



## **Team Breckenridge Sports Club (TBK) 2024-2025 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 members 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). Registration needs to occur at the same time for the discount to apply

## **Uniforms**

All non-competition athletes are required to wear an official Team Breckenridge Sports Club Jacket at all times. Competition athletes are expected to wear an official TBK jacket during competition whenever possible. 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 [admin@teambrecksportsclub.com](mailto:admin@teambrecksportsclub.com) for more information.

## **Work Deposit and Volunteer Opportunities**

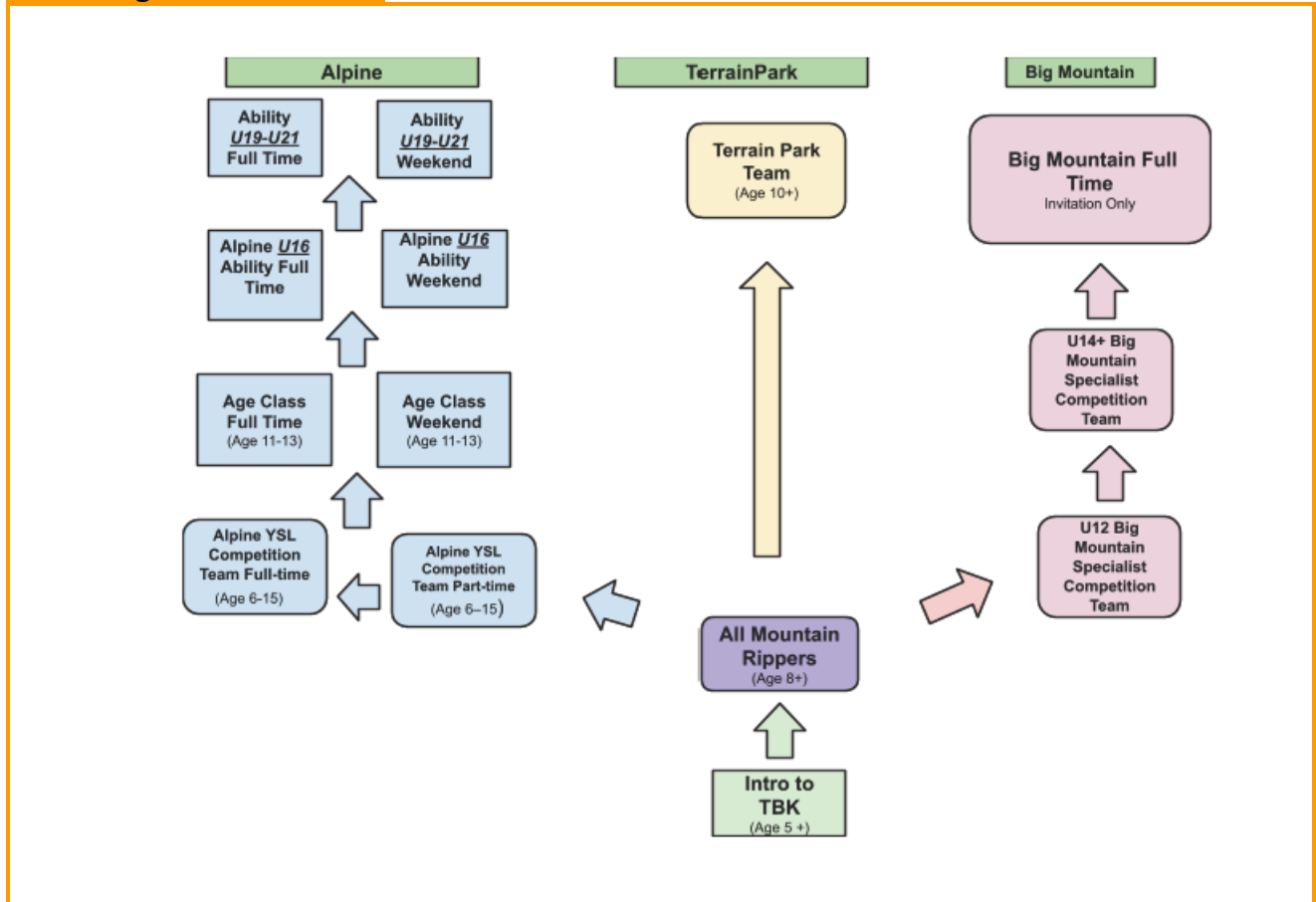
Team Breckenridge is a non-profit, and could not survive without our dedicated parents and community members' volunteer support. In order to help assure that the club receives the required volunteer support, a Work Deposit (WD) is collected annually from each family member at the time of registration (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



As you progress through Intro to TBK you are invited to join (coaches discretion) All Mountain Rippers or Alpine YSL Competition Team.

## INTRO TO TBK, FREERIDE, BIG MOUNTAIN AND ALPINE PROGRAMS

**Intro to TBK:** Age: 5 +

Intro to TBK is an accelerated introduction to Alpine/Freeride/Big Mountain skiing through specific and fun skill and training progressions. Athletes will also learn about mountain safety and team unity. This program meets on Saturdays or Sundays, beginning in early December through the end of March. \*8:30 to 2:30

Minimum Requirements:

- Enthusiastic blue-black run skier, ability to stop by themselves, and comfortable with lift access.
- Athletes need alpine ski equipment including helmets, skis, boots and ski poles.
- Athletes can be 5 and **must** be ready to ski without their parents - willingly leave the meeting area with their coaches. (*The Director reserves the right to refund the program fee if the athlete's skills are not strong enough or have enough experience to take part in the program*).
  - \* Some age exceptions are accepted upon reference.

Program times:

- Saturday 8:30 to 2:30 Based on Peak 9 (Beaver Run) Dec 7- March 22
- Sunday 8:30 to 2:30 Based on Peak 9 (Beaver Run) Dec 8 - March 23

*An athlete and parent orientation is required.*

[Click here](#) to join the call at 6pm on Tuesday, November 19th

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 a Fun Race. The Intro to TBK Athlete can advance to the All Mountain Rippers Program or Alpine YSL Program. This program includes coaching during all training days.

### **All Mountain Rippers** Age 8+

All Mountain Rippers is designed to teach young skiers the art of all-mountain skiing. Whether it's carving smooth turns down groomed runs or tackling challenging terrain, our coaching staff is committed to enhancing skills and fostering a love for skiing. Through our innovative SkillsQuest program, skiers will have the opportunity to track their progress, set goals, and advance their abilities in a structured and supportive environment. Your young skier will be under the guidance of experienced and certified coaches who are passionate about sharing their knowledge and expertise. All our coaches hold certifications from IFSA or USSA, ensuring top-notch training for all participants. Coaching is at the heart of what we do. Our team is dedicated to providing personalized instruction and support on all training days, empowering young skiers to reach their full potential and thrive on the mountain.

Program times:

- Saturdays 8:30 to 3 Based on Peak 8 (Base of Gondola) Dec 7 - March 22

*An athlete and parent orientation is required.*

[Click here](#) to join the call at 6pm on Tuesday, November 12th

## **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!

### **U12 Big Mountain Specialist:** Age Under 11 IFSA Comp Team

Training Days:

**Part-time:** Saturdays and select holiday camps

**Full-time:** Saturdays, select Sundays and select holiday camps

For athletes interested in taking the next step in the Freeride / 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.

*An athlete and parent orientation is required.*

[Click here](#) to join the call at 6pm on Wednesday, November 13th

### **U14+ Big Mountain Specialist :** Age 12 + IFSA Comp Team

For athletes interested in taking the next step in the Freeride / 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.

- Fri, Sat and some Sundays (Check website for full details- schedule will be communicated by coach)
- Holiday Camp Days
- 3 Regional Colorado Team Scheduled IFSA Competitions. (as per IFSA rules)- additional fees may apply
- **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. 11
- Athlete Age- 12 and older as of Jan.1, 2021 (U12 Athletes).

*An athlete and parent orientation is required.*

[Click here](#) to join the call at 6pm on Thursday, November 14th

### **BIG MOUNTAIN FULL-TIME: 14+**

Big Mountain Full-Time is for the athletes that have decided to dedicate their time and complete athletic efforts to terrain park or Big Mountain skiing. Big Mountain Full-Time Teams train mid-week and on Saturdays, and Sundays. We utilize the World Class terrain parks of Breckenridge, Copper and Keystone plus additional workouts at Woodward at Copper.

This program will immerse you in an environment based on advanced skiing skills no matter which discipline you decide. Our coaching staff believes big mountain and terrain park skiing go hand and hand. You will advance your skill to the max with this program. Plus what is better than skiing with the best on the mountain on a daily basis.

- Wed, Fri, Saturdays and Sundays
- Holiday Camp Days
- Includes full time conditioning starting 9/9
- Most experienced competition coaches
- based on ability, experience and coach assessment
- Invitation only\*

*An athlete and parent orientation is required.*

[Click here](#) to join the call at 6pm on Thursday, November 14th

All coaches are certified by US Ski & Snowboard and IFSA.

All levels of competition are available: USSS, USASA, Rev Tour, IFSA, 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 teams.**

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”.

## **Terrain Park**

The goal of the Terrain Park 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”.

**TERRAIN PARK TEAM:** Age: 10+ (Must have at least 6 athletes)

The Terrain Park 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 Terrain Park 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, and additional winter training camps. On snow devo orientation is required in November.

- 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.

### **Alpine YSL Competition Team, Age Class and Ability**

The primary goals of Team Breck Sports Club (TBK) Alpine YSL Competition Team, 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 developing 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 group 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 10-13 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 a Weekend Program. We also offer Spring Camps at A-Basin, Summer Camp, Fall Conditioning, and Early Season On-Snow Camps at an additional cost.

### **Alpine YSL Competition Team** Age: U8, U10, U12, U14, U16 (-15)

The Alpine YSL Competition Team is designed for athletes wanting to grow their alpine race skills.

This program is approximately 70% skiing skill development, introduction to **SkillsQuest** and alpine race training, and 30% all mountain skills. Emphasis is placed on the technical fundamentals of skiing that apply to all types of alpine skiing.

Fundamental skills including balance, edging, and body position will be taught, as well as the introduction of the tactical fundamentals of racing. Participants are expected to put on their own ski equipment, and ski at an intermediate level, demonstrate personal reasonability and appropriate maturity. Racing will focus predominantly on modern giant slalom and slalom technique. Athletes must be able to comfortably ski Black Terrain while confidently linking parallel turns.

This is a competitive team and the races range from local summit county races Breckenridge, Keystone, Copper to Sunlight, Winter Park, Eldora, Ski Cooper, Vail, Beaver Creek and Loveland.

**Dates:** December 7th/8th – March 23rd, 2025

**Training Days:**

*Part-time:* **Sundays** - 8:30-2:30

*Full-time:* **Saturdays** 8:30-2:30, **Sundays** 8:30-12:30

**Competition:** Yes, [USSS Competitor License required](#), [SkiReg Membership Required](#)– Races on Sundays (please note entry fees are the athlete’s responsibility)

**Evaluations:** Each athlete will receive a mid and end of season evaluation. Athletes will also participate in video analysis and goal setting throughout the season.

**Mountain:** Breckenridge Ski Resort

**Pass:** You must purchase a minimum of an **Epic Local Pass**. Pass prices are not included in program fees and must be purchased directly through Vail Resorts. Purchase early for best pricing.

Athletes will also have the opportunity to participate in early season conditioning, skiing and late season training at Arapahoe Basin (additional fees and lift access apply)

**Meeting Place:** Base of Peak 9

Our dedicated coaches are USSS certified.

YSL Comp not only focuses on technical skills but also places high value on instilling essential life values that transcend the slopes, such as, personal responsibility, respect (for self and others), discipline, character, leadership, accountability, commitment, courage, perseverance and initiative.

[Click here](#) to join the call at 6pm on Wednesday, November 6th

**ALPINE AGE CLASS:**

Age: U12-U14 (10-13)



The Age Class Program is designed for athletes who want to pursue a competitive racing program within the US Ski & Snowboard Age Class race system. The Age Class team participates in the Rocky Mountain USSS Age Class races. Race ages are U12 and 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.

**Dates:** Early September- Late May

**Training Days:**

*Weekend* - Saturday and Sunday

*Full Time* - 3 Weekdays Monday, Wednesday, Friday & Saturday, Sunday

**Competition:** Yes, **USSS License required**

- Alpine Competitor U12 & under: AGE 0-11 // PRICE \$100
- Alpine Competitor U14: AGE 12-13 // PRICE \$125

*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.*

(please note entry fees are the athlete's responsibility).

**Mountain:** Breckenridge Ski Resort

**Pass:** You must purchase a minimum of an **Epic Local Pass**. Pass prices are not included in program fees and must be purchased directly through Vail Resorts. Purchase early for best pricing.

Athletes will also have the opportunity to participate in early season conditioning, skiing and late season training at Arapahoe Basin (additional fees and lift access apply)

- Dryland conditioning takes place September- November on Monday, Wednesday, 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.

- **Rec Center** pass is required for all athletes attending conditioning.
- Early Season for full time athletes, begins end of October (TBD/ Snow Dependent) at A-Basin\* and **all** programs start early November.
- Full Time athletes train 5 Days a Week Training Program (3 weekdays Mon, Wed, Fri, Sat/Sun), Dec. holiday Camp, select holidays, all race days, including conditioning and early season skiing Sept 8- Nov 10 and spring training.
- 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, depending on training schedules. Friday training opportunities with a punch card purchase.

USSS Age Chart					
Category	Age In Season	2024-2025	2025-2026	2026-2027	2027-2028
U14	13	2011	2012	2013	2014
	12	2012	2013	2014	2015
U12	11	2013	2014	2015	2016
	10	2014	2015	2016	2017
U10	9	2015	2016	2017	2018
	8	2016	2017	2018	2019

**\*\*Includes all school district spring break opportunities. Does not include other winter breaks. Includes Sat conditioning starting 9/9, can not be traded for another day. Punch card days available.**

[Click here](#) to join the call at 6pm on Thursday, November 7th

**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 race system. U16 race ages for birth years 2009-2010.

The Ability Class U19+, team participates in FIS, FIS NGR, 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.

**Dates:** Early September- Late May

**Training Days:**

*Weekend:* Saturday, Sunday

*Full Time:* 3 Weekdays, Monday, Wednesday, Friday, Saturday, Sunday

**Competition:** Yes, **USSS License required**, U19 athletes will also need current FIS registration.

(please note entry fees are the athlete's responsibility).

**Mountain:** Breckenridge Ski Resort

**Pass:** You must purchase a minimum of an **Epic Local Pass**. Pass prices are not included in program fees and must be purchased directly through Vail Resorts. Purchase early for best pricing.

Full-Time U16+ should consider the **IKON** Pass

Athletes will also have the opportunity to participate in early season conditioning, skiing and late season training at Arapahoe Basin (additional fees and lift access apply)

- Athletes must be able to commit to weekend and holiday training as applicable to the age group.
- Dryland conditioning takes place September- November on Monday, Wednesday, 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 end of October (TBD/ Snow Dependent) at A-Basin\* and **all** programs start early November.

- Full Time athletes train 5 Days a Week Training Program (3 weekdays, Sat/Sun), Dec. holiday Camp, select holidays, all race days, including conditioning and early season skiing early Sept - mid Nov. And spring training camps.
- 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, depending on training schedules. Friday training opportunities with a punch card purchase.

USSS Age Chart					
Category	Age In Season	2024-2025	2025-2026	2026-2027	2027-2028
U21	20	2004	2005	2006	2007
	19	2005	2006	2007	2008
U19	18	2006	2007	2008	2009
	17	2007	2008	2009	2010
	16	2008	2009	2010	2011
U16	15	2009	2010	2011	2012
	14	2010	2011	2012	2013

**\*\*Includes all school district spring break opportunities. Does not include other winter breaks. Includes Sat conditioning starting 9/9, can not be traded for another day. Punch card days available.**

[Click here](#) to join the call at 6pm on Thursday, November 7th

**Other Age Class/ Ability Program Add On:**

**Transportation Options:**

You can pre-purchase van transportation passes. Departure will be from Upper Blue Elementary School 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	\$15 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 in the *Full Time Programs*. Fall Conditioning, starting Sept 9 and Early Season Training, starts mid Oct (TBD/ depend on snow and weather conditions). For weekend athletes, conditioning on Saturday mornings is included in training fee, all other days will need a punch card. See program and charts below.

<b>Member Add Ons *** (Alpine / Freeride)</b>		
Member On-Hill Daily Rate	<i>Additional training days. Intro and YSL by invitation only. Must be purchased in advance.</i>	\$100
Conditioning Daily Rate	<i>Non full time athletes conditioning.</i>	\$30
<b>Alpine Member Add Ons</b>		
Van Daily Rate	<i>Must purchase prior.</i>	\$15- each way
Van Season Pass	<i>Includes all van rides from Oct- May.</i>	\$325
Boot Work Evaluations	<i>Contact Chuck Roth Nov 1- Dec16</i>	
Boot Work/ Cants	<i>To be paid prior to boot work, after evaluation.</i>	\$115
Speed Ski Rental	<i>Contact Lead Coach</i>	\$50

### Non Member Daily Fees and Special Train

For Non-Team Breck Sports Club Members, please contact Alpine Director ([Alpinetbk@teambrecksportsclub.com](mailto:Alpinetbk@teambrecksportsclub.com)) or Freeride Director ([Chawks@teambrecksportsclub.com](mailto:Chawks@teambrecksportsclub.com)) to inquire about training opportunities with TBK

Non Member Rates		
Non Member Daily Rate	Contact Alpine Director or Freeride Director	\$135
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 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 Training Opportunities.

Spring Camps		
Spring A-Basin Camp <b>Daily Fee</b>	Fri-Sun, 4 weekends, 16 days on snow available. Daily fee	\$70
Spring A-Basin Camp <b>6 day package</b>	Fri-Sun, 4 weekends, 16 days on snow available. 6 day package	\$420
Spring A-Basin Camp <b>12 day package</b>	Fri-Sun, 4 weekends, 16 days on snow available. All training days	\$840

### 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.

<b>Program Name</b>	<b>Age</b>	<b>Training Days</b>	<b>Program Fee</b>
<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>