



Freestyle Team Extreme 2009/2010

For motivated freestyle skiers seeking three days of training weekly.

Team Extreme is a Friday through Sunday program targeted at the motivated freestyle competitor 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 more specific 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 Junior Team or Full-Time groups. This is a fantastic program for our most motivated Front Range skiers, and for Grand County School students.

Training schedule:

On-snow training from November 14 (J3 and older) through April 4.
Training on Fridays from 10:00am to 3:00pm, and Saturdays and Sundays from 9:00am to 3:30pm.
Schedule may vary based on competition schedules. Holiday camp Dec 27-31. Dryland training sessions on-going through the fall.

Coaching staff:

Jr Team staff
Scott "Scooter" McDaniel
Shunsuke Yokota
Additional coaches TBA

Program fees (before Oct 15):
\$2,595 for J3 & older (age 13+)
Includes coaching, season pass, Comp Center membership, and two ski lockers.

Membership requirements:

⇒USSA/RM Freestyle competitor membership for J3's and older, contact (435) 647-2666 or go to www.ussa.org
USSA renewals due October 15, new members register prior to or upon program enrollment

Equipment needs:

- Mogul skis and park skis (rock skis recommended for early season at the Jane), poles, and boots (proper flex and fit very important)
- Helmets required for all training



Competition schedule:

Will vary by age and ability. Check with coaches for details. All athletes must purchase USSA competitor and RM Freestyle license with USSA membership.

Team travel:

Team travel in Winter Park vans available to all Rocky Mountain Freestyle Series away from Winter Park. Team lodging is arranged for competitions requiring an overnight stay.

Inspiring life-long
enjoyment of sport.

www.wpcompcenter.com



Winter Park Competition Center
PO Box 36
Winter Park, CO 80482

Phone: 970-726-1590 or 303-316-1590
Fax: 970-726-1690 or 303-316-1690
Email: ccenter@skiwinterpark.com

