



BIG MOUNTAIN COMPETITIVE PROGRAMS

Last year this focus group was a great success. With a focus on skiing the entire mountain, athletes will learn how to read lines, weather, snow patterns and launch big drops; resulting in the ability to ski any peak nonstop. This team will get the younger athletes ready for competition and will give the older athletes the skills needed to compete with the big boys. Also, the team will learn avalanche safety and what is needed to survive in the backcountry.

For those interested in competition, the IFSA (International Free Skiing Association) has created the Junior Freeskiing Tour for ages 12-14 and 15-17. The Big Mountain Team will prepare the athlete to compete on a regional and national level, while educating them on how to become a strong and smart Big Mountain skier.

Full Time Competitive

Technical ski training 5 days per week Tuesday-Thursday plus Saturday & Sunday at PCMR as well as Utah Olympic Park and other great venues in Park City and the western mountain region. This is for IFSA National level athletes and includes coaching at all prescribed competitions. With access to all Freeskiing training sessions. Personal training schedules will be set with the Director and Head Coach.

Dates: December 2 - March 22

Sessions: Tuesday-Thursday 12:00-4:00, 5:00-7:00; Saturday-Sunday 9:00-3:00

Cost: \$3900 (\$3700 if paid on or before 10/15)

Ages: 12 and up

Part Time Competitive

Designed for the full time athlete that has other obligations like school, originally set up for athletes in the early release program that get out of school early every other day. This is for the IFSA National or rising Regional level athletes and includes coaching at all prescribed competitions. 2 weekdays plus Saturday and Sunday with training access 4 days per week at PCMR. Includes one of the "Team Additions" night sessions described below at no extra cost.

Dates: December 2 - March 22

Sessions to Choose from: Tuesday-Friday 12:00-4:00, 5:00-7:00; Saturday-Sunday 9:00-3:00

Cost: \$3100 (\$2900 if paid on or before 10/15)

Ages: 12 and up

Nights & Weekend Competitive

Designed for regional competition level youth athletes, the program runs on weekends and midweek days when there are competitions as well as evenings at the UOP. IFSA Regional level competitions and one or two interdivisional/national competitions fall under this team and includes coaching at all prescribed competitions. Includes one of the "Team Additions" night sessions described below at no extra cost.

Dates: December 13 - March 22

Sessions: Tuesday/Thursday UOP **or** Wednesday/Friday 5:00-7:00 UOP or PCMR; Saturday & Sunday 9:00-3:00

Cost: \$2700 (\$2500 if paid on or before 10/15)

Ages: 11 and up

Weekday 3 Afternoon Competitive

Designed for athletes that have obligations on the weekends, but want access to the competitive program coaching on weekday afternoons. For the IFSA National or Regional competitive level athlete and includes coaching at all prescribed competitions. 3 weekdays at PCMR. Includes one of the "Team Additions" night sessions described below at no extra cost.

Dates: November 25 - March 22

Sessions to Choose From: Tuesday-Friday 12:00-4:00, 5:00-7:00

Cost: \$2000 (\$1850 if paid on or before 10/15)

Ages: 11 and up

Weekend 2 Day Program*

Designed for athletes wanting to compete locally while improving their skills and getting ready to make the next step to the competitive team. Ideal for the athlete that is enrolled in school full time and wants to maximize the weekends for Freeskiing skill building and preparation for competitions in Big Mountain Skiing. Competitions will be local and focused on the Club and IFSA Regional levels. "Team Additions" listed below can be added to enhance this program.

Dates: December 13 - March 22

Sessions: Saturday & Sunday 9:00-3:00

Cost: \$1900 (\$1800 if paid on or before 10/15)

Ages: 9 and up

Weekend 1 Day Program*

For the athlete that is enrolled in school full time and wants to train one weekend day in Freeskiing with preparation for competitions in Big Mountain Skiing. Competitions will be local and focused on the Club and IFSA Regional levels. "Team Additions" listed below can be added to enhance this program.

Dates: December 13 - March 22

Sessions to Choose From: Saturday **OR** Sunday 9:00-3:00

Cost: \$1400 (\$1300 if paid on or before 10/15)

Ages: 9 and up

Team Additions

We have four options to choose from:

1. **UOP Night Skiing 1** - **\$300** - Tuesdays & Thursdays at the Utah Olympic Park from 5:00pm-7:00pm
2. **UOP Night Skiing 2** - **\$300**- Wednesdays & Fridays at the Utah Olympic Park from 5:00pm-7:00pm
3. **PCMR Night Skiing** - **\$300** - (Must be **age 12** for this option) Wednesdays & Fridays at PCMR 5:00pm-7:00pm
4. **Friday After School** - **\$250** - (Must be **age 9** for this option) Fridays at PCMR from 2:00pm-5:00pm

For the competitive program - if you are interested in spending a little time over at Snowbird, please inquire with Mick - we will have some opportunity to ski with at Snowbird with The Snowbird Freeride Program and be coached by OUR Coaches details TBD. There will be some additional cost to add this.

*Non-competitive programs will require a coaching fee for weekday and/or out of town competitions.

Please call **Big Mountain Director Mick Berry 435-640-8752** for specific questions.