



## PROGRAM DETAIL

The following represents a conservative estimate of actual training and competition coverage provided for each level of the Park City Ski Team. As one progresses through the groups, the actual competition schedule for individual athletes varies based on what events they qualify to. Not included below, but included in the program are:

All of the off season camps are priced to include coaches expenses and salaries as well as per athlete cost. No PCST operating funds are used to support camps.

Competition trips are priced to include coaches' expenses, but not salaries, as well as per athlete costs (entries, lifts, housing, etc.). Transportation fees are charged to cover gas and a mileage fee covering maintenance, tires, etc.

### **Devo Team – U12-U10 –ages 9 & 10**

Training:

Dec. 8<sup>th</sup> – April 8<sup>th</sup>

Target 5 Sessions on-snow/week

Friday afternoon: 2-3 hours

Saturday: 5 hours

Sunday: 5 hours

Occasional evening: 12 hours

Total training hours for season: 260 hours

Coaching at competitions: 6-8 race days

### **U12 – ages 10 &11 year olds**

Training:

Mid November – April 8<sup>th</sup>

Target 7 sessions on-snow/week

Tues, Thurs evening: 3 hours

Fri or Wed Afternoon SL 3 hours

Saturday: 5 hours

Sunday: 5 hours

Vacation days: 5 hours

Total training hours for season: 390 hours

Coaching at competitions: 8-10 or 16 – 20 race days

Fall Conditioning begins early Sept. 30 hours



### **U14 1<sup>st</sup> Year/Non early release– 12 year olds**

Training:

Mid November – April 8<sup>th</sup>

Target 7 sessions on-snow/week

Tues, Thurs: 3 hours

Wednesday 3 hours

Saturday: 5 hours

Sunday: 5 hours

Vacation days: 5 hours

Occasional early morning: 3 hours

Total training hours for season: 390 hours

Coaching at competitions: 15-25 race days

Fall conditioning: Sept-Oct (Tues-Thurs) 30 hours

### **U14 2<sup>nd</sup> Year/ Early Release– 13 year olds**

Training:

Mid November – April 8<sup>th</sup>

Target 8-10 sessions on-snow per week

Tuesday-Friday: 3 hours

Saturday: 5 hours

Sunday: 5 hours

Vacation days: 5 hours

Occasional early morning: 3 hours

Total training hours for season: 450 hours

Coaching at competitions: 15-25 race days

Fall conditioning: Sept-Oct (Tues-Fri) 50 hours

### **U16/U19/U21**

Conditioning:

June 1-October 31 Dryland Training for U16/FIS group – 140 hours

August 29-October 31 Dryland Training for U16 group - 64

Early November – April 8<sup>th</sup>

Target 8-10 sessions/week

Tue – Fri: 3-5 hours

Saturday: 5 hours

Sunday: 5 hours

Early mornings: 3 hours

Total training hours for season: 500 – 600+ hours

Coaching at competitions: 40-60 race days

Conditioning in season: 40 hours

**\*A Team Criteria – USSA points of 70 or below in at least one discipline (DH, SG, GS, SL)**