



Team Breckenridge Sports Club

U10/U12/U14 Program

Information *Training Calendar*

Full Time Athletes:

Full time athletes train 5 days a week. Program includes all training and race days.

Training takes place 3 week days and both weekend days. Typical training calendar is Monday, Wednesday, Friday, Saturday, Sunday.

Program starts Sept 7 for conditioning, and on snow Oct 31 (*weather and snow conditions permitting*). Spring, May Camps are included in the full time program- Monday, Wednesday (conditioning), Friday, Saturday, Sunday Skiing. (*note added days for 2025 Spring Camps*).

Weekend Athletes:

Weekend athletes train Saturday, and Sunday. Program fees also include holiday breaks and race days (see below). Weekday add ons are available for purchase as well.

Weekend Program starts Saturday Nov. 16 on snow at A-Basin.

Holiday Camps:

Thanksgiving Camp at Copper: TBA

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.. Other off days for full time athletes, and SYNC athletes attending races may occur.*

MLK Weekend:

January 18-20

President's Weekend:

February 15-17

Spring Breaks:

Programs include all Spring Breaks, depending on training/ race schedules that our full time program offers.

Conditioning/ Dryland Training:

Full Time Athletes Monday, wednesday, Friday starting Sept. 4th

Weekend Athletes Sat Starting Sept 7th for Saturday Conditioning.

*** Note that for AC athletes we understand athlete's participation in other sports, and include conditioning in our early season (November) training plan.*

***Punch cards available for weekend athletes who wish to participate in weekday conditioning training.

Please note that conditioning sessions are included in November training (Saturday afternoons) and Holiday Breaks. Other activities include nordic ski days during holiday breaks, which is highly recommended to attend. (Additional costs)

Training Blocks:

November Block Training:

A-Basin -TBA- (Oct 31 start date for full time athletes- snow dependant)

Copper- TBA- (Oct 31 start date for full time athletes- snow dependant)

December Block training Breck:

Sundown Pk9 (*depending on early season snow conditions*)

World Cup Participation Dec 6th or Dec 8th.

**** All training is dependent on snow conditioning and storm systems.**

Equipment:

All athletes should have one pair of GS Skis, SL skis, SG skis. It is not recommended to have more than one pair per event. Starting November 1, all athletes will need to make an appointment with Chuck Roth or Chuck Ginsberg to have boots canted. This is a very important piece to our training and success. *Fees for boot cants will apply at \$120 (free evaluations included in program fee), but TBK has worked hard to make this price very reasonable for our in-house work that we feel strongly about. Fees for speed ski rental are \$80 a series.*



USSA Helmet Policy

All athletes are required to have a USSA FIS approved, for athletes U14 and older for all USSA giant slalom, super G and downhill competitions (scored and non-scored). See picture on the left. FIS approved helmets are not necessary for U10/U12s but recommended.

Equipment Guidelines for Age Class Athletes:

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

Other Protective Equipment:

SL Shin guards/Pole guards:

Not absolutely essential for all U10/U12's, but as training increases and skill improves a young racer can begin to get very tight to a gate or stubby and begin learning to clear gates with hands, and ~~and~~ result the shins. 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.

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