

Day in the life of an Alpine Ability Athlete

Typical Training Day

- Confirm attendance on TeamSnap prior to training day

Weekday (12:30-4:30)

- Check in on the start radio
- ALL athletes are expected to help set up and tear down the race venue per coaches' instructions each day.

Weekend (8:15-3)

- 8:15am- Get in the lift line (You should be first in line)
- Assist your coach with course setup and hill prep
- 8:30-11:30- gate training (***ALL athletes are expected to help tear down the training venue every day after training-NO exceptions***)
 - Some PM sessions may be available
- 11:30-12- Lunch and Video
- 12-3- Drills / Terrain Skiing (***ALL athletes are expected to freeski with the team after gate training- NO exceptions***)
- 3- Pickup

Typical Race Day

- Coach will communicate via TeamSnap with race day information the night before the event
- Meet coach per TeamSnap instructions
 - 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 SL and GS competitions. SG is one competition run.
- Awards are normally 45 minutes after the last racer of the day