



DEVELOPMENT PROGRAM

This program is the heart of our entire team! Like any athlete, without a strong heart, the arms, legs and head do not perform to their potential. This program is for ages 13 and under or older athletes looking to fine-tune their skills before taking them to competition. This group will ski the whole mountain while focusing on carving skills, body stance, vision, pole plants, edging, box/rail sliding, take offs and landings; then apply these fundamentals to the terrain park, halfpipe, moguls, back bowls, trees and upper mountain and all areas of Freeskiing, Freestyle and Big Mountain.

The athletes will be split into groups, first by age then by area of interest and ability. Our main focus is to teach them the love for skiing and to make it a part of their lifestyle for years to come. With this passion for skiing, these athletes will live a healthy, happy life in the mountains and become world-class skiers. After teaching them the fundamentals through fun, progressive, safe techniques, these athletes will be ready for competitions and beyond.

This group of athletes are not pushed into competition. The focus will be on skill development but the group will have the opportunity to try out local competitions and is encouraged to try the non-sanctioned Devo competitions. When they become more comfortable competing; local events hosted by USASA, USSA and IFSA will be available for them to sample.

Weekend 2 Day Program*

Designed for athletes wanting to maximize their weekends by training in Freeskiing/Freestyle skill building. This program will build the foundation needed to advance to the competitive programs. "Team Additions" listed below can be added to enhance this program.

Dates: December 13 - March 22

Sessions: Saturday & Sunday at PCMR 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 per week in Freeskiing/Freestyle. This will build the foundation needed to advance to the competitive programs. "Team Additions" listed below can be added to enhance this program.

Dates: December 13 - March 22

Sessions to Choose from: Saturday or Sunday at PCMR 9:00-3:00

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

Ages: 9 and up

Night Skiing Only Program*

Designed for the athlete that is enrolled in other programs or sports and wants to learn Freeskiing/Freestyle skills utilizing our professional coaches. This will build a solid Freestyle skiing foundation enhancing their exterior sporting programs, giving a great sampling experience. Choose one of the four options below as a stand-alone program for this \$700 price. A second option can be added for the price listed in the Team Additions category.

Dates: December 16 - March 20

Sessions to Choose from: Options 1, 2, 3 or 4 below

Cost: \$700

Ages: 7 and up

Team Additions

We have four options to choose from:

1. **UOP Night Skiing 1** - **\$300** - Tuesdays & Thursdays at the Utah Olympic Park, 5:00pm-7:00pm
2. **UOP Night Skiing 2** - **\$300**- Wednesdays & Fridays at the Utah Olympic Park, 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, 2:00pm-5:00pm

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

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