



**Team Breckenridge Sports Club  
YSL Comp Team Program Information**

***Training Calendar***

Program fees also include holiday breaks and race days

***Full Time Athletes:***

Full time athletes train one and a half days a week

Saturday 8:30-2:30

Sunday 8:30-12:30

***Weekend Athletes:***

Weekend athletes train Sundays

Sunday 8:30-2:30

***Holiday Camps:***

December Holiday Camp - Breck

December 26- Dec 30

Jan 2-Jan 7- Breckenridge

*\*\*\*Please note off days Dec 24-Dec 26th, and Dec 31-Jan1.*

MLK Weekend:

January 18-20

President's Weekend:

February 15-17

***Equipment:***

All athletes should have one pair of multi event Jr. Race skis and a pair of terrain skis

Note: Only one pair is allowed at each race

**USSA Helmet Policy**

All athletes are required to have a hard ear helmet. U14, U16 and U18 are required to have a USSA FIS approved hard ear helmet, for Giant Slalom races. See picture on the left. We recommend that all athletes purchase a FIS approved hard ear helmet no matter their age.



### *Equipment Guidelines for YSL Athletes:*

\*Each athlete should talk with their coach regarding the recommended ski length.

### **Other Protective Equipment:**

#### *SL Shin guards/Pole guards:*

Not absolutely essential for U12 and younger but U14's, U16's and U18's should think about purchasing this equipment. Protective equipment can not only shield body parts from injury, but can provide a young racer with the confidence to block gates in SL more effectively. Please consult your coaches for specific recommendations.

### **Athlete Code of Conduct:**

Coaches will go through this with athletes at the start of the season. Key points; *being on time. Being prepared with the proper equipment and clothing (snacks and hydration), respect for all mountain staff and guests. Slow skiing areas. Pass privileges. No line cutting. Safety bar to be used on all lifts.*

### **Athlete Goal Setting Meetings:**

Each athlete, coach, and parent will schedule meetings in November for an athlete goal setting meeting. Each athlete will be responsible to fill out their own goal sheet.

### **Club Wide Information:**

#### **Important Program Dates:**

- ★ Athlete/ Parent Orientation
  - Zoom Call on Wednesday, November 6th at at 6:30pm
    - <https://us06web.zoom.us/j/82691434755?pwd=DxBhFcVMxFiFk22kiHJ1cyLTTs9uEx.1>
- ★ Saturday, November 16th- Season Kick Off Party
- ★ May 31st- Work Deposit Due

### **Work Deposit Information:**

Team Breckenridge Sports Club 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 member family at the time of registration. Families that work the minimum number of hours 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 \$20/hour worked (20 hours worked).

There are multiple opportunities throughout the year (July 1st – May 31st) 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 Time Card. It is each family's responsibility to assure that work hours are properly recorded on their Time Card 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.

If you are interested in more Alpine specific opportunities please contact [Heidi Armstrong](#) about being part of the Alpine Team 24/25 course crew

For more information, please read the TBK Handbook.

**Event Registration:**

Athletes are required to have a USSS license [Click here](#) to purchase