



**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 - Breckenridge**

December 27th- Dec 30th

January 2nd -Jan 11th

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

**MLK Weekend:**

January 17th-19th

**President's Weekend:**

February 14th-16th

***Equipment:***

***Skis:***

**U8-U12** Athletes need only a single pair of multi-event racing skis. Free-skiing skis are nice but not required. **Race/Training Skis** One pair of multi-event skis that are entry-level race skis suitable for GS, SL, Kombi, and free-skiing. Skis should have a 10-12 M radius and a length between the athlete's nose and forehead.

**U14-U18:** Athletes may choose to have event-specific skis for Slalom and Giant Slalom.

**Note Only one pair is allowed at each race**

**Boots:** A four-buckle boot is preferred, with no more than a 50 to 60 flex for the lightest skiers. Athletes must be properly fitted and able to flex their ankle when the boot is buckled. Avoid

buying boots the child will "grow into" as boots that are too big or stiff will hinder their progress. Ensure they are in a junior boot, not an adult boot.

### USSA Helmet Policy



**All athletes are required to have a hard ear helmet.** U14 and U16 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 and U16'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- **Mandatory Parent Orientation Wednesday, November 19th at 6pm Log-on [Here](#)**
- ★ May 31st- Work Deposit Due

### **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](mailto:heidi@teambrecksportsclub.com)) about being part of the Alpine Team 25/26 course crew

For more information, please read the TBK Handbook.

**Event Registration:**

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