 p.m. - Afternoon Training: skill for the day and its incorporation to freeskiing (skiing with no agenda, just having fun!)

2:25 p.m. - Full day recap and warm down

3:00 p.m. - Parent pick-up/debrief



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Meeting Locations



ARAPAHOE BASIN
THE LEGEND

Base of the Black
Mountain Express



BRECK

On the snow by the
red shed next to
Beaver Run Parking
Lot



COPPER
MOUNTAIN

Base of American
Eagle lift (gondola
side) in Center
Village



Base of Peru and
Argentine Lifts by
Mountain House

*For more information, please refer to the [Intro to Team Summit Calendar](#)



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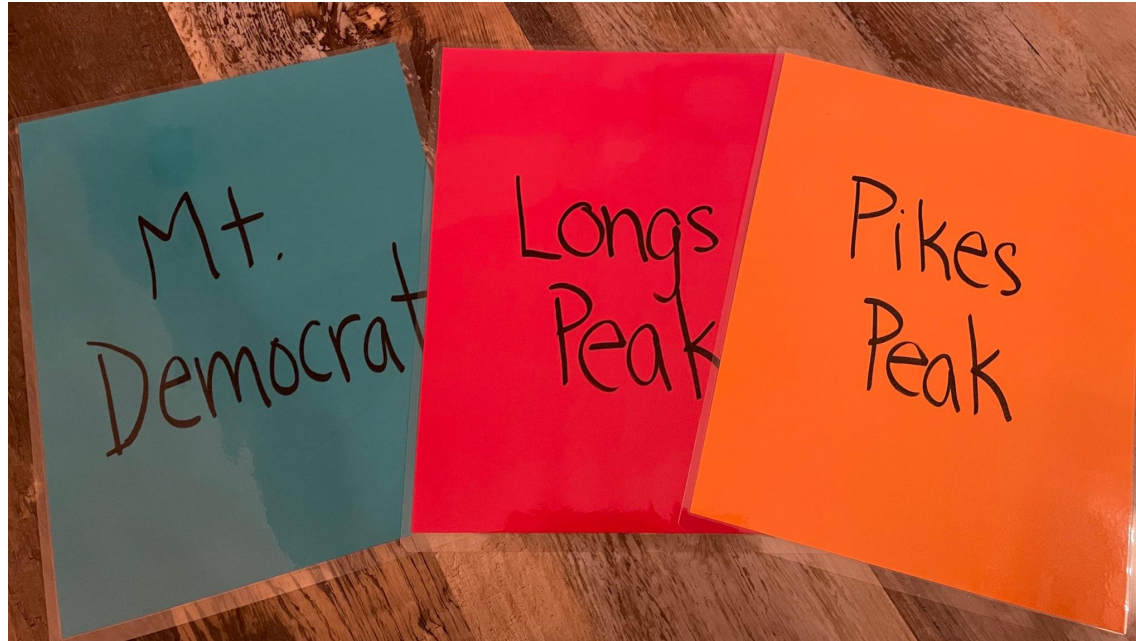
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Each athlete will have a Group!



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Mountain Safety

All TSC athletes and coaches are required to utilize the comfort bar for *all* the chairlifts at all resorts.

- ★ Safety talks
- ★ Skiing in-bounds
- ★ Slow signs
- ★ Loading the chairlift with poles
- ★ Loading with backpacks



Loading the Lift



1. Place poles in one hand.
2. Look back and reach for the side or back of chair with free hand.
3. Sit down while holding onto chair.



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DR. JAMES GRIFFIN, DPM

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Video - Loading the Chairlift



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- ★ Safety
- ★ Communication
- ★ Education and support
- ★ Fun!

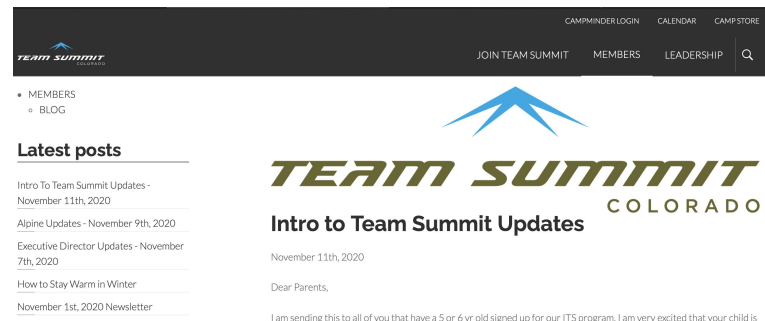
Coach's Responsibility

Coach > Parent Communication



- ★ Weekly Emails
- ★ Mid season and End of Season Evaluations
- ★ Training Feedback/Concerns

- ★ Newsletters
- ★ Blog
- ★ teamsummit.org
- ★ Social



For more information, please refer to the [Intro to Team Summit Calendar](#)



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Athlete Responsibilities

- ★ Be safe by knowing the Skier Responsibility Code
- ★ Be on time and properly dressed
- ★ Bus your own table at lunch
- ★ Take care of equipment, rack skis properly
- ★ Be Rested, stay Hydrated and fueled
- ★ **Wear your Team Summit jacket with pride by respecting the resorts and their guests**
- ★ Cheer on teammates, help each other out, and have fun!



"Skiing is an Individual Sport best practiced with a team."



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Parenting Successful Skiers



- ★ **Volunteer** - you are part of the team
 - ★ Depend on and trust coaching staff
 - ★ Keep it Fun!
 - ★ Show positive reinforcement
-
- ★ **Be early! *(If you're early, you're on time; if you're on time, you're late; and if you're late you've missed the lift!)***

Required Equipment and Gear

Skis, Boots, Poles:

Information for proper equipment can be found [on this link](#). (click on equipment dropdown)



Gear and Daily Needs

Clothing

- ☐ Socks (tip: buy the same socks so you don't have varying thicknesses...which affect boot fit)
- ☐ Pants (thermal pants underneath)
- ☐ Team Jacket and Extra Layer
- ☐ Gloves and Extra pair
- ☐ Liners
- ☐ Hand warmers
- ☐ Helmet
- ☐ Goggles
- ☐ Facemask

***Find our gear checklist [on this PDF.](#)**

Water, Food & More

- ☐ Suitable Backpack for Riding (lunches, water bottles and extra layers can be stored in the backpack)
- ☐ Water Bottle
- ☐ Lunch
- ☐ TWO Snacks in jacket pocket
- ☐ Personal needs such as Epipen, Medication, etc. (if your child needs medication during training, please communicate with their coach)



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Make your List!

- ☐ Mittens vs gloves
- ☐ Dress in many layers
- ☐ Stack up on hand and toe warmers!
- ☐ Socks - Ski socks should **not** be worn in car for long drives
- ☐ Neck gaiter & a fleece neck gaiter, balaclava (bring extras!)
- ☐ Sunscreen

[*Check out our blog with pro tips on how to stay warm this winter!](#)



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Summit Cups



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Ski, Snowboard, & Summer Sports
2024-2025 Season

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Summit Cup Events

Summit Cup Events are held on four Sundays throughout the season, and are open only to introductory level athletes.

- ★ Various competitive disciplines
 - GS/SL - Keystone
 - Big Mountain/Moguls - A-Basin
 - Skills Cross (Skier Cross)- Breck
 - Park/Pipe - Copper
- ★ Fact Sheet (logistical information for the upcoming competition)
 - Sent three days prior to the event
- ★ [Dates are on the ITS calendar](#)



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Connecting with Team Summit Colorado

[Teamsummit.org](https://teamsummit.org)

 /Team-Summit-Colorado

 @teamsummit_org

 @team.summit.colorado

coach's.name@teamsummit.org

or

FirstName@teamsummit.org



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FLEXIPANTS!

**[Intro to Team Summit Calendar:](#)
please check often!*

**[Intro to Team Summit Webpage](#)*

**Have cell number of your coach &
make sure your coach has your cell
number.*



Painting of Chris Carson
demonstrating the importance of
flexipants while skiing.

Painting by David Gonzalez
*Auctioned at the 39th Annual Ski Ball



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Questions?



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