

Club Handbook September, 2009

P.O. Box 336
Frisco, CO 80443
(970) 547-9099

Email: teambrecksportsclub@gmail.com
Website: www.teambrecksportsclub.com

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1 Document Purpose

This document has been created for parents and athletes of Team Breckenridge Sports Club. We hope this document answers some common questions that parents and athletes have about TBK and our programs. Parents and coaches of TBK have put the document together to help guide new and returning families through the ins-and-outs of this club and our sports. This guide is intended to be an informal living document. If you have additions, comments or suggestions for this document please feel free to email Olin Armstrong at olinarmstrong@gmail.com. Please check the TBK web site for the latest version of this document.

2 Overview and Mission

It is our mission to provide this community with an athletic environment that allows each athlete to reach their potential and pursue their life's goals through sport.

TBK is an Alpine, Freeride and Mogul team for athletes of all ages and abilities. Our programs begin at age 6 and continue through age 60. Over the years our programs have helped to produce 50 members of the US Ski Team, US Olympic Team, US World Champion Team, US National Junior and Senior Champions, Junior Olympians and NCAA All Americans. This group of coaches and athletes have been successful in Breckenridge since 1988 and are recognized and respected internationally for our contribution to this sport. **Team Breckenridge Sports Club has been recognized as one of the top ten junior racing teams in the country by the leading industry newspaper, Ski Racing.**

Our primary goal is to help each athlete learn the necessary tools to be successful at any goal they choose, whether it is athletics, arts, education, occupation, or any other personal interest. Our philosophies are based on a long-term approach to athletics. Teaching ski racing is secondary to the teaching of athletics as a way of life. An athletic lifestyle includes characteristics such as; respect, resiliency, responsibility, honor, self control, trust, initiative and dedication. **TBK maintains that a small, individualized, athlete driven program is a beneficial environment for learning these characteristics.** Each individual athlete is allowed to set their own goals and establish a plan to attain them as long as they are consistent with team philosophies and does not detract from other's goals.

Team Breckenridge Sports Club strives to help each athlete include skiing and athletics into their way of life and encourages everyone to take personal responsibility in every area of preparation and competition. We offer programs from one-day per week, to year-round world-class training programs. The coaches and staff are committed to treating each athlete as individuals and helping them to reach their potential in the sport of skiing and ski racing. All of our programs are based out of the Breckenridge Ski Resort and TBK is grateful for their support. TBK training may also take place at other areas in Summit County and beyond at the direction of the coaching staff.

Many of our coaches are well known and respected regionally, nationally and internationally. They are involved in the sport of ski racing at every level by committing the time and energy to sit on committees that govern this sport. Over 25 coaches have accumulated over 150 years of coaching and ski racing experience, each contributing to our consistent results and creative approach to ski sport. Their passion for our youth and this community is evident every day they spend teaching our children.

3 Club Structure

TBK is structured to include two areas of responsibilities; the executive board and the coaching staff. The executive board has four main responsibilities. First is to setup and maintain the legal structure of the non-profit organization. Second is to provide funding to the programs through fundraising efforts. This support is expected to be approximately 40% of our operational expenses of the organization. Third is to administer the organization. This includes all non operational (board activities) as well as operational components (programs). The fourth and final responsibility of the executive board is to allow the coaching group to handle all operations of the club. TBK was built upon the premise that the board will act only as advisors to the coaches on an operational level and provide the funds necessary to accomplish the goals and objectives of the programs set by the coaching staff. The executive board of directors is elected by the membership of TBK at the annual meeting of members. These duties are handled on a volunteer basis.

The success of our club is directly affected by our fundraising levels. Our entire membership accepts the responsibility with our board to volunteer and enhance our fundraising and our organization. This in turn will help keep our program fees down and provide our programs with the resources necessary to succeed.

4 Program Registration

4.1 Registration

Register online on the TBK web site. Athletes should complete the online registration form. They are also required to print out, sign, and submit the **TBK athlete contract** and both the **TBK and Breckenridge Ski Resort liability release** forms to the TBK administration. A copy of the family insurance card is also required.

4.2 Fees and Payment

The volunteer work deposit fee (see paragraph 4.4) must be paid in order to register for any program. Registration opens in September and closes when the program reaches capacity. At least \$530 deposit must be paid prior to participating in TBK sponsored on hill training and no later than October 1st (November 1st for Devo programs). Unless the deposit has been made, a payment plan has been requested and the Athlete Contract is signed, athletes who have not made full payment by November 1st will not be able to participate in TBK training or attend races with TBK unless other arrangements have been made with the board of directors. Late payments and all payment plans will be charged an additional 10%. Payments received will be applied in the following order: Membership Dues (\$200 included with Program fees), Work Deposit and then Program fees. Program fees may be paid by check or credit card (additional 3% service charge). Credit card payments may be online from the TBK website.

4.3 Season Passes

TBK members are provided discounted season passes through the Breckenridge Ski Resort. Each athlete will need to be a TBK and USSA member in good standing as well as have completed and returned all TBK documents to our office. When the TBK registration process is complete, each athlete will receive a season pass voucher that can be redeemed at the Breckenridge Ski Resort season pass office for your discounted pass. Passes should be purchased by mid-November. BSR does not offer a pass product for athletes older than 18.

In addition to a Colorado Pass, for 5th grade athletes it may be recommended that you get a 5th Grade Passport. The Passport provides for additional savings on lift tickets when traveling.

4.4 Work Deposit

TBK's survival is dependent upon volunteers. In order to help assure that the club receives the required volunteer support, a work deposit of \$330 is collected annually from each family at the time of registration. TBK requires all athletes to support the club through a minimum number of volunteer hours or pay a fee for the hours not worked. Families that work a minimum of 33 hours will receive a credit for the entire work deposit. Families that work less than 33 hours will be credited at a rate of \$10/hour worked. There are multiple opportunities throughout the year (July 1st – June 31st) for families to meet their volunteer commitment (see paragraph 10.5). Many families exceed

the number of hours required. Volunteers must sign up prior to the event in order to get credit for the hours worked. It is first come, first serve for the events you want to volunteer for. For TBK hosted events that do not have sufficient volunteer support, the work deposit fees will be used to hire additional help.

Each family will receive a volunteer service card. Members will receive their card with their new member information packet. It is each family's responsibility to assure that work hours are properly recorded on the volunteer service hour card and validated by the volunteer coordinator for that event. ONLY TBK club sponsored race events and fundraising activities go towards the work deposit. Family and friends can help work off a family's work deposit. If you have volunteered to work an event, you must check in when you arrive AND out when you leave with the volunteer coordinator. If you do not, your work time may be forfeited. All volunteer service hour cards must be returned to the TBK administrator by June 1st to the TBK address at PO Box 336, Frisco, CO 80443.

Work deposits may not be carried over to the following year, but CAN be donated to the club or refunded after all hours have been worked. Work deposit refunds will be forfeited if the volunteer service hour card is not returned by June 1st.

4.5 Refunds/Dismissal

TBK board will consider refunds up to 50% for athletes that incur illness or injury prior to December 15th and will not return to a TBK program for the remainder of the season (April 15th). Request for refunds **must be** submitted in writing to the TBK Board of Directors prior to December 30th. Refunds can only be offered and approved by the TBK Board of Directors.

The TBK executive board reserves the right to sanction, suspended or dismiss an athlete and/or parent for actions and/or behaviors that are detrimental to our club. Prorated refunds for this situation may be considered by the executive board if written requests are received in a timely manner.

Refunds will not be given to members that are sanctioned, suspended or dismissed for violating the USSA code of conduct.

4.6 Summit County Schools Early Release Program

Summit County Schools may offer an Early Release program for middle and high school athletes involved in organized sports. High school students may receive credits by enrolling in the Early Release program which TBK coaches are certified to teach. Students will work with the high school personnel, specifically the Ski Coordinator to determine the athlete's training schedule. **This class has strict guidelines for participation and high expectations to succeed. Attendance is mandatory and grading is set to the standards of all TBK programs. This program is only offered to TBK membership pursuing ELITE levels of sport**

Students are released from school 2 or more hours early in order to train. Training is usually 2 – 3 days/week. Many families will arrange a car pool but TBK sponsored

transportation is not available. Students must leave school property when their classes are over unless they have made prior arrangements with the principal. On off-training days, students plan to check in with the Ski Coordinator and do homework at school until the normal school day is over. Athletes should contact their school counselor and TBK for more information. Other opportunities, such as online classes, are being researched at this time by the club and the school district..

4.7 USSA Registration and Insurance

Regardless of which program an athlete is enrolled in, he/she **MUST** be a member of USSA and a member of the Rocky Mountain Division (RMD). **Athletes must have a current USSA license to participate in TBK activities.** Athletes J3 or higher (13 or 14 years old on December 31) will need to pay for a ‘Competitors License’ to both USSA and RMD. Athletes twelve or under on December 31st need a ‘Youth License’ for both USSA and RMD. These fees are paid by completing a USSA registration form and sending one check directly to USSA to cover both USSA and RMD costs. If you were a member last season, you should be sent a renewal form for the next season. If you need a USSA registration form you can call them at (435) 649-9090 or check the USSA website at www.ussa.org

All registered athletes will receive a USSA Competition Guide and a Rocky Mountain Division Handbook.

All USSA members are required to have valid and sufficient medical/accident insurance coverage and accept full responsibility for provision of coverage as a condition of becoming a USSA member and participating in official USSA training and competition. Primary medical/accident insurance must be in effect for the entire term of the membership year. Athletes must carry proof of insurance and this must be available at each event so that prompt medical/hospital care can be authorized, if ever needed.

Excess participant accident insurance may be a benefit included with the above USSA memberships. This insurance is in excess **ONLY** over all other insurance. Please contact USSA for more information.

4.8 * Daily Training Fee (Punch Card) * (Alpine)

TBK currently maintains a number of distinct programs for our membership. Many of these programs designate a specific number of trainings days per week for a period of time. For example, our Age Class Weekend program trains two weekend days from November until the end of March). Any additional days an athlete trains is in addition to the program fees as outlined below {see #7 below for exceptions}.

1. All daily (or additional) training days **MUST** be pre-approved by the appropriate coaches and the TBK board
2. Responsibility for tracking daily fees and punch cards is placed solely on the athlete and their families.
3. Fees are due in advance of training days to receive a discounted fee.
4. Fees are not transferable except within families
5. Punches may be used anytime within the same fiscal year ending June 30 (excluding Summer Camps). NEVER will fees transfer to the following fiscal year
6. A “Day” is defined as date regardless of hours trained (competitions are included)
7. **Exempt days** – The following training days are included in all Age Class and Ability program fees and **DO NOT** require additional fees for current members; Select Holidays during the winter program as well as a Holiday Camp in December.
8. Fees
 - a. Daily training fees **DO NOT** include lift access. Lift tickets must be organized through the competition department of BSR
 - b. For TBK or Non-TBK members wanting to work into an existing TBK training session the daily rate is \$50 (See #1 above)
 - c. Members enrolled in an existing program may:
 - i. Purchase a 5 punch card for \$200
 - ii. Purchase a 10 punch card for \$350
 - d. Alumni may:
 - i. Purchase a 5 punch card for \$200
 - ii. Purchase a 10 punch card for \$350
9. If upgrading from the 5 punch to 10 punch card, the cost is \$150.
10. Alumni or current members that require additional training (above the 10 punch card), must upgrade to the next appropriate program. The \$350 for the 10 punch may be applied to the higher program fee when upgrading..
11. No coaches discounts are available for this program
12. Additional fees may be necessary to cover hill space costs at spring and fall camps.
13. The daily fee and punch card is not meant to replace a current TBK program or programs. Any member or non-member abusing the use of this daily fee may be asked to discontinue training or upgrade to a more appropriate program. The TBK board has the right to review all daily training fees and punch card purchases and has full discretion to revoke training privileges if it is determined that an abuse has occurred or a member is not in good standing

*** Intent to competes – TBK will not include Non-Members on Intents*

5 Program Overview

As shown in figure 5.0, TBK alpine programs are organized into specific programs based on age and/or ability. Each program is described in the following paragraphs.

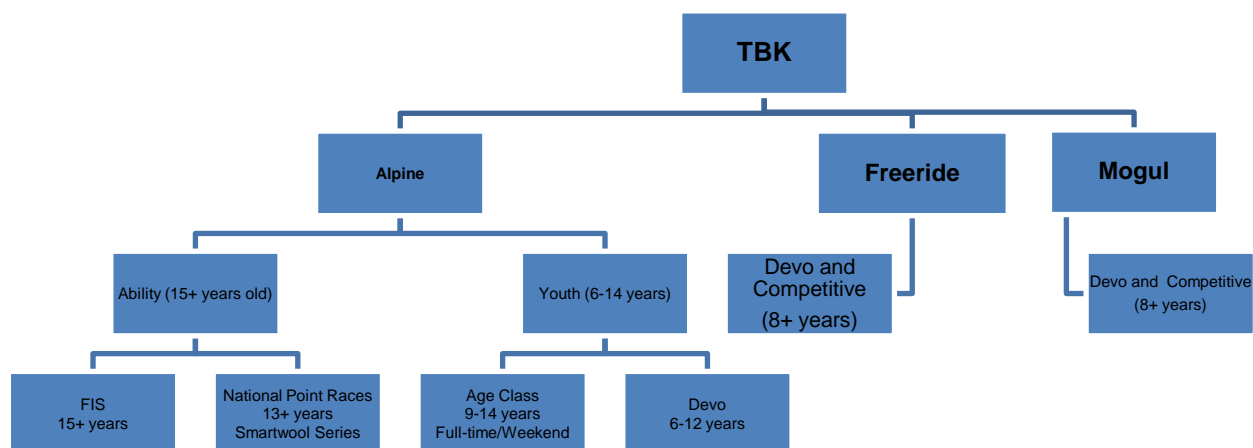


Figure 5.0, TBK Program Organization

5.1 Devo – (Alpine)

The development program is for athletes' ages 6 - 12. The program provides a good introduction to ski racing through a combination of free skiing and gate training. Any athlete entering this program should be comfortable parallel skiing on blue runs or a level 8 skier. Athletes will be grouped according to age, maturity and skiing ability; J7 age 6, J6 ages 7- 8, J5 ages 9 and 10, J4 ages 11 and 12. All ages are based on the athlete's age on December 31st.

An athlete in this program can expect to compete in approximately two or three one-day races in Summit County in the Summit Cup Series as well as possible additional one-day Youth Ski League (YSL) races in and around Summit County. These races are optional and there is no requirement to attend any event. Selection for YSL events will be made by the coaching staff and may include athletes from the DEVO and AGE CLASS programs.

This program meets on Saturday's beginning in early December and goes through the third week in March. Most races are held on Sunday. The program(s) includes coaching during training days and selected YSL competitions, additional winter training camps,

entries to the Summit Cup race series and membership to the Team Breckenridge Sports Club.

We offer four DEVO programs;

1. Part time Alpine Devo: Choose 8 training days out of the 16 days. (70% percent free skiing with 30% training opportunities. Racing opportunities available by interest). Cost: \$TBD
2. Full time Alpine Devo: Designed for new and returning Devo athletes offering approximately; 65% all mountain skiing skill development, 35% drills and gate training, an introduction to alpine racing, and athletes may have the opportunity to participate in the Summit Cup and YSL Alpine race series. Holiday training camps will also be offered: Cost: \$TBD
3. Devo Team: 17 Saturdays /1/2 days Sunday's by invitation only. Approximately 50% skill development progressions and gate training, 50% all mountain skiing skills. Race opportunities: participation in the Summit Cup series and Youth Ski League Series as Automatics, plus holiday training camps. Cost: \$TBD

5.2 Age Class - (Alpine)

The age class programs are for athletes that are between 9 and 14 years old by the end of the year. This program is for an experienced skier preferably with some race experience. Participants in the Age Class program train Saturday and Sunday. A five-day a week program is offered for athletes whose schedules allow and/or are enrolled in the Summit County Schools District's Early Release program. Athletes participate in races throughout the state. This program also offers select Friday evening sessions at Keystone. Winter camps usually provide training opportunities before and after Christmas as well.

The age class program begins in early November and goes through the third weekend in March. Conditioning training as well as fall, spring and summer training is also available.

The **Alpine Fall Program** is an add-on for athletes who have the desire to participate in our early season conditioning and on-snow program. This provides an athlete access to all conditioning (Fall and Spring) as well as all our early season skiing at A-Basin up to Thanksgiving.

Athletes in this program should be capable and comfortable skiing and lift-loading by themselves or with friends. Coaches are always on the hill, but they are not constantly with the athletes. Athletes are expected to act responsibly on the hill at all times whether they are with a coach or 'lapping' without a coach.

The Age Class program is divided into three age groups. Each is described briefly below. An athlete's 'age' is based on their age on December 31st.

5.2.1 J5

Athletes age 9-10 are assigned to the J5 age class and compete in Slalom (SL) and Giant Slalom (GS) races. The J5 athlete has the opportunity to compete in 1 SL race, 1 GS race, the J5 festival, the J5 finale, and a Kombi event. This is in addition to select Summit Cup races. Athletes who have not finished in the top 5 of an Age Class race may also be eligible to compete in select YSL races.

5.2.2 J4

Athletes ages 11 and 12 are assigned to the J4 age class and compete in Slalom (SL), Giant Slalom (GS) and the Super Giant Slalom (SuperG). The J4 athlete has the opportunity to compete in 1 SL race, 1 GS race, a Super-G race series and the Prater Cup Junior Olympic Qualifier where they compete in all events over 4 days. Athletes who do not qualify for the Junior Olympics will compete in the Council Cup race series. Athletes who do qualify for the Junior Olympics will compete in the JO races held in mid March. There is also a Kombi event open to J4s in late March. Junior Olympic qualification is described in the Rocky Mountain Division Handbook.

5.2.3 J3

Athlete ages 13 and 14 are assigned to the J3 age class and compete in Slalom, Giant Slalom, Super-G, and possibly downhill events. The J3 athlete has the opportunity to compete in 1 SL race, 1 GS race, a Super-G age class race, Junior Olympic qualifiers and possibly the Smartwool race series. An athlete should not expect to compete in every event in which he/she is qualified. J3 athletes will work closely with their coaches to develop a personal race schedule that best fits their needs and goals. J3 athletes' schedules may be very complicated and require close attention and consideration. It is the responsibility of the athlete (with the support of the family) to work directly with the coaches to consider each race and develop a competition and training schedule. This schedule may change regularly depending on the development of the individual athlete.

5.3 Ability - (Alpine)

Weekend Ability - This program is for the athlete who is 15 or older by the end of the year and who wants to train two days a week (usually the weekend days). Athletes are welcome to attend any USSA event that TBK participates in and that they are qualified for. In addition, members may be welcome to attend any scheduled training days for a daily fee or punch card. The program begins in September and goes through March.

Full Time Ability Program - This program is for the athlete who is in pursuit of a higher level of ski racing. This program gives athletes access to all TBK training sessions, however, this does not necessarily mean that members will be attending every session on the hill or conditioning training seven days a week. It does mean that members are welcome to work in a schedule that allows each to dedicate the time and energy necessary to reach their potential in ski racing. It is expected that all Full Time athletes have set goals consistent with reaching their potential in sport. The program begins in September and goes through Mid-April.

5.4 Elite - (Alpine)

Elite Program - This program is for the athlete who is in pursuit of the highest level of ski racing. This program is for athletes that have reached the most elite levels of competition and require an uncompromised training and racing schedule. This is a year around program and athletes must meet strict criteria to participate.

5.5 Masters - (Alpine)

Team Breckenridge Sports Club Masters is designed for racers 21 years and over, who are looking for high quality training with the highest quality coaching staff in Colorado. The goal is to have each individual reach her/his goal in ski racing. This program is offered by invitation only.

5.6 Freeride (Freeride)

The goal of our program is to train our athletes to become the next generation of professional skiers in a safe and controlled environment. With the growing participation in newschool skiing, athletes need organized training to compete at the top level. Our athletes will be prepared for regional and National USSA events, X-Games qualifiers, The US Open and, eventually Olympic competitions.

The program will cover all aspects of the newschool skiing movement. This includes: Slopestyle, which is utilizing all features in a terrain park. Rail sliding and the linking of jumps will be emphasized. This is the most important part of terrain park skiing. Big air or one jump is a good way to strengthen your slopestyle skiing because you can perfect tricks before trying to link them together in a nonstop run. The goal of halfpipe is for the athletes to perform the tricks they have learned on regular jumps on the more difficult transitions of the halfpipe walls

5.7 Freestyle (Mogul)

Team Breckenridge Sports Club offers mogul programs for all levels and abilities of athletes from rookie skiers just learning to shred the bumps to FIS level competitors seeking the chance to represent their country across the globe. With venues at Breckenridge and Arapahoe Basin and with camps abroad in Chile and Switzerland, TBK offers the best on snow scenario anywhere. TBK coaches are dedicated to providing the best support and knowledge to athletes and to helping them realize their vision, achieve their dreams, and fuel their passion for skiing.

Snow Training Sites:

Breckenridge: Home to World Cup competitions from '81 to '96 Breckenridge alone has 5 sites that have served as World Cup Mogul venues: American, Peerless, the fabled 'Mach 1', Solitude and Amen. These are the trails where Olympians Toby Dawson,

Jeremy Bloom, Evan Dybvig and Alex Wilson cut their chops. TBK trains primarily on Peerless, Mach 1 and Solitude.

Arapahoe Basin: The Basin offers some of the earliest and latest skiing in the nation, starting with openings in mid to late October and closings in June or even July. TBK starts the year at the Basin with Early Season Training and some of the first access to snow in October and then extends the year to Spring Camps in May featuring top US Team talent. Again in '10, Arapahoe Basin is bidding to host one of only two US Nor-Am events.

Programs (Moguls):

Program	Tuition Cost	Start Date	End Date	Training Days
Full Time High School	\$3750	Sept 1	April 11	4-5 Days/wk. all holidays. comps
Full Time FIS Sr	\$3300	Oct 1	April 11	4-5 Days/wk all holidays, RMD & FIS comps
Full Time Middle School	\$3400	Oct 1		4 days/Wk plus all holidays, RMD & USSA event training days and comps
Weekend RMD Competition Moguls	\$2700	Oct 1	April 11	Weekends plus all school holidays RMD & USSA event training days and comps
Rippers/Mogul Development Weekend (Rippers)	\$1350	Oct 17	March 31	Weekends, Thanksgiving and X-Mas camps and Devo Series Events
Rippers Saturday Mogul	\$815	Oct 17	March 31	Saturdays and Devo Series Events

Rippers: Development Moguls

Rippers/Development Mogul: Age 8-13

Dryland Training: Oct 17-Nov 19

Snow Training: Nov 21- March 31

Orientation: Nov 21

Rippers/Development The mountain is a big place and most of it isn't groomed. Rippers teaches kids to embrace challenge, expand their abilities, and have fun skiing the whole mountain. Coaches introduce skills, tactics and concepts for skiing, moguls, and jumping, as well as mountain safety and the competition environment. Dryland training focuses on trampoline basics and general conditioning. On snow sessions include drills for skills,

freeskiing, mogul course training, and jumping sessions. Skiers learn to approach skiing as sport: goal setting, conditioning, nutrition and healthy approach to the competitive arena. Weekend Rippers (2 days, Sat & Sun) program offers young skiers the opportunity to carry over skills from one day to the next and make big advances.

Weekend RMD Competition Moguls

Weekend Competition Moguls: Age 13-18

Dryland Training Season: Sept 15 - Oct 31

Snow Season: Oct 24 - April 11

Orientation: October 24

Training includes Saturdays & Sundays and all school holidays, plus any additional training days at competitions.

Competition moguls programs focus on preparation and performance on the RMD tour. Coaches teach competitive skiers to approach skiing as sport: physical conditioning, nutrition, mental training, goal setting, skill development, competition strategy and performance evaluation. Competitive athletes create a vision for their skiing, embracing challenges and expanding their capacities. Training runs the gamut from basic drills to visualization techniques, attaining peak performance, performance analysis and competition strategy. Freeskiing and rat-packing also play a role in becoming a complete skier. Training and competition analysis rely heavily on video review. Athletes keep a training journal for physical and ski training (as well as for competition). Coaches meet with athletes to review, assess and revise goals & performance.

Camps and Additional Trainings: Competitive level skiers are strongly advised to take part in water ramp training, physical conditioning program, & Spring and Summer Camps.

Full Time Programs: High School, Middle School, FIS

Dryland Training Season: Sept 1 - Oct 31

Snow Season: Oct 24 - April 11

Orientation: October 24

Training includes Saturdays & Sundays and all school holidays, plus any additional training days at competitions.

Dryland

Full time competition programs are geared for highly competitive athletes and offer complete training and competition support. Athletes and coaches work closely on long term and daily planning, execution, analysis and review. Full time athletes bear greater responsibility for course work and maintenance as well as leadership roles on the team.

Camps and additional trainings: Summer Camp, Fall Camp, Water Ramp training

6 Athlete Responsibilities

6.1 *TBK Athletes Represent the Club on and off the Hill*

Each and every member and parent of TBK is a representative of our organization. We expect every one of our members and their families to represent our club in a positive way. This means acting in a responsible, respectful manner at all times. TBK holds all members to the highest standards in terms of professionalism. Of course we are all here to have a good time, but it can never be at the expense of our fellow members or our training and racing environment. Whether a member is in the lift line, in a lodge, at the Recreation Center, in school, in the training arena or freeskiing on the mountain, we expect appropriate behavior. Athletes that represent our club negatively will not be allowed to participate in club activities or events - program fees will not be refunded. (See paragraph 4.5)

Breckenridge Resort does not permit athletes to cut lift lines or use the ski school lines. Please respect these and all other resort policies. Any member not adhering the any BSR and TBK polices may lose privileges including dismissal from the program.

The Peak 9 Restaurant and the downstairs of Peak 10 Hut, the patrol warming hut at the top of Peak 10, is the responsibility of TBK to keep clean and maintain. That means it is each and every one of our members responsibility to help keep these areas clean.

6.2 **** Goal Setting/Expectations ****

Each athlete is expected to set a series of goals for skiing, ski racing and athletics. Of course other activities and family priorities are a significant part of these goals. Both short term and long term goals are critical to your success. These goals should be achievable, realistic and honest; however they should require hard work and commitment to attain. These goals must also be measurable and constantly evaluated. Some goals may be quickly reached, while others may take years to achieve. Some aspects of success will be out of your direct control. However, the EFFORT you put in to reaching your goal is entirely within your control. FAILURE is not trying or putting proper thought and effort into your goals. NO EXCUSES!

Always be honest with yourself, your parents, your coaches and your environment when setting and evaluating your goals. There is no EASY way to success. SUCCESS REQUIRES HARD WORK, COMMITMENT AND SACRIFICES. Understanding these sacrifices and using them to your benefit will be critical to your success. You will get out of any program what you put into it! If you are looking for short cuts or are not honest with your commit levels and your limitations, you should expect to FAIL. Every decision you make will affect the outcome.

Success occurs when you have a discipline commitment to a reasonable plan. You cannot commit to doing some of the work. Over time, hard work with a purpose and your own

INTERNAL DRIVE FOR SUCCESS will make you succeed. Not chance or innate abilities.

6.3 Safety

Safety of our members is our number one concern. We expect all parents and athletes to help the coaching staff adhere to the highest level of safety. Fast skiing, outside a designated training arena, will not be tolerated. Ski area employees have been directed to “pull” member passes if unsafe skiing is encountered at any time. This may include but is not limited to: fast skiing, tucking in “public” areas, jumping in an unsafe manner, not looking uphill when crossing trails and skiing too close to other guests.

Inside the training arena, coaches will make all decisions regarding a training session based on the safety of our members. We ask that parents only enter a training arena with specific DAILY approval of a coach. (See paragraph 10.2)

Skier Responsibility Code - Know the Code

1. **Control.** Ski under control and in such a manner you can stop or avoid other skiers or objects.
2. **Right or way.** When skiing downhill or overtaking another skier you must avoid the skier below you.
3. **Above.** You must not stop where you obstruct a trail or are not visible from above.
4. **Merging.** When entering a trail or starting downhill, yield to other skiers.
5. **Prevent.** All skiers shall use devices to help prevent runaway skis.
6. **Posted.** You shall keep off closed trails and posted areas and observe all posted signs.
7. **Safely.** Prior to using any lift, you must have knowledge and ability to load, ride, and unload safely.

6.4 Be flexible/Be involved

Skiing is an ever-changing environment. We expect our members to plan accordingly and be prepared at all times. In order to stay informed, you must be involved. If you miss a day or even a session of training, you will be missing out on important information that you are responsible to know. Whether it is at training or at a race, schedules and plans are changing constantly. Our schedule(s) change frequently to give the athletes every opportunity to reach their goals and the goals of this club. We expect the athletes to be prepared for these changes. Our coaches will react and plan with the athletes best interest in mind at all times. Safety will never be sacrificed.

Check the TBK website regularly for updates on training and racing plans.

6.5 Helping set and tear down on training days (Alpine)

Athletes are expected to help set and tear down the course on training days. Athletes should not leave early on a regular basis without helping to tear down the course first. All athletes must participate in all aspects of ski racing. This includes the setup and tear down of our racing and training environments. We expect everyone to be involved in this process every day.

6.6 Academic

Academic education is critical to an athlete's success and TBK may be able to assist in working with schools and other learning institutions. If you would like assistance in supplementing basic educational programs, please contact TBK for resources the club may be utilizing. See section 4.6 for details on the Summit County Schools Early Release program.

6.7 Elite Athlete Rules of Engagement (Alpine)

This section contains the "rules of engagement" that the elite TBK athletes have developed for themselves. These rules apply mainly to the elite athletes, but is included here so that all athletes and parents understand what is expected.

ATHLETE RULES OF ENGAGEMENT

A proficient team effort, in multiple on and off snow environments, is required to ensure that each athlete is able to perform well. For the well being of each team member, and of the team as a whole, it is imperative that all athletes affiliated with the elite division of Team Breckenridge Sports Club uphold the following athlete rules of engagement.

- IN GENERAL -

1. Be a teammate. Be aware of others & treat them how you want to be treated.
 - a. Respect the team's time. Take care of personal business on your own time.
*Cell phones are prohibited during team time. Coaches have phones and can be contacted if needed.
 - b. Respect the "athletic space" of others. Cut the horseplay when a teammate needs time and/or space to concentrate.
2. Take responsibility for yourself. Do not rely on others.
 - a. Do not jeopardize your body. Proper diet and proper rest are imperative.
 - b. Pack it in-Pack it out. Take care of your trash and clean up your own messes.
3. Make training a priority. Arrive on time and prepared.
 - a. Schedule appointments and vacation around training.
 - b. Inform a coach ahead of time if you must miss training
4. Document your training and races. Maintain & review a log and a training tape.
 - a. Always cue up the video when either you, or the group, finish watching.

- ON THE HILL -

TRAINING ENVIRONMENT

PREPARATION

1. Prepare and check all equipment, especially when borrowing equipment
2. Always carry tuning equipment.
3. Always carry water. A sport drink is recommended in addition to water.
4. Wear a HR monitor.
5. Dress Appropriately
 - a. Never come to training without a GS suit.

- b. "Strip down". As a minimum, expose GS suit bottoms so coaches can assess knee and hip movement. When appropriate train "full stripped" to simulate a more race-like environment.
 - c. Do not wear warm-ups while training. Note: Training shorts that do not inhibit an athlete's range of motion or a visual of the knees and hips are acceptable.
 - d. Bring extra clothing on cold days. Leaving extras at the bottom of the hill will allow you to strip down and stay warm longer.
 - e. Always wear a helmet. *An additional mouth guard is suggested for slalom.
6. Arrive on time with a fresh plan of attack.

GATE TRAINING

1. Help set. Follow a coach's instruction, and/or check the top of the hill for gates and wrenches.
2. Always inspect the course.
3. Always warm up (in and out of skis).
4. Always run in point order.
5. **Running Order:** FIRST - all FIS point holders (lowest to highest FIS pts.)
 - a. FOLLOWED BY non-FIS point holders (lowest to highest USSA pts.)
 - b. FOLLOWED BY - athletes without FIS or USSA points.
 - c. *This rule is important to ensure a well set track. However, an athlete holds seniority over teammates with higher points than their own, and may choose to run out of order, allowing athletes with higher points to run first.
6. Check-in. Never begin without a radio and/or visual clear.
7. **Radio Protocol:** example - Athlete: Chelsea on course, Lauren in the gate.
- Coach: clear for Lauren/ technical info/ hold until clear.
 - a. For safety and video purposes, the last athlete to run needs to check-in AND radio to the coach when they are on course.
8. If you miss a gate or otherwise do not complete a course, always stop, re-focus, and then continue.
9. Never treat the last gate as a stopping point. Continue past the last gate as if the course continues. Then come to a stop in an athletic position. *This rule adds repetitions to training runs, and helps prevent injury at the end of a course.
10. Help during tear-down.
11. Do cool-down and recovery exercises.

FREE SKIING

1. Do not ski on Crystal (the run under the Falcon at Breckenridge).
*This is a deal that has been made with the ski patrol, who feel this rule helps reduce the number of novice skiers who end up hurt after watching ski racers going fast under the lift and then try to achieve the same speeds themselves.
2. When with a coach, always line up facing the coach in running order.

RACING ENVIRONMENT

1. Always race prep. equipment.
2. Always inspect and warm up.

3. Always radio in for a report, even if you don't think you need one. A coach may need to communicate with you before you run.
 - a. **Radio protocol:** example -Athlete: Lauren at the start, ready for a report.
Coach: technical, tactical info/course condition/other
4. *If you do not want input from a coach before you race, inform a coach of your game plan. The coach will only override, or add to your plan if necessary.
5. Always leave the start radio in a designated spot so the next racer can find it.
 - a. The last racer is responsible for returning the start radio to a coach.
6. The women are expected to help the men during their runs, and vice-versa.
7. Watch video and talk with a coach after each run.

- OFF THE HILL -

DRY-LAND ENVIRONMENT

Many of the rules for on-snow training have off-snow applications. Conduct in the gym is much the same as what is expected on the hill.

1. Be on time. In many cases this means being completely warmed up and ready to begin by the appointed time.
2. Always have a water bottle while working out. Water is a must. A sport drink with electrolytes (like Cytomax, not Gatorade) is strongly encouraged.
3. Never show up without proper attire, a HR monitor, your training log.
4. Warm up: conduct a thorough warm up. This may include, but is not limited to: using the track or stationary bikes to target specific HR levels, do explosive exercises, isolate muscle groups, go through full ranges of motion, do balance work, etc. If lifting, complete a bar warm up too.
5. Exercise in point order, if you have a partner.
6. Do not exceed 1hr. when performing primary weightlifting exercises.
7. Clean up. Rack weights, return borrowed equipment, etc.
8. Finish with a proper cool-down. This may include: jogging, light biking, leg drains, or partner stretching.

7 Training (Alpine)

7.1 Pickup and Drop-off

Athletes can be picked up and dropped off at the Beaver Run drop off area. The website will usually provide the training location on the mountain and lift load time. It is expected that athletes arrive on time and do not leave training early. This is very important to our program. It is sometimes difficult to understand why this is a critical aspect of training. There answer to this is two-fold. First is the setting up of our training arenas. This takes everyone's support and is as important for an athlete to be a part of as the training itself. Second is the dissemination of information. The first (and last) run of the day is when the coaches go over the plan for the day and disseminate information on upcoming training and events. If an athlete misses this meeting, it is very difficult to get them caught up with the group and it takes additional time to update athletes on an individual basis. For the same reasons, we ask that athletes do not leave training early.

7.2 Parking

The easiest parking can be found in the Beaver Run lot for a nominal fee (\$\$). Season parking passes may be available through the resort, but unless you also ski midweek they usually do not pay for themselves. Season passes also do not guarantee a parking place. The lot usually fills up by 8:15 or earlier depending on the time of year.

Free parking can be found at the Miners lot, but be prepared for lines at the end of the day.

7.3 Equipment

Athletes need to show up each training day with the appropriate equipment in good condition. Athletes should check the website to find out what discipline they will be skiing as close to a training session as possible. We ask that athletes be prepared and flexible at the same time. Our training schedules and plans can and will change at a moment's notice based on a number of variables. As an example; if GS is scheduled for training and it snows 6 inches the night before, there is the likely chance that GS training will change to POWDER SKIING in the bowl. We ask that parents encourage the athlete's to be prepared for such changes.

7.4 Warm-up

Warm-up each day is one of the most important aspects of racing and training. This includes learning and refining an individualized routine that prepares an athlete for the day. This routine will include stretching, edging drills, balance drills, upper body discipline as well as other physical and mental exercise. Most days this activity is done without the coaches, or parents, for athletes in the age class and older programs. We expect an athlete to be prepared when they enter that first training run in a course.

7.5 Lunch

Athletes are responsible for their own lunch. Athletes should carry either a sack lunch or money with them. Athletes should not ask coaches for lunch money. Peak 9 restaurant does not accept resort charge. Most of our programs do not have a set lunch schedule. Breaks are taken at appropriate times based on a variety of factors. Parents are welcome to meet their athlete for lunch, but the athlete should not be dependent on the parents to show up in order to get food. The training schedule is very dynamic and it is sometimes hard to meet up. If your athlete has to wait they will likely miss valuable training time.

It is the athlete's responsibility to assure that their lunch area is thoroughly cleaned up when through eating.

8 Competitions (Alpine)

8.1 Competition Overview

Each TBK athlete's race calendar is constantly being updated and modified based on a variety of factors. TBK as a team does not attend (or staff) every event in the Rocky Division. In addition, individual athletes may be attending different races than other TBK athletes in their same age and ability group. It is vital that each athlete stay in communication with the coaches to assure their competition schedule is the most productive, cost effective and is consistent with the goals of the individual.

8.2 Race Registration

8.2.1 Event Fact Sheets

Event fact sheets for every race will be made available approximately 2-4 weeks prior to an event. This sheet should include specific information regarding the event. Fact sheets are available on the Rocky Mountain Division Website - <http://www.rmdussa.com/>. You do not need to wait for a fact sheet to be distributed to send your entries into an event. They can be sent at any time as long as the entry fee, liability waiver(s) and a USSA entry sheet (name, club and days competing) are included. Club addresses are listed in the back of your Rocky Mountain Handbook. Send your entries directly to the race organizer. **DO NOT SEND YOUR ENTRIES TO TBK OR HAND THEM TO THE COACHES.**

8.2.2 Athlete Registration

Athletes **must** send a USSA entry sheet (name, club and days competing), liability waiver(s) (if required) and a check for the entry fees **directly to the organizer** of the event for EVERY age class, USSA National point (Smartwool) or FIS event. (FIS events need only waivers and a check sent). This must be done at least one week prior to the event. Each athlete **must** also let the coaches know of their intentions to compete.

Entries to YSL (Devo) events and Summit Cup events are done by the club. Please check the website and with your coach for information on entering YSL events.

8.2.2.1 Entry Refunds

An athlete who notifies the event organizer at least two days prior to the race should receive a refund from the host club. This is called "Pulling" the athlete.

8.2.3 F.I.S entries

FIS entries (a team entry) is sent in by the coaching staff. ALL payments and liability waivers are the responsibility of the athlete and must be sent directly to the event organizer.

8.3 Where and When to Meet

The lead coach for each event will designate a location to meet athletes the morning of the event. This typically will be near the base of the chairlift or a nearby lodge. The daily schedule and all other appropriate information may be distributed at this time. It is critical to the success of each athlete and this team that athletes show up on time (or early), and prepared for the day. Arriving late or unprepared will cause not only undue pressure on the athlete, but may also have a negative effect on other athletes, coaches and parents.

Coaches will not wait for athletes that arrive late. Athletes that miss this meeting time are responsible for all the information distributed.

8.4 Race Day 'Game Plan'

On race day it is a good idea to show up early since things can get kind of crazy. You should double check the TBK Website for last minute updates and for specific meeting location.

Athletes should show up with skis tuned, waxed and scraped. Race skis should be bound together with ski straps and should not be worn until the start of the race. A pair of rock skis may be used for warm up and course inspection.

For youth races with multiple age classes, the younger athletes usually ski first - girls first followed by boys within an age class. On the second run, the start order is reversed within each of the age classes, but the younger age classes go first. At qualifier races and Junior Olympics, athletes are ordered based upon seed. The start order may change for each race.

National Point – or USSA – races start positions are determined by the athlete's national points. An athlete begins at age 15 with 990 points and lowers their points throughout their career. The better athletes, lower point holders, start earlier in the race and the athletes with higher points, start farther back.

Athletes must inspect each course before the race. Course inspection is usually available for 30 – 45 minutes before the start of each race. TBK race day procedures are done in a similar way to our daily training. Coaches will be available on the course to discuss all aspects of each run and help each athlete develop a plan for the entire day. Athletes are expected to take on all of the race day responsibilities which include: registration, inspections, scheduling, preparing, starting and checking the disqualification board after each run. Obviously the coaches are there to assist each athlete in developing a race (and training) day plan that is consistent with their goals and their training.

Athletes should use the restrooms after inspection and before arriving for their run. You never know when a race is going to be delayed with a desperate athlete stuck in the starting gate.

TBK coaches ask that parents support their athlete in a positive way and encourage responsibility on race days. This is the day athletes have been training for - let them show you what they have accomplished in training. Young athletes have enough pressure and enough to think about without friends and relatives adding to the pressure. **Please respect the plan that the athletes and coaches have developed prior to the race.**

Parents are not allowed inside the race arena unless specifically asked by a coach or course official. When in a training or racing arena, freeskiing is NOT (EVER) allowed. Side slipping only.

9 Off-Season Training (Alpine)

TBK offers additional early season, winter, spring and summer camps for all ages and abilities. These camps are not included with program fees and an additional fee may be required. All athletes are strongly encouraged to participate in these programs. A considerable percentage of an athlete's overall learning will take place between the months of May and December. These training environments are extremely conducive to learning and cannot be duplicated in the winter months.

9.1 Dryland Training

TBK provides coaches at dryland training during the spring and fall. Dryland training is provided at the Breckenridge Recreation Center. Athletes interested in fall dry land training should contact their coach. Additional fees may apply.

9.2 Early Season Training at A-Basin

TBK will offer early season training for specific programs as soon as A-Basin opens. Additional fees may apply.

9.3 Spring Ski Camps at A-Basin

TBK is very fortunate to have A-Basin as a spring training facility. With the recent introduction of snow making, TBK athletes can train nine months per year without leaving the state. Spring camp information is available on the TBK website beginning in April. These camps usually begin in May and run through June (snow conditions permitting). Additional fees will apply

9.4 Summer Ski Camps At Mt. Hood

TBK typically runs at least one ski camp at Mt Hood during the summer months. This camp usually lasts for 8-11 days. Athletes interested in Mt. Hood summer camps should contact their coach or John Leffler. Additional fees will apply

9.5 Non-TBK affiliated Summer Ski Camps

Clearly families can choose to attend camps not affiliated with TBK. These camps are good if your athlete is looking for a summer camp and cannot attend the TBK camp.

Non-TBK camps are available at Mt. Hood, in Canada and in South America with multiple organizations. If you have questions about these summer camps, please talk to your coach or other club members.

10 Parent Support and Involvement

10.1 Communications

The coaches, board of directors and the administrator make every effort to provide effective communication. This communication is provided through newsletters, the TBK web site, emails and coaches communication directly to the athletes.

In order to facilitate effective communications, please assure that you notify the TBK administrator of any changes to your contact information. Updates should be sent to teambrecksportsclub@gmail.com.

TBK coaches take all family concerns into consideration at each level of our decisions. In our attempt to help your child reach their goals, we understand that it is not always the cheapest, easiest or most convenient plan. We develop all of our programs with all aspects in mind and make the best decision we can with what is available to us.

10.2 Parents at Training

Parents are welcome at training with certain restrictions. Safety is the NUMBER ONE concern for our athletes and parents. With this said, **parents are asked not to enter the training/competition arena.** Viewing an athlete's training run is usually very easy from outside the arena. All it takes is one miscalculation or one unsuspecting parent or athlete to cause an injury. Our coaches take this issue very seriously and ask that all parents help us keep our training environment safe. Please do not put the coaches in the position of asking you to leave the arena. Exceptions may be made if specifically asked for assistance by the coaching staff.

If a parent is assisting coaches in a training or competition environment, it must be understood that you are assisting the entire team, not a specific athlete or other agenda. Please keep safety in mind at all times and keep distractions of ALL athletes to a minimum.

THERE IS NEVER ANY FREESKIING IN A TRAINING AREA. IF YOU ARE IN A RACING OR TRAINING ARENA, YOU MUST BE SIDE SLIPPING.

10.3 Parents and "Coaching"

TBK coaches ask that all parents be aware of their "technical coaching" comments to their young athletes. Even our highly educated and knowledgeable parents with significant skiing and racing experience must be informed and aware of the approach the coaches are acting on with the athletes. Even if the information given is "correct", it may be at a time and/or a level of importance that is not correct at a given time. It is common for parents to disagree with coaches. Whether talking about specific events, a technical progression or a variety of other issues. The worst approach, however, is to give athletes conflicting information and put the pressure on the athlete as to "WHO?" they should be responding to. "My coach or my parent?"

10.4 Be Supportive

The most important thing parents can do for their athlete is to be supportive. Don't put too much pressure on your athletes. Be positive! Encourage the athletes efforts and NOT on the RESULTS. If you have concerns about your athlete's performance, talk to the coaches. Coaches and staff encourage parents to ask questions, be involved, provide constructive criticism when appropriate and most of all be fair and consistent with your athlete and your club. Parents are encouraged to attend races and training (see section 10.2 and 8.3).

10.5 Volunteering

In addition to fulfilling work deposit hours (see section 4.4), volunteering in TBK events can be rewarding, educational and fun. TBK understands that your time is valuable and it is difficult to commit to volunteer hours. The more community and parent support we have, the lower our fees will be with higher quality programs. We hope that your involvement is fun, educational and adds value to your skiing experience. We do expect that all parents are involved and help our coaches and board create a positive, successful and rewarding experience.

Some of the volunteer opportunities are listed below. Check the web site for current volunteer opportunities.

10.5.1 Calcutta

The Spring Fling / Calcutta is one of the primary fundraisers for TBK. The event begins with an evening social that includes a silent auction of donated items and a live auction for ownership of the teams competing in the Calcutta. The Calcutta race is held the following day and includes an on hill barbeque.

This event takes a lot of planning, coordinating and effort to conduct. A chairperson is needed to coordinate the support of multiple volunteers.

10.5.2 Season Opener Meet and Greet Party

10.5.3 Oktoberfest

TBK provides volunteers to serve beer at the beer tents during Oktoberfest in Breckenridge. Volunteers work shifts of 3-4 hours serving beer to the public. All tips go to TBK as well as a portion of the beer sales. This is a fun activity and a must if you like beer.

Volunteers should wear old shoes and clothes that can take beer being spilled on them.

10.5.4 Volunteering at Competitive Events

There are several opportunities to volunteer at races that TBK hosts. The various volunteer positions are described below. Most of these positions require no previous experience. Instruction is provided by race coordinators. This is a great way to meet

other club members and learn about the sport of ski racing. The table below identifies the positions required to host a race.

11 Equipment (Alpine)

Different athletes have different needs. Equipment used by older or higher level athletes may not be necessary for younger athletes. The bottom line is talk to your coaches before you buy any equipment.

Make sure that all equipment and clothing is labeled with the athlete's name.

11.1 Special Purchases

The club holds an equipment day or night in September. This is the best opportunity to get the best deal on skis, boots, and clothing. You don't want to miss this. Coaches and manufacturers representative are available to answer questions. Merchandise is usually discounted up to 50%, and the selection is unbeatable.

Many of you may have other resources from which to purchase equipment. It is imperative that you consult with coaches before you make a final decision.

The other ski sales (e.g., SNIAGRAB) usually do not offer appropriate gear for ski racing and will not have staff to offer appropriate advice.

Some of the ski manufacturers also offer direct sales to USSA athletes. Discounts through these programs usually run about 40% off for current year merchandise up to 75% off for previous year's equipment. Athletes must go through the coaches to attain these discounts from the manufacturers.

11.2 In-Club Equipment Sales

There is always used equipment for sale within the club. This gear is usually affordable and in good shape. All gear is sold as is and TBK is not responsible for any defects.

Option 1: TBK will store your used gear, list it on the website, make and meet any appointments with prospective buyers and facilitate the sale. For this service TBK will receive 15% of the sale price. Equipment for Option 1 must be in TBK's possession before it will be listed. Jeff Westcott is the contact for all sales and purchases through the club at 970-390-4760 or westy@mavsports.com.

Option 2: Prefer to sell your gear yourself? No problem. Send Jeff an email listing your gear for sale and he will post it in the Forum section of the website. Your contact info will be listed and you will be responsible for storing your used gear and making all arrangements to sell it. The listing on the website is free of charge.

TBK will store equipment for one year. If the equipment does not sell in one calendar year you may retrieve it or donate it to the club. If it is donated, TBK will sell it and keep all proceeds, give it away, or discard it. TBK will evaluate all equipment being submitted and reserves the right to refuse equipment based on age and condition

11.3 Skis

Ski racing follows strict rules and regulations governing ski lengths. Please make sure you are informed on what to, or more importantly what not, to use. NOTE: Spring skiing sessions at A-Basin and summer sessions at Mt. Hood provide the best opportunity for experimenting with different ski lengths.

When making your selection be sure that the model is a RACE model of skis and not a recreational or 'bump' ski. The brand is usually a skier preference although some brands are more forgiving than others. Talk to coaches for recommendations.

What follows is a chart outlining ski specifications from USSA:

It is preferable for alpine athletes 10 years old and older to have two pairs of skis; one pair for racing and a pair of slip / rock skis. Athletes 12 years old and older, and in the alpine age class programs and higher, should consider have SL skis as well.

For 10-14 year old athletes, the race skis are selected based upon events. The table below provides a general guide for ski length based upon event and weight, but again, talk to your coach and ski brand representative for athlete/ski specific recommendations. Remember that it is best to err on the short side.

Event	Athlete Weight (lbs)	Length
GS/SG	40 – 60	120cm
	60 – 70	130cm
	70 – 80	140cm
	80 – 90	150cm
	90 – 110	160cm
	120 – 130	170cm
	130 – 150	175cm
	>150	180cm
SL	70 – 90	130cm
	90 – 120	140cm
	120 – 150	150cm

Athletes 10 years old and younger can usually compete in both slalom and giant slalom races on a single pair of skis. These skis should be sized between the mouth and eyes. With today's shaped skis shorter skis are the name of the game. Younger athletes will not be able to flex skis that are too long and/or too stiff.

J5 Age Class athletes should have one pair for Slalom, one pair for Giant Slalom, and one pair for Terrain skiing. At the J5 level, one pair for both Slalom and Giant Slalom is acceptable, but not optimal. Sizes for this age will approximate 130-145cm. Consult with coach for final decision.

J4 Age Class athletes should have one pair for Slalom, one pair for Giant Slalom, one pair for Super G, and one pair for Terrain skiing. Athletes may choose to purchase two pairs of each discipline ski, one for training and one for racing. This is not mandatory. Sizes at this age will range from 135-145cm. for Slalom, 145-160cm. for Giant Slalom, and 165-180cm. for Super G. Consult with coach for final decision.

J3 Age Class athletes should have one pair for Slalom, one pair for Giant Slalom, one pair for Super G, and one pair for Terrain skiing. Athletes may choose to purchase two pairs of each discipline ski, one for training and one for racing. This is not mandatory. Sizes at this age will approximate 140-155cm. for Slalom, 160-175cm. for Giant Slalom, and 175-195cm. for Super G.

For athletes 15 years old and older, consult USSA chart above.

11.4 Ski Bindings and Plates

Plates are essentially risers to elevate an athlete farther off the snow to take advantage of more leverage in a turn. These plates can either come as part of the ski, part of the bindings or as a separate piece to be mounted when you mount your bindings on the skis. Plates are not necessary until around 12 years old. There are very specific regulations for the size (thickness) of a ski plate for racing skis. This dimension is measured from the bottom of the ski to the bottom of the boot. Consult USSA Chart above for allowable tolerances on Stand Height.

Binding settings – Each binding has two significant binding settings; forward pressure and DIN settings. The forward pressure setting regulates how tight the boot is “Squeezed” together between the heel piece and the toe piece. The tighter you make this setting the more “snug” the boot fits in the binding. The DIN setting regulates how “strong” the binding is set to release. The heavier and more aggressive a skier, the stronger this setting should be. Both of these settings are critical to the safety of each athlete. Initially the bindings will be set according to manufacturers recommendations based on age, ability and size for a recreational skier. Athletes and coaches will work together to find the most appropriate settings for each athlete based on manufactures recommendations and personal experience.

It is the sole responsibility of the individual athlete and their parents to designate the appropriate settings and maintain these settings. Athletes may use different settings for racing and training.

11.5 Boots

Boots selection is just as critical as ski selection. A quality junior racing boot made out of a plastic that still flexes when it gets cold is critical. This can be a real challenge when selecting boots for young athletes.

Keeping the boot dry is the key to keeping the athlete's foot warm. You will see several athletes with duct tape on the end of the toe of their boots. This is not because the boots are broken, but to help keep the boot dry. Be sure to get the interior of the boot dry before the next use. This is best done by removing the liner each night or using a boot dryer. Do not put boots or the liner in front of a heater or in front of the fireplace – they will melt.

Socks are also an important factor. Surprisingly, thinner socks are actually warmer than thicker socks. Thick socks will cause the foot to sweat and then freeze once outside. We recommend Wigwam Lites (formerly known as Ulti-Max) or Smartwool brand socks. Both can be purchased at Joy of Sox on Main St. Breckenridge. Tell them you are with TBK.

SIZING

Sizing is the main concern with regard to boots. Shell sizing is critical. To shell size, remove the liner from the shell and remove the footbed from the liner. Insert the liner into the empty shell. The athlete puts their feet in the shell and centers their feet on the footbed. They then slide their feet forward so that their toes are barely touching the front of the shell. The athlete must stand and equally weight both feet. Shell sizing should be done on a smooth hard surface. Using a small flashlight, peer into the heel pocket of the shell and determine how much space exists between the athlete's heel and the shell. It is often necessary to ask the athlete to flex their knees forward in order to see behind their lower leg. If there is between one and two adult index finger widths of space, the boots are the appropriate size. One finger width or less is considered a very aggressive "Race Fit". It will possibly be necessary to grind plastic to custom fit the boots. This is normal practice. Under no circumstances should an athlete be using a boot that exceeds two adult index finger widths of space in the heel pocket. We realize that there may be motivation to get two seasons out of a pair of boots. This could hinder development of an athlete and is strongly discouraged. Junior boots are relatively inexpensive compared to skis and bindings AND they are the most important piece of equipment.

FLEX

Each boot manufacturer provides different flex patterns. It is critical that an athlete is able to flex their boots. Consult with coaches on the appropriate model. At times an athlete will be directed to a boot that is stiffer than what is preferred. In these cases, the boot flex will be modified to provide a softer flex.

Here is a general guide to boot flex for the various ages:

10 years and younger=Flex Index of 60 or less

J5's=Flex Index of 60 or less

J4's=Flex Index of 60-80

J3's=Flex Index of 70-100

J2's and J1's=Flex Index of 80-150

FOOTBEDS

Footbeds are standard equipment for 2nd Year J3's and Older. Younger athletes do not need footbeds but may purchase them if they desire. TBK recommends the following locations for footbeds

Boot Fixation (453-8546)

Podium Sports (668-9996)

Colorado Freeride (453-0995)

All athletes J4 and Older MUST be evaluated for Canting/Cuff Alignment. This will be performed by the coaching staff during the first two weekends of the season. If you wish to be evaluated at a different time then you must schedule an appointment with Jeff, Chuck, or John. Our program philosophy is to set each athlete up in a "Cuff Neutral" environment. To evaluate, follow the shell sizing instructions above. The athlete is to stand with their feet no wider than hip width (slightly less than hip width is optimal). The lower leg should be centered in the upper cuff (not closer to one side of the cuff or the other). Many athletes will need to have their boots modified to achieve a cuff neutral stance.

All boot modifications are to be performed by Jeff or Chuck by appointment.

Boot work prices are as follows:

Sole Planing and Lifter Install=\$125(includes evaluation time)

Fit Work (i.e. grinding and punching)=\$30/hour.

11.6 Poles

Athletes competing in the YSL races can use either straight poles or GS curved poles.

Athletes competing in the age class races may consider a pair of curved poles for Super G and GS, and a pair of straight poles with hand guards should be used for SL. When selecting poles, make sure that the straps are large enough that a gloved hand can easily be inserted.

Pole guards (Slalom hand guards) are recommended for alpine athletes in the age class programs and higher.

For sizing, use the 90 degree rule as a starting point. To size, flip the pole upside down and have the athlete grasp the pole UNDER the basket. There should be approximately a 90 degree bend in the elbow. If between sizes, order big and the poles can be cut to size by coaches.

11.7 Helmet

Helmets designed for ski racing are required for all athletes participating in the TBK program for all events. Athletes in the age class programs and older are expected to have a chin guard attachment for all SL training and racing.

11.8 Speed Suits

Speed Suits are a one-piece, tight fitting, Lycra garment that is designed to reduce drag. They come with and without pads sewn into them. Suits are not required for racing or training but are recommended for alpine athletes 12 years and older. Spyder usually holds a clearance sale in October/November in the Denver area where previous years models are usually available. You may also talk to members about used suits which athletes usually out grow before they wear out.

11.9 Uniforms

11.9.1 Jackets

Team Jackets may be available for purchase.

11.9.2 Pants

Athletes skiing in a speed suit should select pants that have full-length zippers down each leg. This will allow the pants to be removed without removing boots.

11.10 Backpacks

Athletes must have a backpack to carry extra gear, clothing, water, lunches and healthy snacks. Athletes may want to select packs that have provisions for carrying skis for the annual hike to the top of Imperial Bowl. Since no lockers are available, athletes must keep their backpacks in an unobtrusive place. Bags can **never** be left in a ski area building without the coach's approval. Downstairs at the Peak 10 Hut is preferred when training on Peak 10.

11.11 Water and Sunscreen

Water is critical during training and racing. It is very easy to get dehydrated in the alpine environment. If athletes are complaining of headaches after skiing, it is a sure sign that they did not get enough fluid during the day. Athletes should bring a water bottle every day. A water bladder can also be used with a backpack.

As you know the sun is very intense in the mountain climate. Make sure that athletes apply sunscreen with an SPF of 30 or greater every day before getting on the first lift.

11.12 Accessories

Athletes may also need some of the following accessories.

Shin Guards - For SL, athletes will need a pair of shin guards. These are hard plastic guards that protect the athlete's shins from the SL gate. Age Class and older athletes only.

Chin Guard - For SL, athletes will need a mouth (chin) guard attachment for their helmet. Age Class and older athletes only.

Duct Tape - A roll of duct tape is also a necessity for the backpack. Uses include holding shin guards in place, water proofing the toes of boots, fixing rips in pants, etc.

Gloves – Make sure a quality set of gloves is chosen which will keep the athlete dry and warm.

Neck Gator – A micro fleece neck gator is important to keep athletes warm and improves comfort with the helmet strap. They also protect against frostbite on those very windy days.

Lanyard – Athletes should have a lanyard for their ski passes that can be worn around the neck. This helps prevent loss and is better than having the pass attached to a jacket or pants that may be removed for training or racing.

Goggles – All athletes should have a pair of goggles that fit over the helmet. Double lenses are helpful for preventing fogging. A second clear or blue lens may be desired for low light days and night skiing at Keystone.

Watches – All athletes should wear a watch to training and on race days so that they know when to meet and do not miss their race start.

12 Ski Tuning (Alpine)

12.1 Introduction – Athlete responsibilities

Keeping your skis tuned is critical to skiing well. Athletes should be training on skis that are tuned the same as they will be racing. It is strongly recommended that athletes tune their skis before every training day. This can be done in just a few minutes if the skis are tuned regularly and you have the right equipment. The club hosts a ski-tuning clinic at the beginning of each season. This is a great opportunity to learn, whether you are just starting out or have been at it for a few years.

12.2 Suggested Equipment

Equipment is available at a discount during equipment night and through the Swix order just before Christmas. Below is the minimum suggested equipment you will need to safely and effectively tune your skis.

1. Sturdy table or bench
2. Drop cloth
3. Ski vise – get a three point vise to hold modern shaped skis.
4. Iron
5. Flat file
6. Side Bevel Gauge – 2 degree and clamp
7. Plastic Scrapper
8. Rubber Bands or Velcro strap to hold ski brakes down.
9. Diamond Stones - medium and fine
10. Gloves to protect hands from sharp edges
11. Water spray bottle
12. Wax

12.3 Wax Selection

This is kind of like politics and religion for some people. Swix CH waxes are fine for training. You can use the Swix LF wax for racing.

12.4 Technique

We could write a book on this subject alone. The best resource for understanding how to properly tune race skis is to attend the tuning clinic put on by the coaches. The Internet also contains some information on ski tuning theory and technique. Most of these are associated with businesses trying to sell their goods, but do provide some interesting reading.

12.4.1 Setup

12.4.2 Edge and Base prep

For J4's and J5's...1 degree of base bevel and 1degree of side bevel is adequate. Modern skis are extremely precise. We strongly discourage "overtuning". A "1 and 1" tune is

easier to ski and easier to maintain. For J3's we recommend 1 degree of base bevel and 2 degrees of side bevel. Tuning clinics will be provided throughout the season.

12.4.3 Waxing

12.4.4 Scraping and brushing

12.4.5 Pre Race Finish

13 Notable Quotes

"There is no failure except in no longer trying." -- Elbert Hubbard

"Only those who dare to fail greatly can ever achieve greatly." -- Robert Kennedy

"You must do the thing you think you cannot do." -- Eleanor Roosevelt

"Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it." T. Alan Armstrong

"The will to win is important, but the will to prepare is vital." Joe Paterno

"If you fail to plan, you should plan on failing"

"I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot, and I missed. And I have failed over and over and over again in my life. And that is precisely why I succeed."
-- Michael Jordan

"You have no control over what the other guy does. You only have control over what you do". A J Kitt

"To find yourself, think for yourself." -- Socrates

"Do not let what you cannot do interfere with what you can do." -- John Wooden

"Excellence is not a singular act, but a habit. You are what you repeatedly do."
Shaquille O'Neal

"Nothing in this world can take the place of persistence." -- Calvin Coolidge

"The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach." -- Benjamin Mays

"Some people dream of success while others wake up and work hard at it." Unknown

"Even if you are on the right track, you'll get run over if you just sit there." -- Will Rogers

"If everything seems under control, you're just not going fast enough." -- Mario Andretti

"Do, or do not. There is no 'try.'" -- Jedi Master Yoda

"Obstacles are those frightful things you see when you take your eyes off your goal."
-- Henry Ford

"We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment." Jim Rohn

"You are never a loser until you quit trying. Mike Ditka

"Whether you think you can or think you can't, you're right." Henry Ford

"Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly." Stephen R. Covey

"My great concern is not whether you have failed, but whether you are content with your failure. "Abraham Lincoln

"The minute you start talking about what you're going to do if you lose, you have lost."
-George Shultz

"Sweat plus sacrifice equals success." Charlie Finley

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." Aristotle

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success." Dale Carnegie

14 Sponsorship

Join a winning team as a SPONSOR of Team Breckenridge Sports Club.
Put your name on Speed, Endurance & Future Vision

We invite you to join us as a sponsor of the future generation of world class skiers, but more importantly well adjusted, driven and successful people. Event Sponsorship through Team Breckenridge Sports Club is tax-deductible and can stretch your marketing budget while allowing you to give back to the youth in our community. Sponsor One, two or all three of Team Breckenridge Sports Club's annual events. Levels start at \$500 and we ask that you contribute at the level that best represent your business and your community involvement.

Categories

2009/2010 Season Team Sponsorship

Support TBK and our local youth throughout the ski season and benefit from TBK events and club promotions.

Season KICK-OFF Party – November

Join TBK as they celebrate the kick-off of the Summit County ski season with current and former US-Ski Team athletes and coaches.

Calcutta – March

A classic family event with on- and off-hill activities for young and mature.

Sports Swap – May

Bring your winter and summer sports gear in and stash the cash or reinvest it in new equipment. Anything goes at this local's favorite All-Season-Gear-Swap.

For additional Sponsorship information go to teambrecksportsclub.com or contact TBK.

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