



USSA SYNC Series Team

14-18 years old
Birth years 2000 - 2004
Part time, alpine training (Alpine Competition Track)
Divisional and Regional USSA Scored Events

The USSA SYNC Series team is a part time program designed to meet the needs of the athlete interested in improving their alpine racing skills either as a way to augment their high school racing career or who still intends to track to a full time program. It is for those athletes primarily seeking to compete at the divisional level in USSA scored races. Training will focus on basic technique and tactics.

Training and Competitions

On snow training begins when our host resorts open for the season and participants train on Friday, Saturday and Sunday.

Friday night training is available at Keystone for our front range members with Wednesday night training available as an add-on. For those attending school in Summit County, Friday training during the school year is supported with optional van service before training and drop-off after.

Competitions include USSA Sync Series, select additional divisional USSA sanctioned races and regional events when qualified.

Skills / activities introduced and emphasized:

- Free-skiing
- Directed free-skiing
- Drill progressions
- Section and full-length training
- Periodic timed training
- Speed elements exposure
- Select video analysis
- Inspection practice
- Equipment care

- 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, one to two pairs of SL and GS skis and SG/DH skis if planning on participating in SYNC Series Speed 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