

A day in the life of a Moguls Academy Athlete



Your head coach will be your main point of contact throughout the season but expect feedback from individual coaches.

Available Training Days:

Friday (optional) 1:00-3:30

Saturdays and Sundays 8:30-3:00

Training will be held at resorts:

Arapahoe Basin, Copper, Keystone, and Breckenridge.

For more information visit our logistics page.

Team: Your athlete will be assigned a coach approximately two weeks prior to the start of the season. Athletes are grouped by age and ability and will have a chance to ski with several coaches throughout the season to prepare for upcoming events.

Morning

8:00 am - Arrival at ski area. Arrive early to avoid stress. Well rested and well nourished

8:15 am - Gear up! boots, gloves, facemask, helmet/goggles sunscreen and properly adjusted and tuned skis. Snackbar in jacket.

8:25 am - Head out to snow for coach greeting

8:30 am - Get in line for lift

8:45 am - Warm-up lap/Group stretch/Warm-up lap

9:00 am - 1st AM Training: Introduction of skill for the day and explanation of relation

10:15 am - 2nd AM Training: Execution of skill for the day

Lunch

12:00 pm - Lunch, water, restroom break

12:30 pm - Gear up for PM training

12:45 pm - Stretch/morning recap

12:55 pm - Get in line for lift

Afternoon

1:05 pm - PM Training: Skill for the day and its incorporation to directed freeskiing or venue work

2:25 pm - Full day recap and cool down

3:00 pm - Parent pick-up/debrief

On own time - Tune Skiers for next training day