

## 2009/2010 Program Information

In order to maintain the highest quality program(s), TBSC does have a maximum number of athletes allowed per program and cannot accept membership applications in excess of our membership and program maximums. New members, please contact us for details. Thank you for your interest.

### Alpine Devo Programs (6-12 years)

### Alpine Age Class Programs (9-14 years)

### Alpine Ability Program (15 years and older)

### Alpine Masters Program

### Freeride Program ([Download Program Description PDF](#))

### Moqul Program ([Download Program Description PDF](#))

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## Alpine Devo Programs:

**Devo**, Ages 6- 12; The TBSC Devo program provides an emphasis on alpine ski competition. It is expected that these athletes have been introduced to some of the skills required in ski racing and should feel very comfortable skiing blue runs. An athlete in this program can expect to compete in approximately four to five one day races in Summit County in the Summit Cup Series as well as additional one-day races on the road outside Summit County.

This program meets every Saturday beginning in December and goes through the third week in March. Fees include coaching during training days and selected YSL competitions, additional winter training camps, entries to the Summit Cup race series and membership to the Team Breckenridge Sports Club. A Part-Time program is also available interested in only attending only one half of the sessions for the season. Please email [quanutmsportsclub@gmail.com](mailto:quanutmsportsclub@gmail.com) Attention: Teresa De Silva Caveny for more information.

**Devo Team**, Ages 7 -12; This program is offered by invitation only for our most committed YSL athletes and begins in November and continues through March.

**Additional Training Opportunities** – TBSC encourages our membership to participate in as much training as possible during the year. TBSC offers a **Daily Fee Punch Card** for member access to ADDITIONAL training opportunities above and beyond your enrolled program. *{The daily fee and punch card is not meant to replace a current TBSC program or programs. Any member or non-member abusing the use of this daily fee may be asked to discontinue training or upgrade to a more appropriate program. The TBSC board has the right to review all daily training fees and punch card purchases and has full discretion to revoke training privileges if it is determined that an abuse has occurred or a member is not in good standing}*

## Alpine Age Class Programs:

**Weekend Age Class** - This program is for the athlete who is between 9 and 14 years old by the end of the year and who wants to train two days a week. Athletes will be welcome to attend USSA events that TBSC participates in and that you are qualified for. This program also offers select Friday evening sessions at Keystone. Holidays and a holiday December Camp are included in the cost of this program. This program begins November 7<sup>th</sup> and goes through March 27<sup>th</sup>.

**5-Day Age Class** - This program is for the athlete who is between 11 and 14 years old by the end of the year and who would like to pursue a higher level of ski racing. This program also offers select Friday evening sessions at Keystone. Holidays and a holiday December Camp are included in the cost of this program. This program begins November 7<sup>th</sup> and goes through March 27<sup>th</sup>.

**Fall Program** - This program is an add-on for all age class and weekend ability programs that provides access to our fall and spring physical conditioning training and all early season skiing at A-Basin. This program begins September 7<sup>th</sup> and goes through April 17<sup>th</sup>.

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## **Ability Programs (15 and older)**

**Weekend Ability** - This program is for the athlete who is 15 or older by the end of the year and who wants to train two days a week (usually the weekend days). Athletes are welcome to attend any USSA event that TBSC participates in and that they are qualified for. In addition, members are welcome to attend any training days that school is not in session. Different school districts may take different days off for holidays and vacations, however members can attend training when your school is not in session. This program begins November 7<sup>th</sup> and goes through March 27<sup>th</sup>.

**Full Time Ability Program** - This program is for the athlete who is in pursuit of a higher level of ski racing. This program gives athletes access to all TBSC training sessions, however this does not necessarily mean that members will be attending every session on the hill or dryland training seven days a week. It does mean that members are welcome to work in a schedule that allows each to dedicate the time and energy necessary to reach their potential in ski racing. This program begins September 5 and goes through April 17<sup>th</sup>.

**Elite Ability Program** - This program is for the athlete who is in pursuit of the highest level of ski racing. This program is for athletes that have reached the most elite levels of competition and require an uncompromised training and racing schedule. This is a year around program. (Qualified athletes only)

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## **Alpine Masters**

Team Breckenridge Sports Club Masters is a training program designed for racers 21 years and over, who are looking for high quality training. The cost for this program is TBD. Please contact TBSC if you have interest in participation.

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## Freeride Programs

[\(Download Freeride Program Description\)](#)

The goal of our program is to train athletes to become the next generation of professional skiers in a safe and controlled environment. With the growing participation in new school skiing, athletes need organized training to compete at the top level. Whether you are looking for X Games gold or just great all around skiing skills TBSC Freeride is for you. The athletes will learn vital skills in all disciplines of New School skiing including terrain park, big mountain and moguls.

**Devo freeride:** Saturday only, Ages 7 to 12, Skill level - Intermediate

Objective: Teach young athletes to ski the whole mountain with ease. Utilizing freeride techniques to successfully navigate groomers, moguls, trees, powder, steeps and terrain parks. Fun all mountain skiing with the emphasis on skill development and progression. Our dedicated coaching staff are either PSIA or USSA certified instructors. This is the best all mountain skiing experience for young skiers.

**Intro to Freeride:** Saturday only, Ages 10 and above, Skill level - Advanced intermediate

Objective: Introduce more advanced athletes to the extreme nature of freeride skiing. This program is not competition based. If your athlete needs a few more seasons to be prepared for contests then this program is for you. Emphasis on more advanced freeride techniques for even better navigation of everything the mountain has to offer. PSIA or USSA certified instructors. This program will inspire an athlete's passion for skiing and make him or her a skier for life.

**Freeride Elite:** (Competition), Saturday and contest days, Ages 10 and above, Skill Level - Advanced

Objective: Competition based program to take your skiing to the next level. The highly acclaimed coaching staff teaches all aspects of competitive skiing including mental preparation, skill development and on course strategies. If you want to be the next X Games athlete then this is for you. USSA, USASA, open competitions and even big mountain events. We do it all.

**Full time Freeride:** 3 days a week plus contests, Middle School and High School athletes early release.

Senior athletes. Please email head coach Chris Hawks at <mailto:HAWKSAIR@aol.com> for more information.

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## Mogul Programs

[\(Download Mogul Program Description PDF\)](#)

Team Breckenridge 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, TBSC offers the best on snow scenario anywhere. TBSC 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.

### 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. TBSC 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. TBSC 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.

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### **Rippers: Development Moguls**

*Rippers/Development Mogul: Age 8-13*

*Dryland Training: Oct 17-Nov 19*

*Snow Training: Nov 21- March 31*

*Orientation: Nov 21*

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.

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### **Weekend Competition Moguls**

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.

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

*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.

[\(Download Mogul Program Description PDF\)](#)