

## Quantum Mogul



**Brandon Denker ripping at El Colorado, Chile**

Quantum Winter Sports Club offers mogul programs for all levels and abilities of athletes from rookie skiers just learning to shred the bumps to FIS level competitors seeking the chance to represent their country across the globe. With venues at Breckenridge and Arapahoe Basin and with camps abroad in Chile and Switzerland, Quantum offers the best on snow scenario anywhere. Quantum coaches are dedicated to providing the best support and knowledge to athletes and to helping them realize their vision, achieve their dreams, and fuel their passion for skiing.



## Coaching Staff:

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### **Program Director/Head Coach John Dowling:**



**Coach Dowling hucking at the Basin**

John has coached moguls in Summit county for 20 years starting with Team Breckenridge in 1989, then coaching for the Canadian World Cup team in '99 and '00, then with Team Summit from '01 to '09. Over that time, 20 of his athletes have gone on to the US and other World Cup Mogul Teams: Anne Dowling, Rick Emerson, Chris Dropps, Craig Spurdle, Cindy Burkart, Bark Robinson, Evan Dybvig ('98 & '02 Olympics), Heather Ning, Lindley Hord, Alex Wilson ('98 Olympics), Tami Bradley ('02 Olympics), Luke Westerlund, Mike Friedberg, Evan Rapps, Jeremy Bloom ('02 & '06 Olympics), David Babic, Heather McPhie, Toby Dawson (Bronze Medal '06 Olympics), Ellen Shields, Mikaela Matthews

**Current US Team skier David Babic training in Switzerland**



John has designed a comprehensive training program featuring innovative training concepts and perspectives to help athletes achieve their highest potential. John was the first to devise a year round training calendar complete with Spring camp in Arapahoe, Summer in Chile, and Fall in Zermatt, Switzerland. From working with former US Team trainer Chris Hughes to collaborating with US Team and Canadian Team technical coaches and sport psychologist Eleanor Lazer, he has gained a broad knowledge of sport theory and science and how it applies in specific applications.

**Coach: Riley Campbell:** Riley competed on the RMD tour for the past 10 years and has trained with Team Summit and Telluride. He has extensive knowledge of the tour with travels all over the country and to Switzerland, Canada, and Chile. Fresh from the competition scene, Riley has a keen insight on the athlete perspective. He's up to date with the latest training techniques and tactics. A current student at CU, Riley is psyched to be back on snow and leading the new wave of mogul talent. Riley is an innate communicator and his passion and energy for the sport made him RMD's Sportsman of the year and earned him a top 3 at Jr Nationals '07 and many other podiums along the way.

**Coach: Cooper Golding** A former Nor-Am and national level competitor, Cooper hails from Squaw Valley, and is now a senior attending college at CU Boulder. Cooper brings years of competitive experience to Quantum and new perspectives from the West.

## Snow Training Sites:

**Breckenridge:** Home to World Cup competitions from '81 to '96 Breckenridge alone has 5 sites that have served as World Cup Mogul venues: American, Peerless, the fabled 'Mach 1', Solitude and Amen. These are the trails where Olympians Toby Dawson, Jeremy Bloom, Evan Dybvig and Alex Wilson cut their chops. Quantum trains primarily on Peerless, Mach 1 and Solitude.

**Arapahoe Basin:** The Basin offers some of the earliest and latest skiing in the nation, starting with openings in mid to late October and closings in June or even July. Quantum starts the year at the Basin with Early Season Training and some of the first access to snow in October and then extends the year to Spring Camps in May featuring top US Team talent. Again in '10, Arapahoe Basin is bidding to host one of only two US Nor-Am events.



Kris Pepe, Zermatt Training Camp

## Programs:

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<b>Program</b>	<b>Tuition Cost</b>	<b>Start Date</b>	<b>End Date</b>	<b>Training Days</b>
<b>Full Time High School</b>	\$3750	Sept 1	April 11	4-5 Days/wk. all holidays. comps
<b>Full Time FIS Sr</b>	\$3300	Oct 1	April 11	4-5 Days/wk all holidays, RMD & FIS comps
<b>Full Time Middle School</b>	\$3400	Oct 1		4 days/Wk plus all holidays, RMD & USSA event training days and comps
<b>Weekend RMD Competition Moguls</b>	\$2700	Oct 1	April 11	Weekends plus all school holidays RMD & USSA event training days and comps
<b>Rippers/Mogul Development Weekend (Rippers)</b>	\$1350	Oct 17	March 31	Weekends, Thanksgiving and X-Mas camps and Devo Series Events
<b>Rippers Saturday Mogul</b>	\$815	Oct 17	March 31	Saturdays and Devo Series Events



**Eric Haywood Shredding the Pow**

## Rippers: Development Moguls

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Rippers/Development Mogul: Age 8-13

Dryland Training: Oct 17-Nov 19

Snow Training: Nov 21- March 31

Orientation: Nov 21



**2 Time JOs Champ Jordan Poyfair at age 13**

Rippers/Development The mountain is a big place and most of it isn't groomed. Rippers teaches kids to embrace challenge, expand their abilities, and have fun skiing the whole mountain. Coaches introduce skills, tactics and concepts for skiing, moguls, and jumping, as well as mountain safety and the competition environment. Dryland training focuses on trampoline basics and general conditioning. On snow sessions include drills for skills, freeskiing, mogul course training, and jumping sessions. Skiers learn to approach skiing as sport: goal setting, conditioning, nutrition and healthy approach to the competitive arena. Weekend Rippers (2 days, Sat & Sun) program offers young skiers the opportunity to carry over skills from one day to the next and make big advances.

## Weekend RMD Competition Moguls

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Weekend Competition Moguls: Age 13-18

Dryland Training Season: Sept 15 - Oct 31

Snow Season: Oct 24 - April 11

Orientation: October 24

Training includes Saturdays & Sundays and all school holidays, plus any additional training days at competitions.

Competition moguls programs focus on preparation and performance on the RMD tour. Coaches teach competitive skiers to approach skiing as sport: physical conditioning, nutrition, mental training, goal setting, skill development, competition strategy and performance evaluation. Competitive athletes create a vision for their skiing, embracing challenges and expanding their capacities. Training runs the gamut from basic drills to visualization techniques, attaining peak performance, performance analysis and competition strategy. Freeskiing and rat-packing also play a role in becoming a complete skier. Training and competition analysis rely heavily on video review. Athletes keep a training journal for physical and ski training (as well as for competition). Coaches meet with athletes to review, assess and revise goals & performance.

Camps and Additional Trainings: Competitive level skiers are strongly advised to take part in water ramp training, physical conditioning program, & Spring and Summer Camps.



**David Babic's patented D-Spin**

## Full Time Programs: High School, Middle School, FIS

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Dryland Training Season: Sept 1 - Oct 31

Snow Season: Oct 24 - April 11

Orientation: October 24

Training includes Saturdays & Sundays and all school holidays, plus any additional training days at competitions.

Dryland

Full time competition programs are geared for highly competitive athletes and offer complete training and competition support. Athletes and coaches work closely on long term and daily planning, execution, analysis and review. Full time athletes bear greater responsibility for course work and maintenance as well as leadership roles on the team.

Camps and additional trainings: Summer Camp, Fall Camp, Water Ramp training



**Whitney Henceroth coming in for a landing**