



Alpine Team Accelerate Plus 2009/2010

For motivated ski racers seeking three days of ski training each week.

Team Accelerate Plus is a Friday through Sunday program targeted at the motivated racer with the flexibility in their schedule to get in an extra day of training each week. The Friday full-day training sessions take advantage of the smaller crowds and often include speed training opportunities and interaction with the full-time athletes and staff. Participants also get some extra work to improve their skills off-snow in the areas of physical conditioning and sports psychology. On the weekends, skiers will join either the Team Accelerate or Team Breakaway groups. This is a fantastic program for our most motivated Front Range racers, and for Grand County School students.

Training schedule:

On-snow training from November 13 (J3 & older) or November 20 (J4/J5) through April 5. Training on Fridays from 9:00am to 3:00pm, and Saturdays and Sundays from 8:30am to 3:30pm. Holiday camp Dec 27-31. Dryland training sessions on-going through the fall.

Membership requirements:

- ⇒ USSA/RMD competitor membership required for
 - ⇒ Age Group J1,2,3's need to have a "Competitors" USSA License
 - ⇒ Age Group J1/2's may need to have "FIS" License to participate in some events. Check with coaches.
 - ⇒ Age group J4/J5's, need to have a "Youth" USSA Membership
 - ⇒ contact (435) 647-2666 or go to www.ussa.org
- USSA renewals due October 15, new members register prior to or upon program enrollment

Program fees (before Oct 15):
\$2,050 for J4/J5 racers (age 8-12)
\$2,275 for J3 & older (age 13+)
Includes coaching, season pass, Comp Center membership, and two ski lockers.

Equipment needs:

- Alpine skis (separate GS, SL, and SG for J3 & older), poles, and boots (proper flex and fit very important)
- Helmets required for all training
- Speed suit highly recommended
- **Team Winter Park annual Ski Swap: October 9 & 10!**

Race schedule:

Will vary by age, ability, individual goals, and qualifications. Check with coaches for details. J2 & older athletes must purchase FIS license with USSA membership to attend FIS events.

Team travel:

Team travel for most of the away FIS, and Smartwool events. These "travel races" will be determined early winter. Winter Park vans are available to help with travel needs. Team Travel are outlined in the Comp Center Policies manual.



www.wpcompcenter.com

Inspiring life-long
enjoyment of sport.



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