

Day in the life of an Alpine YSL Comp Athlete

Typical Training Day

- Confirm attendance on TeamSnap prior to training day
- 8:20am- Meet at the base of the Beaver Run Chairlift
 - Drop-off parking is in the Beaver Run parking lot (15-minute parking)
- 8:30-11:30- Race / SkillsQuest Training
- 11:30-12- Lunch
 - Please bring a packed lunch, water and snacks in a chairlift safe backpack
- 12-2:30 -Drills / Terrain skiing
- 2:30- Parent pick-up at the base of Beaver Run Chairlift

Typical Race Day

- Coach will communicate via email with race day information the night before the event
- Meet coach at 7:30am in base lodge
 - Coach will collect all bibs and race documents
- 7:30/7:45 Parents pick up racer and spectator lift tickets if needed
- Each event starts with a course inspection/practice. During this time, the athlete will have an opportunity to check out the course and prepare for their run with their teammates and coach
- Athletes get one AM competition run and one PM competition run for all YSL competitions
- Awards are normally 45 minutes after the last racer of the day