



Team Summit Academy: Age Class

10-13 years old

Birth years 2004-2007

Full-time, comprehensive alpine training (Alpine Competition Track)

Regional and National USSA scored events

Team Summit Academy Age Class is a full time program designed to meet the needs of the athlete with the highest level of commitment to the sport, with a year-round focus, who wish to integrate their academic and athletic life without compromising either. Team Summit's Academy program is designed to exceed the quality of other full-time programs available in the region in terms of volume, training venue opportunities, coaching professionalism, and value. It is for those athletes seeking to reach the highest levels of regional and national ski racing available for U12 and U14 competition. This is the level where we begin to seek a strong partnership between athletes, coaches, parents, and the greater skiing community.

Training and Competitions

Dryland for the Age Class Academy begins in September and on-snow training begins in October, weather permitting. Athletes compete in RMD Age Class competition series. For those attending school in the county, 5-6 day per week training during the school year is supported with optional van service before training and drop-off after. Daily video analysis and online availability are a given.

Skills / activities introduced and emphasized:

- Knee and joint stabilization in motion
- Individualized drill progressions
- Advanced tactics (age-specific)
- Advanced situational technique
- Speed work and dynamic aerodynamics
- Mental strategies, developing a personal routine
- Advanced tuning
- Self-honesty
- Breaking down a course, making a plan, and execution
- Assessing different surfaces and tailoring tactics and technique to suit
- Tuning tutorials and techniques
- Nutrition
- Repetition, repetition, repetition



Requirements

- [USSA Competition License](#)
- Copper Mtn. season pass (\$75 through Team Summit Colorado)
- Epic Pass (Discounted through Team Summit Colorado)
- U14 and below, at least one pair of skis for each event, and free skis. Race boots with consultation from coach prior to purchase. Race fit. Footbeds highly recommended.

For more information contact cb@teamsummit.org