



Team Summit Academy: U16

14-15 years old
Birth years 2003-2004
Full-time, comprehensive alpine training (Alpine Competition Track)
Divisional, Regional and National USSA scored events

Team Summit Academy: U16 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 U16 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 U16 competitors. Training will focus on introduction to structured conditioning methods, fundamental 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 U16 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 USSA Sync series and regional, national or international events when qualified.

Skills / activities introduced and emphasized:

- Conditioning
- Free-skiing
- Directed free-skiing
- Drill progressions
- Section and full-length training
- Regular timed training
- Race simulation
- Speed skills development
- Periodic video analysis
- Inspection skills
- Equipment maintenance
- In season conditioning

- Self-awareness
- Responsibility
- Integrity
- Teamwork



Requirements

- USSA Competition 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 SYNC Series and championship 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