

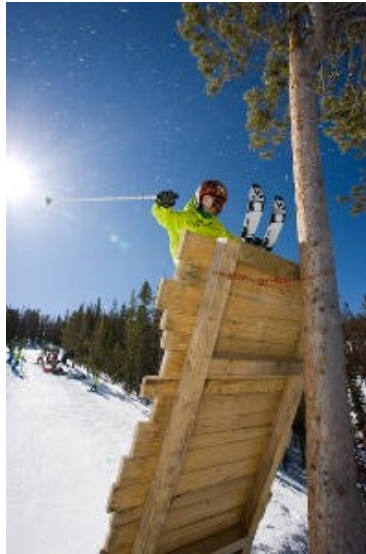


# Freeride

2009/2010 Season

**For the ambitious skier seeking the challenge of “new school” and terrain parks.**

The Freeride Team is an innovative program for the athletic skier looking to improve their skills in a variety of arenas. This program is offered one or two days per week for the all around skier specializing in freeride and terrain park skiing. Freeride training is on Saturdays and Sundays. This focused training balances fundamental freestyle/freeride training skills with directed free skiing all over the mountain. This emphasis on all mountain training enables athletes to develop a strong foundation that is



critical for dealing with the variety of challenges that terrain parks and freestyle skiing present.

Athletes will develop their aerial skills in half-pipe, slopestyle, riding rails and at aerial sites. Helmets are required during all sessions. Summer training camps at Steamboat Springs water ramps, the Utah Olympic Park in Park City, Utah and Mt Hood for on snow are available to further the individuals training goals (these camps are not included in the program fee).

## **Program Fees (before Oct 15):**

One-day Freeride (Saturday or Sunday): \$1,295; includes coaching, season pass, and membership

Two-day Freeride (Saturday and Sunday): \$1,595; includes coaching, season pass, membership and ski locker

**Eligibility:** Ages 12 and older

**Training schedule:** Optional physical conditioning sessions and trampoline sessions begin September 20. On-snow training starts November 21, 2009 and ends April 11, 2010. Training is generally from 9:00am to 3:00pm. There will be opportunities to compete in the Winter Park Freeride series, USASA and USSA competitions. During Holiday break there will be an “air to spare” camp December 27, 28 & 29.

**Coaching staff:** Head Freeride Coach Jeremy Livingston  
Coaches Hayden Howard, Ben Anderson & Kristi Johns

## **Contact information:**

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**Website:** [www.teamwinterpark.org](http://www.teamwinterpark.org)

## **Membership requirements:**

USSA competitor membership

Rocky Mountain Freestyle membership

## **Competitions and events:**

Winter Park Freeride Series, USASA and USSA freeride competitions

\*\*Participation in these events will be on the coach's recommendation.

**For freeride news, training schedules, and the most current program information throughout the season, visit our website: [www.teamwinterpark.org](http://www.teamwinterpark.org)**