



Team Breckenridge Sports Club (Age Class)
U12/U14 Program Information

Mandatory Parent Orientation Thursday, November 20th at 6pm Log-on [Here](#)

Training Calendar

Full Time Athletes:

Full time athletes train 5 days a week. The 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- subject to change.

The program starts Sept 5th for conditioning, and on snow Oct 20th (*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 2026 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 Sept. 6th for conditioning Saturday Oct. 25th on snow at A-Basin (*weather and snow conditions permitting*)

Holiday Camps:

Thanksgiving Camp at A-Basin: TBA (Additional lift fees apply)

December Holiday Camp - Breckenridge

December 27th- Dec 30th

January 2nd -Jan 11th

****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 17th-19th

President's Weekend:

February 14th-16th

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. 5th
- Weekend Athletes Sat Starting Sept 6th 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 20th start date for full time athletes- snow dependant)

December Block training Breck:

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

** 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 as a 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.

Season Pass:

All athletes need a minimum of an [Epic Local Pass](#). We recommend purchasing your season pass during Vail's early bird pricing. Although they do provide us with discount vouchers, we do not receive them until the start of the season. The discount we receive is equivalent to the early bird pricing.

A-Basin and Copper passes are also available and I will send out more information regarding discount vouchers as we get closer to the start of the season.

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 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](#).

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 (heidi@teambrecksportsclub.com) 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.

Athletes are required to have a SkiReg account.

- Race registration is not through US. Ski and Snowboard. All race registration will be via SkiReg
 - All races will be using [SkiReg.com](#) for all race registration
 - you still need a [USSS membership](#) and connect it to your SkiReg account using your USSS number
- Please [click here](#) to create a Participant Account
 - You can manage additional participants or add anyone else that might register your athlete

- Once you have created your account you can then start searching for upcoming races (you can also look at the [Race Announcement](#) for that specific event)
 - Search the calendar for events
 - Event Type
 - Alpine
 - Event Location
 - Rocky Mountain
- Once you have found the race you are looking to register for select that event
 - Select your category (Male or Female and the days you will be participating in the event)
- Add the event categories to your cart
 - You can register for multiple events at the same time if they are uploaded by the host.
- You can register for most events a month prior to the event.
- The latest you can register for an event is typically the day before the event.

Race Announcements:

- [Race announcements](#) can still be found on the US Ski and Snowboard website
 - A race announcements give critical information from the host about the event
- Follow these steps to find race announcements on the US. Ski and Snowboard website.
 - Programs
 - Regions & Divisions
 - Rocky/Central Alpine region
 - Calendar
 - Race announcements are on the right side of the page

Waivers:

- A waiver must be completed prior to each race.
 - If you waiver is not completed the host will not let you participate in the event
- Waives can be found on the Race Announcement for each race.

Team Race Information:

- You can find our team race information on [TeamSnap](#)
 - Information will be updated frequently so please check frequently prior to a race
- Day of Race Information will be updated on TeamSnap the evening before the race (after 7pm).