



Team Breckenridge Sports Club (TBK) 2020-2021 Program Guide

Welcome to Team Breck Sports Club Program Guide. In this guide you will find information regarding each program Team Breck Sports Club offers to our athletes. We hope this helps you better understand in depth what each program offers.

Team Breckenridge Sports Club Mission Statement

It is our mission to provide our youth athletes with a positive environment and balanced guidance that fosters self-confidence, embraces goals, and nurtures a lifelong love for the mountains and snow sports!

Athlete Referrals Program

We are asking our membership to help us bring on new athletes. Any referrals will result in \$200 credit per family referred. Just let the family you refer know to submit your name as referrer when they register. Referral checks are granted back to membership by January 15th.

Multi Athlete Family Discount Program

At the time of registration, a family that is registering more than one athlete will receive a refund amount of \$50 for each additional athlete (\$50 for 2, \$100 for 3, \$150 for 4).

Uniforms

All athletes are required to wear an official Team Breckenridge Sports Club Jacket. This can be purchased after completion of the registration process, or you can utilize your TBK previous year jacket that you have, or purchase from another family. Contact uniforms@teambrecksportsclub.com for more information.

Work Deposit and Volunteer Opportunities

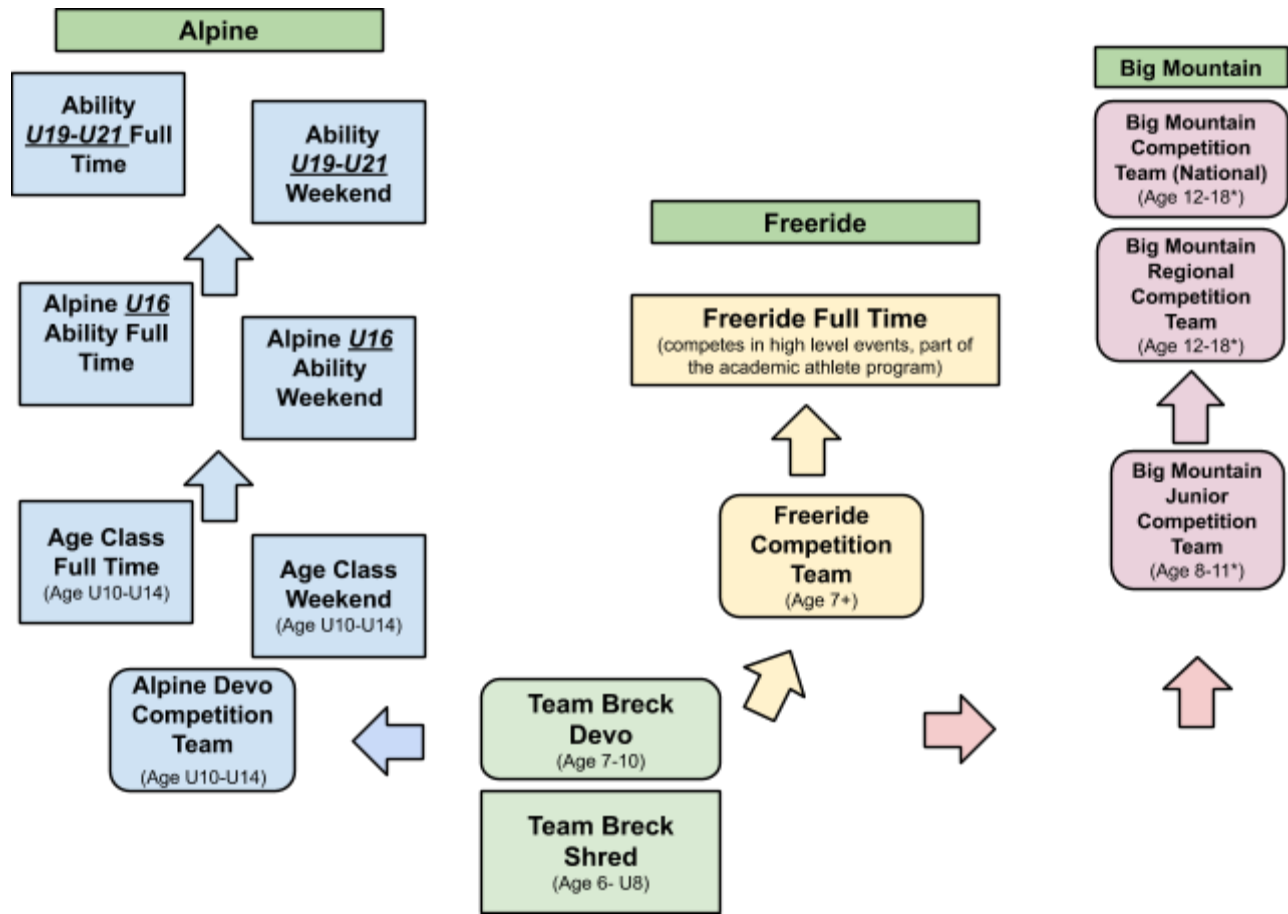
Team Breckenridge is a non-profit, and could not survive without our dedicated parents and community members volunteer support. In order to help assure that the club receives the required volunteer support, a Work Deposit (WD) is collected annually from each family member at the time of registration (one work deposit per family). More information can be found in the TBK Handbook and on the website.

Program Fee Chart and TBK Handbook

The program chart is a great tool to see how each Team Breck Sports Club program is organized.

The Handbook has program policies and procedures.

TBK Program Flow Chart



ALPINE, FREERIDE AND BIG MOUNTAIN DEVELOPMENT PROGRAMS

TEAM BRECK SHRED: Age: U8 - 5 ½ to 7*

Team Breck Shred is an accelerated introduction to Alpine/Freeride/Big Mountain skiing through specific and fun skill and training progressions. Athletes will also learn about all mountain safety and team unity. This program meets on Saturdays beginning in early December through the third week in March.

- Minimum Requirements: PSIA level 7 or higher. Ability to stop by themselves, comfortable with lift access, enthusiastic blue-black run skier.
- Athletes need alpine ski equipment including helmets and ski poles.
- Athletes can be 5 1/2 turning 6 by 12/31 and must be ready to ski without their parents - willingly leave the meeting area with their coaches.
 - * *Some age exceptions accepted upon reference. Please contact Admin@teambrecksportsclub.com*
- General USSA Membership is required
- Progressions: Alpine: Dec 5-Jan 9, Park & Pipe: Jan 16- Feb 20, Big Mountain: Feb 27- March 27. Holiday Camps by invite only. Program times: Saturday 8:30 to 1:30 Based on Peak 9 (Beaver Run)
- Some training days will be held in Keystone

An athlete and parent orientation is required

An athlete in this program will have the opportunity to participate in Alpine, Park & Pipe and Big Mountain skiing. The athlete will also have the opportunity to participate in the Summit Cup Race Series. The Team Breck Shred Athlete can advance to the Team Breck Devo Program. This program includes coaching during all training and competition days, a team jacket is required.

| Program Name | Age | Start Date | End Date | Training Days | Program Fee | Work Deposit |
|------------------|-----|------------|----------|--|-------------|--------------|
| Team Breck Shred | U8 | Dec-5 | Mar-27 | 17 Saturdays , , Intro to Team Breck Alpine Skills Progression/USSA Skills Quest, Park & Pipe / Big Mountain, Team Breck Cup fun race and Summit Cups, Youth Ski League by Invitation and Interest. Make up days offered, Minimum age: 5 1/2, turning 6 by 12/31. Holiday Camps by invite only. Program times; Saturday 8:30 to 1:30 | \$1,325 | \$300 |

Team Breck Devo Age: U8 to U14 (7 to 13)

The Team Breck Devo program introduces, progresses and evaluates young athletes in skiing skills, competition, all mountain skiing, and freeski skill development in an accelerated and fun learning environment. These athletes will also learn about all mountain safety, awareness, and team unity.

- Minimum Requirements: PSIA level 7 or higher. comfortable with lift access, enthusiastic blue-black run skier.
- Athletes need alpine ski equipment including helmets and ski poles.

- General USSA Membership is required
- Progressions: Alpine: Dec 5-Jan 9, Park & Pipe: Jan 16- Feb 20, Big Mountain: Feb 27- March 27. Holiday Camps by invite only. Program times: Saturday 8:30 to 2:30 Based on Peak 9 (Beaver Run)
- Some training days will be held in Keystone

This program meets on **Saturdays**, beginning in early December through the third week in March, entailing approximately; 17 Saturdays, Intro to Team Alpine Skills Progression/USSA Skills Quest, Park & Pipe and Big Mountain. Team Breck Cup fun alpine race and Summit Cups by interest. Progressions: Alpine: Dec 5-Jan 9, Park & Pipe: Jan 16- Feb 20, Big Mountain: Feb 27- March 27. Holiday camps by invite only. Program times: Saturday 8:30 to 2:30 Based on Peak 9 (Beaver Run) . Athletes entering this program must be comfortable **parallel** skiers on blue-black runs or a level 7-8. Team jackets are required

Our dedicated coaches are either PSIA or USSA certified instructors/coaches. We have “Major League Fun!”

- Saturdays

| <i>Program Name</i> | <i>Age</i> | <i>Start Date</i> | <i>End Date</i> | <i>Training Days</i> | <i>Program Fee</i> | <i>Work Deposit</i> |
|---------------------|------------|-------------------|-----------------|--|--------------------|---------------------|
| Team Breck Devo | U10-U12 | Dec-5 | Mar-27 | 17 Saturdays , Intro to Team Alpine Skills Progression/USSA Skills Quest, Park & Pipe and Big Mountain. Team Breck Cup fun alpine race and Summit Cups by interest. Progressions: Alpine: Dec 5-Jan 9, Park & Pipe: Jan 16- Feb 20, Big Mountain: Feb 27- March 27. Holiday camps by invite only. Program times: Saturday 8:30 to 2:30 Based on Peak 9 | \$1,795 | \$300 |

ALPINE DEVO COMPETITION TEAM Age: U10, U12, U14 (13 and younger)

Alpine Devo Competition Team (Saturday and ½ day Sunday's)

- This invitation only program is designed for athletes wanting to take their skills and competitive abilities to the highest level of skiing in the Rocky Mountain development system and Youth Ski League race series.
- The Alpine Devo Comp Team starts in mid November, ending in March. Approximately 50% skill development, intro to skills quest/gate race and training, and 50% all mountain ski skills.
- Athletes will have the opportunity to participate in the Youth Ski League (YSL) Alpine race series (YSL Championship Event hosted in Winter Park this season) .

- Holiday training camps are also included and most races are held on Sundays. Coaching is provided for all training days, competitions, additional winter training camps.
- Athletes are required to have a USSA Alpine Competitor License.
- Many athletes may advance to USSA (United Ski & Snowboard Association) Alpine Ski Age Class programs from the Devo Comp program, by invitation.
- Athlete and parent orientation is required in November.

Our dedicated coaches are either PSIA or USSA certified instructors/coaches.

We build, develop, and grow great winter sport athletes and have “Major League Fun!”

- Saturday and ½ day Sunday, holiday camps++
- 50% skill development, intro to skills quest/gate training, and 50% all mountain ski skills.

| <i>Program Name</i> | <i>Age</i> | <i>Start Date</i> | <i>End Date</i> | <i>Training Days</i> | <i>Program Fee</i> | <i>Work Deposit</i> |
|------------------------------|-------------|-------------------|-----------------|--|--------------------|---------------------|
| Alpine Devo Competition Team | U10-U12-U14 | Nov-28 | Mar-28 | 18 Sat/ 18 Sun-am, Holiday camps , Youth Ski League Race Series, Team Breck Skills Progression/USSA Skills Quest, Specified Keystone night sessions, this program will prepare athletes to advance to Alpine Age Class or advance to the higher level Freeride or Big Mountain program's. Program times - Saturday: 8:30 to 2:30 pm, Sunday: 8:30 to 12:00pm. (some extended sessions maybe offered) (Athletes are required to have the Competitor Membership) | \$2,695 | \$300 |

* By Invite or referral required.

FREERIDE

The goal of the Freeride program is to train athletes to become the next generation of professional skiers in a safe and controlled environment. A few of our premiere athletes include; Mark Nowakiwsky, Emilia Wint, Ethan Swadburg, Cody Cirillo, Kai George, Levi Asher, and Greg Spalding. With the growing participation in new school skiing, athletes need organized training to compete at the top level. Whether an athlete is looking for Olympic Gold, X Games Gold or just great all around skiing skills Team Breckenridge Sports Club Freeride is a great place to train. Athletes will learn vital skills in all disciplines of freeride skiing including terrain park, big mountain and moguls. We produce “Skiers For Life”.

FREERIDE COMPETITION TEAM: Age: 7+

The Freeride Competition Team is the ultimate freeskiing experience. If your goals are to become the best freeskiier in the world let our experienced coaching staff make this a reality. Utilizing the world class terrain park features of Park Lane to the professional size and quality of Freeway you will excel to the top of the sport.

Our philosophy of “Great skiers make great Jumpers” is also stressed in this program. All mountain skiing, moguls, powder etc. will be emphasized. The Freeride Competition Team is the

best way to take your skiing to the next level. The athletes of the weekend team train using a proven coaching system that has produced successful athletes for over 17 years. Our alumni include both USSA and USASA National Champions, Dew Tour Athletes and X games medalists. Athletes learn all aspects of Freeride skiing in a fun, safe and highly structured setting. Our highly acclaimed coaching staff evaluates each athlete individually in order to plan a path for their success. Coaching is provided for all training days, competitions, additional winter training camps. On snow devo orientation is required in November.

- 16 Saturdays, 8 Sundays, plus additional Holiday Camp Opportunities
- This is the Competition Terrain Park team.
- Age requirement, based on ability, experience and coach assessment
- Scheduled Rocky Mountain Series USASA competition opportunities included.
- Higher level events (example USSA Nationals, Rev tour, Norams) will incur an additional fee as per the Contest Travel Cost Sharing Criteria. This also includes any event that requires longer travel and multiple day events. This is based on an industry standard for ski teams.
- Freeski Competitor U11 and under: \$65
- Freeski Competitor U13: \$100
- Freeski Competitor U15 & over: \$170

| <i>Program Name</i> | <i>Age</i> | <i>Start Date</i> | <i>End Date</i> | <i>Training Days</i> | <i>Program Fee</i> | <i>Work Deposit</i> |
|---------------------------|------------|-------------------|-----------------|--|--------------------|---------------------|
| Freeride Competition Team | 7+ | Dec-7 | Mar-28 | 16 Saturdays, 8 Sundays, Additional Holiday Camp Days, Regional USASA Competition Opportunities (Norams, Aspen Open, Rev tour and USSA Nationals, etc) require a surcharge per the Contest Travel Cost Sharing Criteria. | \$2,545 | \$300 |

FREERIDE FULL-TIME:

The Freeride Full-Time is for the athletes that have decided to dedicate their time and complete athletic efforts to terrain park skiing. The Freeride Full-Time Team trains mid-week and on Saturdays, and 8 Sundays. The Freeride Full-Time Team is for any athlete and ability that wants to put an emphasis on competition skills. We utilize the World Class terrain parks of Breckenridge and Keystone plus additional workouts at Woodward at Copper.

- Every Tues, Thurs, Fri, Sat and 8 Sunday
- Holiday Camp Days
- Scheduled Rocky Mountain Series USASA Competitions
- Includes full time conditioning starting 9/8
- 90% terrain park, 10% all mountain skiing
- Most experienced competition coaches.
- No age requirement, based on ability, experience and coach assessment

All coaches are US Ski & Snowboard certified.

All levels of competition are available: USSS, USASA, Rev Tour, World Cup, Open competitions.

Competition is not mandatory, but an available option for additional fees. (*athlete entry fees and travel not included in program fees*).

Contest Travel Cost Sharing Criteria will be utilized for all higher level events. This includes events that require longer travel or multiple days of competition. This is the industry standard and common on all team.

Athletes are introduced to proper mental preparation, skill development, and on course strategies to better their success.

Proper all-mountain skiing skills are emphasized. Remember, “great skiers, make great jumpers”.

Freeski Competitor U11 and under: \$65

Freeski Competitor U13: \$100

Freeski Competitor U15 & over: \$170

| <i>Program Name</i> | <i>Age</i> | <i>Start Date</i> | <i>End Date</i> | <i>Training Days</i> | <i>Program Fee</i> | <i>Work Deposit</i> |
|---------------------|------------|-------------------|-----------------|--|--------------------|---------------------|
| Freeride Full-Time | 10+ | Sep-7 | Apr-11 | Every Tues,Wed,Fri,Sat, 8 Sundays, Additional Holiday Camp Days, Plus 4-5 Regional USASA Competitions. Includes conditioning and early season skiing Sept 6- Nov 7 All higher level events (Norams, Aspen Open, Rev Tour, USSA Nationals, etc) require a surcharge for each event as per the Contest Travel Cost Sharing Criteria. | \$4,545 | \$300 |

BIG MOUNTAIN

Big Mountain Teams operate under our Freeride umbrella. Please see below for exciting changes in our Big Mountain Teams, as this part of the sport continues to grow and develop as a competitive program around ski communities!

BIG MOUNTAIN JUNIOR COMPETITION TEAM: Age 8-11

For athletes interested in competing in Jr. Big Mountain Competitions, Freeski Jr. League, this program will allow you to train for regional Big Mountain competitions. This team's objective is to teach young athletes to ski the whole mountain with ease. We emphasize fun all mountain skiing with the emphasis on skill development and progression. Our dedicated coaching staff are all IFSA certified and either PSIA or USSA certified instructors. Coaching is provided for all training days, 3 scheduled Colorado Regional IFSA competitions and additional winter training camps. This is the best all mountain skiing experience for young skiers.

- 16 Saturdays, 8 Sundays, Plus additional Holiday Camp Days

- 3 team scheduled Colorado Regional Junior IFSA/ RMFS Competitions included
 - Coaching fees are provided for the 3 scheduled competitions days
 - IFSA Jr Championships incurs an additional fee as per the Contest Travel Cost Sharing Criteria. Industry standard for freeski teams.
 - Athlete Age- 11 and younger as of Jan.1, 2019 (U12 Athletes).

| <i>Program Name</i> | <i>Age</i> | <i>Start Date</i> | <i>End Date</i> | <i>Training Days</i> | <i>Program Fee</i> | <i>Work Deposit</i> |
|--------------------------------------|------------|-------------------|-----------------|---|--------------------|---------------------|
| Big Mountain Junior Competition Team | 8-11* | Dec-7 | Mar-28 | 16 Saturdays, 8 Sundays, Additional Holiday Camp Days, 3 Regional Colorado Junior RMFS competitions coach event fees included****. U12 events - 11 years old or younger on 1-1-19 For Friday training please sign up for Big Mtn Competition Team | \$3,045 | \$300 |

BIG MOUNTAIN REGIONAL COMPETITION TEAM: Age 12-18*

For athletes interested in Regional IFSA Competition Series (those that are interested in national level event need to register for Big Mountain Competition Team). Includes coach and training fees for all training days, and 3 Regional RMFS IFSA Competitions (12-18 year old junior events). We emphasize fun all mountain skiing competition for an athlete wanting to train and compete in Big Mountain skiing, with the emphasis on skill development, progression, and competition. Our dedicated coaching staff are all IFSA certified and either PSIA or USSA instructors. Coaching is provided for all training days, scheduled IFSA Colorado Regional competitions and additional winter training camps

- 16 Saturdays, 8 Sundays
- Additional Holiday Camp Days
- 3 Regional RMFS IFSA competitions
- Coaches event fees included***** 12-18 yrs old events.
- No National event or Fridays. Sign up for Big Mountain Competition Team if you are a National Series competitor or want Friday training.

| <i>Program Name</i> | <i>Age</i> | <i>Start Date</i> | <i>End Date</i> | <i>Training Days</i> | <i>Program Fee</i> | <i>Work Deposit</i> |
|--|------------|-------------------|-----------------|---|--------------------|---------------------|
| Big Mountain Regional Competition Team | 12-18 | Dec-7 | Mar-28 | 16 Saturdays, 8 Sundays, Additional Holiday Camp Days, 3 Regional RMFS IFSA competitions. Coaches event fees included***** 12-18 yrs old events. No National event or Fridays. Sign up for Big Mountain Competition Team if you are a National Series competitor or want Friday training. | \$3,045 | \$300 |

BIG MOUNTAIN COMPETITION TEAM: Age 12-18*

For athletes interested in taking the next step in the Big Mountain competition series. This team is for athletes in the IFSA 12-18 age categories. Big Mountain Competition Team includes

coach and training fees for the 3 scheduled Colorado regional IFSA Competitions (please note entry fees are the athlete's responsibility). We emphasize fun all mountain skiing competition for an athlete wanting to train and compete in Big Mountain skiing, with the emphasis on skill development, progression, and competition. Our dedicated coaching staff are all IFSA certified and either PSIA or USSA instructors. Coaching is provided for all training days, scheduled IFSA Colorado Regional competitions and additional winter training camps. National IFSA events are also available for our most dedicated and advanced freeride skiers. These events will incur an extra charge as per the **Contest Travel Cost Sharing Criteria**. This is an industry standard and common on all teams.

- Every Fri, Sat and 8 Sundays
- Holiday Camp Days
- 3 Regional Colorado Team Scheduled IFSA Competitions. (as per IFSA rules)
- National competitions (available to qualified advanced level competitors) and the IFSA Championship (by invitation only) require an additional fee as per the Contest Travel Cost Sharing Criteria.
- Includes Saturday conditioning as a full time program starting Sept. 8
- Athlete Age- 12 and older as of Jan. 1, 2019 (U12 Athletes).

| <i>Program Name</i> | <i>Age</i> | <i>Start Date</i> | <i>End Date</i> | <i>Training Days</i> | <i>Program Fee</i> | <i>Work Deposit</i> |
|-------------------------------|------------|-------------------|-----------------|---|--------------------|---------------------|
| Big Mountain Competition Team | 12-18* | Dec-7 | Apr-11 | Every Fri/ Sat and 8 Sundays, Additional Holiday Camp Days, 3 Team Scheduled Colorado Regional IFSA Competitions*****. Includes Sat conditioning starting 9/7. National IFSA or out of state contests will require a surcharge as per the Contest Travel Cost Sharing Criteria. | \$3,845 | \$300 |

ALPINE AGE CLASS AND ABILITY

The primary goals of Team Breck Sports Club (TBK) Alpine Age Class and Ability Programs is to cultivate a lifelong passion for the sport of skiing, and athletes; to develop the technical and tactical skill to achieve the goals of the individual skier while develop life skills.

Alpine Programs will emphasize skill development through free skiing in a variety of winter environments while emphasizing the tactical part of ski racing. This exposure and mileage in and out of gates becomes the foundation for all future development and success as an alpine ski racer. We define success at each age grouping by increased individual improvement. The younger age groups focus on fun and the development of basic fundamental athletic skills, strength, technique and stamina. In the U16 and older programs athletes begin to optimize specific sport skills and fitness toward competing in their sport.

Our Age Class and Ability Program is divided into two groups: the Age Class Program for athletes ages 8-13 and the Ability Program for athletes ages 14-19+. Our Age Class and Ability Program also has the opportunity to train Full Time; 3 weekdays and weekends (a 5 day a week

program), and also a Weekend Program. We also offer Spring Camps at A-Basin, Summer Camp, Fall Conditioning, and Early Season On-Snow Camps.

ALPINE AGE CLASS:

Age: U10-U14 (13 and younger)

Team Breckenridge Sports Club is an Age Class Program is designed for the athlete who wants to pursue their competitive racing program within US Ski & Snowboard Age Class race system. The Age Class team participates in the Rocky Mountain (RMD) USSS Age Class races. Races ages are as follows (see age class chart below): U10, U12, U14. U14's also enter the Junior Championship qualifying ladder, and can participate in Scored events in RMD; coach advised. Coaching will focus on ski techniques and race tactics utilizing drills and free skiing with an emphasis on gate training.

The USSS athletes lead coach will recommend race event participation based on skill level, physical fitness, safety and how appropriate the event is for the athlete's racing development. Athletes and parents may decline to participate in any event. Physical conditioning will be offered as an important part of ski racing for both injury prevention and performance enhancement.

- Athletes must be able to commit to weekend and holiday training as applicable to the age group.
- All racers are required to be current members of both the United States Ski & Snowboard and the Rocky Mountain Division (RMD). Register at www.us skiandsnowboard.org
 - Alpine Competitor License is required-
 - Alpine Competitor U12 & under: AGE 0-11 // PRICE \$90
 - Alpine Competitor U14: AGE 12-13 // PRICE \$115
- With a membership, racers receive a competition guide. Parents and racers should read this carefully, pay special attention to the RMD age class section, the racer code of conduct and the alpine rules.
- US Ski & Snowboard requires the use of helmets for racers for all GS and speed events.
- Dryland conditioning takes place September- November on Monday, Tuesday, Friday afternoons and Saturday mornings. Conditioning is included in the full time program, and Sat mornings for the weekend program; weekend athletes can purchase the conditioning punch pass for weekday conditioning.
- Early Season for full time athletes, and weekend athletes (daily rate) begins October 29 (TBD/ Snow Dependent) at A-Basin* and **all** programs start November 10.
- Full Time athletes train 5 Days a Week Training Program (3 weekdays, Sat/Sun), Dec. holiday Camp, select holidays, all race days, includes conditioning and early season skiing Sept 8- Nov 10.

- Weekend Athletes train Sat/Sun, Dec. Holiday Camp, Select Holidays (MLK, President's**), All Races Days. **Includes all school district spring break and other winter break opportunities, depend on training schedules. Friday training opportunities included.
- For more information on Alpine USSA Racing visit www.us skiandsnowboard.org

| USSA Age Chart | | | | | |
|----------------|---------------|-----------|-----------|-----------|-----------|
| Category | Age In Season | 2019-2020 | 2020-2021 | 2021-2022 | 2022-2023 |
| U14 | 13 | 2006 | 2007 | 2008 | 2009 |
| | 12 | 2007 | 2008 | 2009 | 2010 |
| | | | | | |
| U12 | 11 | 2008 | 2009 | 2010 | 2011 |
| | 10 | 2009 | 2010 | 2011 | 2012 |
| | | | | | |
| U10 | 9 | 2010 | 2011 | 2012 | 2013 |
| | 8 | 2011 | 2012 | 2013 | 2014 |

| Program Name | Age | Start Date | End Date | Training Days | Program Fee | Work Deposit |
|----------------------|-----------------|------------|----------|--|-------------|--------------|
| Age Class Weekend ** | U10-U12 -U14 | Nov-10 | Apr-7 | Fri/Sat/Sun, Dec. Holiday Camp, Select Holidays (MLK, President's**), Races Days. Includes Sat conditioning starting 9/10. | \$4,245 | \$300 |
| Age Class Full-Time | U10-U12 -U14 | Sep-8 | May-20 | 5 Days a Week Training Program (3 weekdays, Sat/Sun), Dec. holiday Camp, select holidays. Race days. Includes conditioning Sept 8- Oct 28 and early season skiing Oct 30-Nov10. Includes Spring May Camp | \$5,125 | \$300 |

****Includes all school district spring break opportunities. Does not include other winter breaks. Includes Friday afternoon and Keystone night training opportunities. Includes Sat conditioning starting 9/8, can not be traded for another day. Punch card days available.**

ALPINE ABILITY:

Age: U16+ (14 and older) and U19+

Team Breckenridge Sports Club Ability Program is designed for the athlete who wants to pursue their competitive racing program within FIS and USSA. The U16 Ability Program participates in the US Ski & Snowboard Scored SmartWool race system and Junior Olympic qualifying ladder. U16 race ages for birth years 2003-2004.

The Ability Class U19+, team participates in FIS, FIS NGR, USSS SmartWool, and RC Championship races based on their individual qualifications and recommendations of the coaching staff. Coaching will focus on ski techniques, race tactics, mental preparation, goal setting, and achievement.

The USSS athletes lead coach will recommend race event participation based on skill level, physical fitness, safety and how appropriate the event is for the athlete's racing development. Athletes and parents may decline to participate in any event. Physical conditioning will be offered as an important part of ski racing for both injury prevention and performance enhancement.

- Athletes must be able to commit to weekend and holiday training as applicable to the age group.
- All US Ski & Snowboard racers are required to be current members of both the United States Ski Association (USSA) and the Rocky Mountain Division (RMD). U19 athletes will also need current FIS registration. Register at www.usскиandsnowboard.org
- With a membership, racers receive a competition guide. Parents and racers should read this carefully, pay special attention to the RMD age class section, the racer code of conduct, and the alpine rules.
- US Ski & Snowboard requires the use of helmets for racers for all GS and speed events.
- Dryland conditioning takes place September- November on Monday, Tuesday, Friday afternoons and Saturday mornings. Conditioning is included in the full time program, and Sat mornings for the weekend program; weekend athletes can purchase the conditioning punch pass.
- Early Season for full time athletes, and weekend athletes (daily rate) begins October 29 (TBD/ Snow Dependent) at A-Basin* and all programs start November 10.
- Full Time athletes train 5 Days a Week Training Program (3 weekdays, Sat/Sun), Dec. holiday Camp, select holidays, all race days, includes conditioning and early season skiing Sept 8- Nov 10.
- Weekend Athletes train Sat/Sun, Dec. Holiday Camp, Select Holidays (MLK, Presidents**), All Races Days. **Includes all school district spring break and other winter break opportunities, depend on training schedules. Friday training opportunities included.
- For more information on Alpine USSA Racing visit www.usскиandsnowboard.org

| USSA Age Chart | | | | | |
|----------------|---------------|-----------|-----------|-----------|-----------|
| Category | Age In Season | 2019-2020 | 2020-2021 | 2021-2022 | 2022-2023 |
| U21 | 20 | 2000 | 2001 | 2001 | 2002 |
| | 19 | 2000 | 2001 | 2002 | 2003 |
| | | | | | |

| | | | | | |
|-----|----|------|------|------|------|
| U19 | 18 | 2001 | 2002 | 2003 | 2004 |
| | 17 | 2002 | 2003 | 2004 | 2005 |
| | 16 | 2003 | 2004 | 2005 | 2006 |
| | | | | | |
| U16 | 15 | 2004 | 2005 | 2006 | 2007 |
| | 14 | 2005 | 2006 | 2007 | 2008 |

| Program Name | Age | Start Date | End Date | Training Days | Program Fee | Work Deposit |
|-------------------------|-------------|------------|----------|--|-------------|--------------|
| Ability U16 Weekend ** | U16 | Nov-9 | Apr-5 | Fri/Sat/Sun, Dec. Holiday Camp, Select Holidays (MLK, President's**), Races Days. Includes Sat conditioning starting 9/9. | \$5,245 | \$300 |
| Ability U16 Full-Time | U16 | Sep-7 | May-18 | 5 Days a Week Training Program (3 weekdays, Sat/Sun), Dec. holiday Camp, select holidays. Race days. Includes conditioning, early season skiing and May Camps | \$6,345 | \$300 |
| Ability U19+ Weekend ** | U19- U21 | Nov-9 | Apr-5 | Fri/Sat/Sun, Dec. Holiday Camp, Select Holidays (MLK, President's**), Appropriate USSA and FIS races days. Includes Sat conditioning starting 9/9. | \$6,245 | \$300 |
| Ability U19+ Full-Time | U19- U21 | Sep-7 | May-18 | 5 Days a Week Training Program (3 weekdays, Sat/Sun), Dec. holiday Camp, select holidays. USSA, and appropriate FIS Series race days. Includes conditioning, early season skiing and May Camps | \$7,545 | \$300 |

****Includes all school district spring break opportunities. Does not include other winter breaks. Includes Friday afternoon and Keystone night training opportunities. Includes Sat conditioning starting 9/8, can not be traded for another day. Punch card days available.**

Other Age Class/ Ability Program Add On:

Transportation Options:

You can pre-purchase van transportation passes. Departure will be from "The Shop" (Armstrong Concrete on Continental Court) each day. The rates are for one way. The season pass and daily rate include transportation to and from the following areas: Keystone, Loveland, Copper Mountain and A-Basin. Athletes without a prepaid card will be required to pay the single day ride rate Passes MUST be purchased prior.

| Van | Price | Description |
|-----------------|---------------|--|
| Van Daily Rate | \$10 each way | Must purchase prior. |
| Van Season Pass | \$325 | Includes all van rides from Oct- May. No refunds for unused punches. |

Fall/Spring Program

The fall conditioning and early season training is now included in the *Full Time Programs*. Fall Conditioning, starting Sept 8 and Early Season Training, starts Oct. 29th (TBD/ depend on snow and weather conditions). For weekend athletes, conditioning on Sat mornings is included in training fee, all other days will need a punch card. See program and charts below.

| Member Add Ons *** (Alpine / Freeride) | | |
|---|--|--------------|
| Member On-Hill Daily Rate | Additional training days. Devo by invitation only. Must be purchased in advance. | \$80 |
| Conditioning Daily Rate | Non full time athletes conditioning. | \$25 |
| Alpine Member Add Ons | | |
| Van Daily Rate | Must purchase prior. | \$20 |
| Van Season Pass | Includes all van rides from Oct- May. | \$325 |
| Boot Work Evaluations | Contact Chuck Roth Nov 1- Dec16 | |
| Boot Work/ Cants | To be paid prior to boot work, after evaluation. | \$155 |
| Speed Ski Rental | Contact Lead Coach | See document |

Non Member Daily Fees and Special Train

For Non-Team Breck Sports Club Members, please contact Alpine Director (director@teambrecksportsclub.com) to inquire about training opportunities with TBK Handbook

| Non Member Rates | | |
|-------------------------|--|-------|
| Non Member Daily Rate | Contact Alpine Director or Freeride Director - admin@teambrecksportsclub.com | \$115 |
| Special Train **** | Contact Alpine Director or Freeride Director with Application | |

Spring A-Basin Camps

Team Breckenridge Sports Club May Spring Camps provides opportunities to all athletes to train within their comforts of a home environment, while gaining important skills and progressions necessary for athlete development in the sport .

This is a great opportunity to utilize living in Colorado at affordable camp prices, while athletes are able to gain skills necessary in ski racing without the pressure of in season competition. Our TBK staff believes in the skill development and enjoys this opportunity to work with athletes to improve on skills they will take forward into the new ski season. Friday, Saturday, Sunday, Monday Training Opportunities.

| Spring Camps | | |
|---|--|-------|
| Spring A-Basin Camp Daily Fee | Fri-Mon, 4 weekends, 16 days on snow available. Daily fee | \$75 |
| Spring A-Basin Camp 8 day package | Fri-Mon, 4 weekends, 16 days on snow available. 6 day package (\$60 a day) | \$480 |
| Spring A-Basin Camp 16 day package | Fri-Mon, 4 weekends, 16 days on snow available. All training days (\$50 a day) | \$800 |

Alpine Summer Camp

Team Breckenridge Summer Camp provides opportunities for all athletes to grow in sport and as a person, while optimizing training environments and educational progressions on and off the hill. The objective is to fully utilize the training environment to grow as an athlete, grow in relationships with teammates and coaches, and gain knowledge of skiing and conditioning potential within the values of Team Breckenridge.

| Program Name | Age | Training Days | Program Fee |
|---------------------------|-------------|---|--------------------|
| <i>Alpine Summer Camp</i> | <i>U12+</i> | <i>10-12 day camp, 8 days on snow (GS/SL) Mt Hood or Hintertux June Dates. TBA.</i> | <i>TBA</i> |