



## **Team Summit Academy: FIS**

16 years old and older  
Birth years 2002 and earlier  
Full-time, comprehensive alpine training (Alpine Competition Track)  
Regional, National, and International USSA and FIS scored events

Team Summit Academy: FIS is a full time, year-round program designed to meet the needs of the athlete with the highest level of commitment to the sport who wishes to integrate their academic and athletic life without compromise.

The Academy FIS program is designed to provide the coaching, training and competition opportunities needed by those athletes seeking to succeed at the highest levels of regional, national and international ski racing available for FIS competitors. Training will focus on intensive physical conditioning, advanced technique and tactics, athleticism and adaptability.

Positive outcomes require a significant commitment and strong partnership between athletes, coaches and parents.

A season stretching from October to June, variety of training venues and consistently high-quality training conditions provide unparalleled value.

### **Training and Competitions**

Organized conditioning for the FIS Academy begins in September and on-snow training begins in October. For those attending school in Summit County, mid-week training during the school year is supported with optional van service before training and drop-off after.

Competitions include divisional, regional and national FIS series and international competitions when qualified.

### **Skills / activities introduced and emphasized:**

- Intensive Conditioning
- Free-skiing
- Directed free-skiing
- Drill progressions
- Situational training
- Section and full-length training
- Extensive timed training
- Race simulation
- Speed skills mastery
- Regular video analysis
- Inspection proficiency
- Competition strategies
- Equipment testing, selection and configuration
- Athletic lifestyle
  
- Self-awareness
- Responsibility
- Integrity
- Teamwork



## Requirements

- USSA Competition License
- FIS License
- Copper Mtn. season pass (Discounted through Team Summit Colorado)
- Epic Pass (Discounted through Team Summit Colorado)
- Free-skiing skis, two pairs of SL and GS skis, at least one pair of SG skis and DH skis if planning on participating in DH Events
- Race boots with proper race fit and alignment
- Helmet for all skiing
- Chin guard for SL, mouth guard and cut resistant base layer strongly recommended

[Register here](#)

For more information contact [aldo@teamsummit.org](mailto:aldo@teamsummit.org)