



# Handbook 2022-2023

P.O. Box 336  
Frisco, CO 80443  
(970) 547-9099

Email: [admin@teambrecksportsclub.com](mailto:admin@teambrecksportsclub.com)  
Website: [www.teambrecksportsclub.com](http://www.teambrecksportsclub.com)

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# 1 Document Purpose

This handbook is designed to clarify what TBK expects from its athletes, staff, volunteers and parents and what you can expect from TBK. While we cannot address every possible issue, we hope this handbook will cover the basic principles and provide contacts and resources for further information.

# 2 Overview and Mission

**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.**

TBK is an Alpine and Freeride team for athletes aged 5 and up who have mastered parallel turns on blue runs. Over the years our programs have helped to produce over 60 members of the US Ski Team, US Olympic Team, US World Champion Team, US National Junior and Senior Champions, Junior Olympians and NCAA All Americans. This group of coaches and athletes have been successful in Breckenridge since 1988 and are recognized and respected internationally for their contribution to this sport.

Our primary goal is to help each athlete learn the necessary tools to be successful at any goal they choose, whether it is athletics, arts, education, an occupation, or any other personal interest. Our philosophies are based on a long-term approach to athletics. Teaching ski racing is secondary to the teaching of athletics as a way of life. An athletic lifestyle includes characteristics such as respect, resilience, responsibility, honor, self-control, trust, initiative and dedication. TBK maintains that a small, individualized, athlete-driven program is a beneficial environment for learning these characteristics. Each individual athlete is allowed to set their own goals and establish a plan to attain them as long as they are consistent with team philosophies and do not detract from other's goals.

Team Breckenridge Sports Club strives to help each athlete include skiing and athletics into their way of life and encourages everyone to take personal responsibility in every area of preparation and competition. We offer opportunities from one-day per week programs to year-round world-class training programs. The coaches and staff are committed to treating each athlete as individuals and to helping them reach their potential in the sports of skiing and ski racing. All of our programs are based out of the Breckenridge Ski Resort and TBK is grateful for their support. Some programs will also train at Arapahoe Basin or other area resorts in Summit County and beyond at the direction of the coaching staff.

Many of our coaches are well known and respected regionally, nationally and internationally. They are involved in the sport of ski racing at every level by committing the time and energy to sit on committees that govern this sport. Over 25 coaches have accumulated over 150 years of coaching and ski racing experience, each contributing to consistent results and a creative approach to ski sport. Their passion for our youth and this community is evident every day they spend teaching our children.

### 3 Club Structure

TBK is structured to include two areas of responsibilities: the executive board and the coaching staff. The executive board has four main responsibilities. The first is to set up and maintain the legal structure of the non-profit organization. The second is to support funding to the programs and families through fundraising efforts. The third is to administer the organization. This includes all non-operational (board activities) as well as operational components (programs). The final responsibility of the executive board is to allow the coaching staff to manage all program operations of the club. TBK was built upon the premise that the board will act only as advisers to the coaches on a program operational level and provide the funds necessary to accomplish the goals and objectives of the programs set by the coaching staff. The executive board of directors is elected by the membership of TBK at the annual meeting of members. These duties are handled on a volunteer basis.

### 4 Program Registration

#### 4.1 Registration

Registration must be completed online. Each family member must complete the Online Registration through TeamSnap. Athletes are also required to accept and submit the TBK Program Agreement and Breckenridge Ski Resort release forms. Members also need a signed A-Basin release. A copy of the family insurance card is also required. **All Alpine and Alpine Devo Competition athletes must be current USSS members at the time of registration.**

#### 4.2 Fees and Payment

Registration opens June 1st and closes when the programs reach capacity.

#### Registration Requirements and Payment Policy:

1. The Online Registration Form must be completed prior to participating in any Team Breck Sports Club training.
2. Payment Options: Online in full - submit total fees online today upon conclusion of this registration session via Visa, MasterCard, Discover. A Payment Plan is also available - an initial payment of \$300 will be due at the time of registration, and the remaining balance will be deducted in incremental payments on the 1st of each month, with the last payment due on February 1st. We have early-bird pricing for all programs until October 15th. After that the prices will increase to the full program pricing. The earlier a registration payment plan is established, more but smaller payments will be made each month. If a down payment is made at registration, the monthly payment will be automatically processed using the credit card on file, on the 1st of each month; or the participant will be invoiced for the balance due if the payment is not authorized.
3. Current USSS/RMD membership is required and is the responsibility of each Alpine and Alpine Devo Competition member at [www.ussa.org](http://www.ussa.org).

4. Complete Release Forms: Breckenridge Ski Resort Release of Liability/ A-Basin Release of Liability / TBK Consent/ Program Agreement/ Photo Video Release via registration.

Athletes who have not made down payment by November 25th or start of training may not be able to participate in TBK training or attend races/competitions with TBK unless other arrangements have been made. Payments received will be applied in the following order: Membership Dues, Work Deposit and then Program fees. Fees stated above, including any miscellaneous payments, that have been unpaid can result in program dismissal.

### **4.3 Season Passes**

Athletes in good standing with the team will be eligible for discount vouchers for the Epic Local Pass. These vouchers will be sent out as soon as TBK receives them (which is often very close to the beginning of the season). Our discount is equivalent to early bird pricing so we recommend purchasing your passes during Vail's early bird pricing to ensure you have it for the start of the season. Vouchers are available upon request, email [admin@teambrecksportsclub.com](mailto:admin@teambrecksportsclub.com).

### **4.4 Work Deposit**

Team Breckenridge could not survive without our dedicated parents and community member's 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 at the time of registration. Families that work the minimum number of hours (20) will receive a full credit for their entire Work Deposit. Families that work less than the minimum hours will be credited at a rate of \$15/hour worked.

There are multiple opportunities throughout the year (July 1st – June 1st ) for families to meet their volunteer commitment. Tasks are assigned on a first come, first served basis. There is no guarantee that hours will be available for any given event or task.

Each family shall keep a record of hours worked on their TBK Time Card. It is each family's responsibility to assure that work hours are properly recorded and validated by a volunteer coordinator, coach or board member. If you have volunteered to work an event, you must check in when you arrive AND check out when you leave with the volunteer coordinator.

Volunteers must be at least 18 years old to earn hours. Partial credit may be available for under 18 with pre-approval from TBK Board. Parents, grandparents, siblings, friends can volunteer for credit. Volunteer hours are not intended to be transferred between TBK families. Only TBK club sponsored race events and fundraising activities go towards the work deposit. Non- TBK Volunteer Opportunities, such as the FireCracker 50 or Ride the Rockies, will be half hours.

Work deposits may not be carried over to the following year. Work deposits will be forfeited if the WD Time Card is not returned via email to [admin@teambrecksportsclub.com](mailto:admin@teambrecksportsclub.com) by June 1st.

Refunds will be sent out when your Work Deposit Log is completed and returned to TBK via email to [admin@teambrecksportsclub.com](mailto:admin@teambrecksportsclub.com). This must be completed and returned by June 1 or your deposit will be forfeited. Refunds are given for the number of hours worked multiplied by \$15 per hour not to exceed your total work deposit. (Excess hours are not compensated, are not transferable to other athletes, and do not carry over to the next season.).

#### **4.5 Refund Policy /Dismissal**

In accepting an athlete/participant for enrollment or participation, Team Breckenridge Sports Club assumes expenses, which are not reduced by the participants' withdrawal during the program season. As athletes/participants, parents and/or guardians, it is understood that TBK is relying upon the payment of program fees to meet its staffing and program expenses. Accordingly, the following are the payment and financial policies of Team Breckenridge Sports Club. All participants are expected to pay, in full, all charges for the term of enrollment whether or not the participant is withdrawn, withdraws, is dismissed, or is absent for any cause whatsoever with the exceptions outlined below.

#### **4.6 Injury Refund**

Should an athlete sustain a season ending injury or illness and will not return to TBK program for the remainder of the one season (April 30th), **a request for refunds must be submitted in writing to the TBK Board of Directors within two weeks of injury/illness.** Refunds can only be offered and approved by the TBK Board of Directors, and are subject to the following refund schedule.

Injury/Illness on or before:	Maximum Refund (% of program fees)
Prior to Program Start Date	100% less \$300 Admin Fee
December 31	35%
January 31	20%
February 28	15%
After March 1	No Refunds

#### **4.7 COVID-19 Policy**

Following local and state guidelines. For all current policies, view the website.

#### **4.8 Dismissal Policy**

The TBK executive board reserves the right to sanction, suspend or dismiss an athlete and/or parent for actions and/or behaviors that are detrimental to our club and this community and/or based on the discretion of the program director(s). Prorated refunds for this situation may

be considered by the executive board if written requests are received in a timely manner. Refunds will not be given to members/families that are sanctioned, suspended, or dismissed for violating the USSS Code of Conduct, and/or TBK Parent Code of Conduct.

#### **4.9 Summit County Schools Early Release Program**

Summit County Schools offer an Early Release program for middle and high school athletes involved in organized sports. High school students may receive credits by enrolling in the Early Release program which TBK coaches are certified to teach. Students will work with the high school personnel, the TBK school liaison and specifically the Ski Coordinator to determine the athlete's training schedule. **This class has strict guidelines for participation and high expectations to succeed. Attendance is mandatory and grading is set to the standards of all TBK programs. This program is only offered to TBK members pursuing ELITE levels of sport.**

Students are released from school 2 or more hours early in order to train. Training is usually 3 – 4 days/week. Many families will arrange a carpool but TBK sponsored transportation may be available (see 7.2 for full van policy). The TBK van may be available for school pick up, based on number of athlete interest, weather conditions, coach schedules and driver availability. Students must leave school property when their classes are over unless they have made prior arrangements with the principal. During off-training days, students plan to check in with the Ski Coordinator and do homework at school until the normal school day is over. Athletes should contact their school counselor and TBK for more information. Other opportunities, such as online classes, are being researched at this time by the school district.

If an athlete is interested in participating please contact TBK Admin prior to the start of the new school year.

#### **4.10 USSS Registration and Insurance**

**Alpine and Alpine Devo Competition Athletes must have a current USSA license to participate in TBK Devo Competition and Alpine activities.** Go to <https://usskiandsnowboard.org/membership> to register. All Alpine Devo Comp, Alpine Age Class and Ability will need to purchase a Competitor Membership. This is necessary for our club umbrella insurance to have all athletes registered as current members of USSA. If you were a member last season, you should be sent a renewal form for the next season. If you have questions, please email [admin@teambrecksportsclub.com](mailto:admin@teambrecksportsclub.com).

#### **4.11 Daily Training Fee and Punch Cards - TBK ALPINE Members**

TBK currently maintains a number of distinct programs for our membership. Many of these programs designate a specific number of training days per week for a period of time. For example, our Age Class Weekend programs train two weekend days from November until the end of March).



\*\*Includes all school district spring break and other winter break opportunities, depending on training schedules. Friday training opportunities included. Sat conditioning Sept-Nov included.

Any additional days an athlete trains is in addition to the program fees as outlined below {see #8 below for exceptions}.

1. All daily (or additional) training days MUST be pre-approved by the appropriate coaches and the TBK Director
2. Responsibility for tracking daily fees is placed solely on the athlete and their families.
3. Fees are due in advance of training days to receive a discounted fee.
4. Fees are not transferable except within families
5. Punches may be used anytime during the Fall and Winter programs through April 15<sup>th</sup>. NEVER will fees transfer to the following fiscal year.
6. No Refunds for unused days
7. Additional Hill Space Fee charges may apply for training outside of Breckenridge
8. A “Day” is defined as a date regardless of hours trained (competitions are included)
  - a. **Exempt days** – The following training days are included in all Age Class and Ability program fees and DO NOT require additional fees for current members; Dec. holiday camp, select holidays, all school district spring break and other winter break opportunities, depend on training schedules. Friday training opportunities included.
9. Fees
  - a. Daily training fees DO NOT include lift access. Lift tickets must be pre-arranged through the resort(s).
  - b. For TBK members wanting to work into an existing TBK training session, the daily rate is \$80.
10. No coaches discounts are available for this program.
11. The daily fee is not meant to replace a current TBK program or programs. Any member abusing the use of this daily fee may be asked to discontinue training or upgrade to a more appropriate program. The TBK board has the right to review all daily training fee 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.

*\*\* Intent to compete – TBK will not include Non-Members on Intents*

#### **4.12 Daily/Special Training Fee – Non- TBK Members**

1. Must be pre-approved by TBK staff and the resort in which training takes place.
2. Available sessions will be determined by TBK staff and may be modified at any time.
3. Athletes must be current USSS members of a USSS Registered Club. Foreign competitors must be registered through their national federation.
4. TBK cannot guarantee training for any specific session or time period. No Refunds for unused days
5. Additional Hill Space Fee charges may apply for training outside of Breckenridge
6. A “Day” is defined as a date regardless of hours trained (competitions are included)
7. Fees

- a. The Daily Training Fee is \$115
  - b. Special training fee(s) may be approved by TBK staff on an individual basis.
  - c. Daily training fees DO NOT include lift access. Lift tickets must be pre-arranged through the resort(s)
8. Registration Process and Payments
- a. An Email must be sent to TBK at [admin@teambrecksportsclub.com](mailto:admin@teambrecksportsclub.com) to request training with specific requests. Registration documents, Total Fees and Payment Options will be sent via email. Each individual athlete must complete the TBK Drop In Training registration process.
  - b. Registration and Payment is to be made online prior to any training.
9. The TBK board has the right to deny registration and/or review all daily training applications and fees and has full discretion to revoke training privileges at any time.

*\*\* Intent to compete – TBK will not include members of other USSA Clubs on any Intent to Compete*

## **4.13 Discount Programs**

### **4.13.1 Referral Program**

We love referrals! Any referrals will result in \$200 credit per family referred (note not athlete referred). The family you refer must submit your name when they register in order for you to receive credit. Please let them know. Referral checks are granted back to membership January 1st.

### **4.13.2 Multi Athlete Family Discount Program**

At the time of registration, a family that is registering more than one athlete will receive a discount amount of \$50 for each additional athlete (\$50 for 2, \$100 for 3, \$150 for 4). Registration needs to occur at the same time for the discount to apply.

## **5 Parent Support and Involvement**

### **5.1 Communications**

The coaches, board of directors and the administrator make every effort to provide effective communication. This communication is provided through newsletters, the TBK website (Team Snap) and app, emails and coach communication directly to the athletes.

In order to facilitate effective communications, please assure that you notify the TBK administrator of any changes to your contact information. Updates should be sent to [admin@teambrecksportsclub.com](mailto:admin@teambrecksportsclub.com).

TBK coaches take all family concerns into consideration at each level of our decisions. In our attempt to help your child reach their goals, we understand that it is not always the cheapest, easiest or most convenient plan. We develop all of our programs with all aspects in mind and make the best decision we can with what is available.

## **5.2 Parents at Training**

Parents are welcome at training with certain restrictions. Safety is the NUMBER ONE concern for our athletes and parents. With this said, **parents are asked not to enter the training/competition arena.** Viewing an athlete's training run is usually very easy from outside the arena. All it takes is one miscalculation or one unsuspecting parent or athlete to cause an injury. Our coaches take this issue very seriously and ask that all parents help us keep our training environment safe. Please do not put the coaches in the position of asking you to leave the arena. Exceptions may be made if specifically asked for assistance by the coaching staff.

If a parent is assisting coaches in a training or competition environment, it must be understood that you are assisting the entire team, not a specific athlete or other agenda. Please keep safety in mind at all times and keep distractions of ALL athletes to a minimum.

**THERE IS NEVER ANY FREESKIING IN A TRAINING AREA. IF YOU ARE IN A RACING OR TRAINING ARENA, YOU MUST BE SIDE SLIPPING.**

## **5.3 Parents and "Coaching"**

TBK coaches ask that all parents be aware of their "technical coaching" comments to their young athletes. Even our highly educated and knowledgeable parents with significant skiing and racing experience must be informed and aware of the approach the coaches are acting on with the athletes. Even if the information given is "correct", it may be at a time and/or a level of importance that is not correct at a given time. It is common for parents to disagree with coaches regarding a variety of issues, including performance at specific events and technical progression. The worst approach, however, is to give athletes conflicting information and put pressure on the athlete to determine "WHO?" they should be responding to: "My coach or my parent?"

## **5.4 Be Supportive**

The most important thing parents can do for their athlete is to be supportive. Don't put too much pressure on your athletes to achieve a result. Be positive! Encourage the athletes' efforts and NOT the RESULTS. If you have concerns about your athlete's performance, talk to the coaches. Coaches and staff encourage parents to ask questions, be involved, provide constructive criticism when appropriate, and most of all to be fair and consistent with their athletes and club. Parents are encouraged to attend races and training.

## **5.5 Volunteering**

In addition to fulfilling work deposit hours (see section 4.4), volunteering in TBK events can be rewarding, educational and fun. TBK understands that your time is valuable and it is difficult to commit to volunteer hours. The more community and parent support we have, the lower our fees will be with higher quality programs. We hope that your involvement is fun, educational and adds value to your skiing experience. We do expect that all parents are involved and help our coaches and board create a positive, successful and rewarding experience.

## **5.6 Parent Code of Conduct**

Youth sport programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches, staff, volunteers and officials to encourage young athletes to embrace the values of good sportsmanship.

Moreover, adults involved in youth sports should be models of good sportsmanship and should lead by example by demonstrating fairness, respect, responsibility, self control and fostering independence.

Safety is our number one concern. Parents are asked not to enter the training/competition arena without specific approval from the coaches. All it takes is one miscalculation or unsuspecting parent to cause a distraction or an injury. In addition, our coaches require the full attention of the athletes during training and competitions. We ask that parents be aware, conscientious and supportive of minimizing distractions. Our coaches take this issue very seriously and ask that all parents help keep our training and competition environment safe and educational.

Parents are encouraged to be involved in their child's progress with love, encouragement and support. We believe there is an important separation in roles and responsibilities from the parent and the coach. The parents “parent” and the coaches “coach”. Parents will disagree with coaches regarding a variety of issues such as attending events, technical progressions, training schedules, discipline, athlete initiative, athlete responsibilities and others. We ask for your trust and support in our commitment to developing young athletes and citizens.

I, \_\_\_\_\_ (*parent name*) pledge to be responsible for my words and actions while attending, coaching, officiating or participating in all Team Breckenridge Sports Club (TBK) activities and shall conform my behavior to the following code of conduct as well as abide by all codes, policies and philosophies of USSS, Breckenridge Ski Resort and TBK.

### **Parents Code of Conduct**

1. I will respect and abide by all USSS, Ski Resort(s) and TBK Club policies
2. I will treat TBK coaches and staff with respect. I understand and value the time and energy they put into TBK and will not cause unnecessary burden, hardship or drama. I will not call coaches after 6:00 pm unless it is absolutely essential.
3. I understand the severity of injuries and concussions in sport and agree to abide by all TBK policies and requirements. I will inform coaches of any injury and their progress in returning to participation
4. I will be supportive, positive and encourage all athletes efforts, and not just their

results

5. I understand that this sport is for my child, no one else. I will encourage my child to; grow, succeed, fail, learn, adapt, deal with adversity, be individuals and foster independence, respect and responsibility
6. I understand I represent TBK as a parent and my actions reflect on the entire team - for better or worse
7. I will keep my emotions under control, not use profanity, yell or physically abuse any child
8. I understand and support the importance of long-term skill development over short term competition success
9. I will respect my child's coach and refrain from coaching my child or other athletes during competitions and practices without prior discussions with the coach
10. I will respect and recognize the importance of utilizing volunteers and coaches with varying levels of experience and education. Education and personal growth is valued for all.
- 11. When I have concerns and criticism, I will address them in an appropriate, professional manner without hostility, violence or aggression and in a constructive manner at the appropriate time and place, *{i.e., not before, during, or immediately after a competition}***
12. I will refrain from criticizing officials, and will respect their authority and decisions regardless of whether I agree with them
13. I will treat any coach, parent, participant, official or any other attendee with respect regardless of race, creed, color, national origin, gender, sexual orientation, education or experience
14. I will not engage in unsportsmanlike conduct with any athlete, coach, parent, participant, official or any other attendee
15. I will not engage in any behavior which would endanger the health, safety or well being of any coach, parent, participant, official or any other attendee
16. I will not use drugs or alcohol while at a practice or competition and will not attend, coach, officiate or participate in a club activity while under the influence of drugs or alcohol
17. I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating or participating in any club activity I may be subject to appropriate disciplinary action, including but not limited to being banned from TBK training and competitions.

## **6 Athlete Responsibilities**

### **6.1 TBK Athletes Represent the Club on and off the Hill**

Each and every member and parent of TBK is a representative of our organization. We expect every one of our members and their families to represent our club in a positive way. This means acting in a responsible, respectful manner at all times. TBK holds all members to the highest standards in terms of professionalism. Of course we are all here to have a good time, but it can never be at the expense of our fellow members or our training and racing environment. Whether a member is in the lift line, in a lodge, at the Recreation Center, in school, in the training arena or freeskiing on the mountain, we expect appropriate behavior. Athletes that represent our club negatively will not be allowed to participate in club activities or events and program fees will not be refunded.

Breckenridge Resort does not permit athletes to cut lift lines or use the ski school lines. Please respect these and all other resort policies. Any member not adhering to BSR and TBK policies may lose privileges, including dismissal from the program.

The Overlook Restaurant, the downstairs of Peak 10 Hut, the patrol warming hut at the top of Peak 10, and Peak 8 Vista Haus are the responsibility of TBK to keep clean and maintain. That means it is the responsibility of each and every one of our members to help keep these areas clean and respect the other guests and staff utilizing the area.

All Team Breckenridge Sports Club athletes are responsible to comply and abide by the USSA code of conduct (although USSS membership is not required for all TBK members) at all times while training, racing, and traveling. In a case of non compliance, an athlete can be dismissed from TBK training, races, and travel.

### **6.2 Goal Setting/Expectations**

Each athlete is expected to set a series of goals for skiing, ski racing and athletics. Of course other activities and family priorities are a significant part of these goals. Both short term and long term goals are critical to your success. These goals should be achievable, realistic and honest; however they should require hard work and commitment to attain. These goals must also be measurable and constantly evaluated. Some goals may be quickly reached, while others may take years to achieve. Some aspects of success will be out of your direct control. However, the EFFORT you put in to reach your goal is entirely within your control. FAILURE is not trying or putting proper thought and effort into your goals. NO EXCUSES!

Always be honest with yourself, your parents, your coaches and your environment when setting and evaluating your goals. There is no EASY way to success. SUCCESS REQUIRES HARD WORK, COMMITMENT AND SACRIFICES. Understanding these sacrifices and using them to your benefit will be critical to your success. You will get out of any program what you put into it! If you are looking for shortcuts or are not honest with your commit levels and your limitations, you should expect to FAIL. Every decision you make will affect the outcome.

Over time, hard work with a purpose and your own INTERNAL DRIVE FOR SUCCESS will help you succeed. Not chance or innate abilities.

### **6.3 Safety**

Safety of our members is our number one concern. We expect all parents and athletes to help the coaching staff adhere to the highest level of safety. Fast skiing, outside a designated training arena, will not be tolerated. Ski area employees have been directed to “pull” member passes if unsafe skiing is encountered at any time. This may include but is not limited to: fast skiing, tucking in “public” areas, jumping in an unsafe manner, not looking uphill when crossing trails, and skiing too close to other guests.

Inside the training arena, coaches will make all decisions regarding a training session based on the safety of our members. We ask that parents only enter a training arena with specific DAILY approval of a coach.

Skier Responsibility Code - Know the Code

### **6.4 Be flexible/Be involved**

Skiing is an ever-changing environment. We expect our members to plan accordingly and be prepared at all times. In order to stay informed, you must be involved. If you miss a day or even a session of training, you will be missing out on important information that you are responsible to know. Whether it is at training or at a race, schedules and plans are changing constantly. Our schedule(s) change frequently to give the athletes every opportunity to reach their goals and the goals of this club. We expect the athletes to be prepared for these changes. Our coaches will react and plan with the athlete's best interest in mind at all times. Safety will never be sacrificed.

Check the TBK website/TeamSnap App regularly for updates on training and racing plans.

### **6.5 Helping setup and teardown on training days (Alpine)**

Athletes are expected to help setup and tear down the course on training days. Athletes should not leave early on a regular basis without helping to tear down the course first. All athletes must participate in all aspects of ski racing. This includes the setup and teardown of our racing and training environments. We expect everyone to be involved in this process every day.

### **6.6 Academic**

Academic education is critical to an athlete’s success and TBK may be able to assist in working with schools and other learning institutions. If you would like assistance in supplementing basic educational programs, please contact TBK for resources the club may be utilizing.

## **7 Training (Alpine)**

### **7.1 Pickup and Drop-off**

Athletes can be picked up and dropped off at the Beaver Run drop off area. The website will usually provide the training location on the mountain and lift load time. It is expected that athletes arrive on time and do not leave training early. This is very important to our program. It is sometimes difficult to understand why this is a critical aspect of training. The answer to this is two-fold. First is the setting up of our training arenas. This takes everyone's support and is as important for an athlete to be a part of as the training itself. Second is the dissemination of information. The first (and last) run of the day is when the coaches go over the plan for the day and disseminate information on upcoming training and events. If an athlete misses this meeting, it is very difficult to get them caught up with the group and it takes additional time to update athletes on an individual basis. For the same reasons, we ask that athletes do not leave training early.

### **7.2 Team Van Policy**

You must pre-purchase van transportation. Departure will be from "The Shop" (Armstrong Concrete on Continental Court). These punch passes may 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 of \$20 (same price for 1 way or both ways). Team Van Passenger Responsibilities include, but not limited to: seatbelt use is mandatory at all times. Always follow the seating arrangement requested by the driver. Store gear/equipment according to driver instructions. At no time should there be any sudden shouting or yelling. For any music, headphones must be worn at all times, unless permission is given by the driver. The driver is to be allowed to concentrate on driving and not have to deal with issues occurring in the van. Be respectful of each other, each other's gear and belongings. Remove your gear and any items brought on the van (wrappers, empty bottles, etc.)

The TBK van may be available for school pick up, based on number of athlete interest, weather conditions, coach schedules and driver availability.

### **7.3 Equipment**

Athletes need to show up each training day with the appropriate equipment in good condition. Athletes should check the website and TeamSnap App to find out what discipline they will be skiing as close to a training session as possible. We ask that athletes be prepared and flexible at the same time. Our training schedules and plans can and will change at a moment's notice based on a number of variables. For example, if GS is scheduled for training and it snows 6 inches the night before, there is a likely chance that GS training will change to POWDER SKIING in the bowl. We ask that parents encourage the athletes to be prepared for such changes.



## **7.4 Warm-up**

Warm-up each day is one of the most important aspects of racing and training. This includes learning and refining an individualized routine that prepares an athlete for the day. This routine will include stretching, edging drills, balance drills, upper body discipline as well as other physical and mental exercise. Most days this activity is done without the coaches, *or parents*, for athletes in the age class and older programs.

## **7.5 Lunch**

Athletes should carry either a sack lunch or money with them. Most of our programs do not have a set lunch schedule. Breaks are taken at appropriate times based on a variety of factors. Parents are welcome to meet their athlete for lunch, but the athlete should not be dependent on the parents to show up in order to get food.

# **8 Competitions (Alpine)**

## **8.1 Competition Overview**

Each TBK athlete's race calendar is constantly being updated and modified based on a variety of factors. TBK as a team does not attend (or staff) every event in the Rocky Division. In addition, individual athletes may be attending different races than other TBK athletes in their same age and ability group. It is vital that each athlete be in contact with the coaches to assure their competition schedule is the most productive, cost effective and is consistent with the goals of the individual.

## **8.2 Race Registration**

### **8.2.1 Event Race Announcement**

Race announcements for every race will be made available approximately 2-4 weeks prior to an event. This sheet should include specific information regarding the event. Race announcements are available on the Rocky Mountain Division Website. You do not need to wait for a race announcements to be distributed to register for an event though US Ski and Snowboard..

### **8.2.2 Athlete Registration**

Race registration must be completed on the US Ski and Snowboard website. This must be done at least one week prior to the event. Each athlete **must** also let the coaches know of their intentions to compete.

YSL entries are done online on the USSA Website. Summit Cup entries are done online on the Team Summit/Summit Cup Website. Please check the website and with your coach for information on entering YSL events.

### **8.3 Where and When to Meet**

The lead coach for each event will designate a location to meet athletes the morning of the event. This typically will be near the base of the chairlift or a nearby lodge. The daily schedule and all other appropriate information may be distributed at this time. It is critical to the success of each athlete and this team that athletes show up on time (or early), and prepared for the day. Arriving late or unprepared will cause not only undue pressure on the athlete, but may also have a negative effect on other athletes, coaches and parents.

Coaches will not wait for athletes that arrive late. Athletes that miss this meeting time are responsible for all the information distributed.

## **9 Off-Season Training (Alpine)**

TBK offers additional early season, winter, spring and summer camps. These camps are not included with program fees and an additional fee may be required. All athletes are strongly encouraged to participate in these programs. A considerable percentage of an athlete's overall learning will take place between the months of May and December. These training environments are extremely conducive to learning and cannot be duplicated in the winter months.

### **9.1 Dryland Training**

TBK provides coaches at dryland training during the spring and fall. Dryland training is provided at the Breckenridge Recreation Center. Athletes interested in fall dry land training should contact their coach. Additional fees may apply for weekend athletes, Saturday's including in the Age Class and Ability programs starting the first weekend in Sept.

### **9.2 Early Season Training at A-Basin**

TBK will offer early season training for specific programs as soon as A-Basin opens. Additional fees may apply.

### **9.3 Spring Ski Camps at A-Basin**

TBK is very fortunate to have A-Basin as a spring training facility. With the recent introduction of snowmaking, TBK athletes can train nine months per year without leaving the state. Spring camp information is available on the TBK website beginning in February. These camps usually begin in May and run through June (snow conditions permitting). Additional fees will apply.

## **9.4 Summer Ski Camps**

TBK typically runs at least one ski camp at Mt Hood, Mammoth Mountain or Hintertux, Austria during the summer months. This camp usually lasts for 8-12 days. Athletes interested in summer camps should contact their coach or Alpine Director. Additional fees will apply.

## **10 Equipment (Alpine)**

Different athletes have different needs. Equipment used by older or higher level athletes may not be necessary for younger athletes. The bottom line is talk to your coaches before you buy any equipment. Boot evaluations are free and at a cost in house boot fitting can be done, or athletes are encouraged to go to A Racers Edge.

### **10.1 Special Purchases**

The club hosts an equipment day or night in September. This is the best opportunity to get the best deal on skis, boots, and clothing. You don't want to miss this. Coaches and manufacturer's representatives are available to answer questions. Merchandise is usually discounted up to 40%, and the selection is unbeatable.

Many of you may have other resources from which to purchase equipment. It is imperative that you consult with coaches before you make a final decision. Many ski sales do not offer appropriate gear for ski racing and will not have staff to offer appropriate advice.

### **10.2 In-Club Equipment Sales**

There is always used equipment for sale within the club. This gear is usually affordable and in good shape. All gear is sold as is and TBK is not responsible for any defects. No refunds are available.

## **11 Sponsorship**

### **Join a winning team as a SPONSOR of Team Breckenridge Sports Club**

Team Breckenridge Sports Club (TBK) is a Summit County snow sports program that has been recognized as one of the top ten junior racing teams in the country by Ski Racing, a leading industry journal.

For more information contact:

Kelly Sanders, Executive Officer  
(970)-389-6272, [kelly@teambrecksportsclub.com](mailto:kelly@teambrecksportsclub.com)

## **12 Needs-Based Scholarship Program**

Team Breckenridge Sports Club is pleased to offer a needs-based scholarship program to provide assistance to qualifying families to afford their athletes the opportunity to participate in competitive snow sports. Scholarships can range from \$250 to 75% of program fees per athlete (typical awards range from \$500 to \$800).

Award Recipient Expectation - Families receiving scholarships are expected to volunteer above and beyond minimum work deposit requirements, as well as participating in both family-directed and team-directed fund raising and be a proponent of Team Breckenridge Sports Club in the community. Please direct any questions to [scholarships@teambrecksportsclub.com](mailto:scholarships@teambrecksportsclub.com)