

Sundance Ski Team 2009/2010 YSL Team (Saturday only)

December 5th, 12th, 19th:

All team members start December 5th. This first month of training is designed to get the athletes comfortable on their skis again. We will be doing a lot of fundamental drills and freeskiing.

Christmas Camp Dec. 28th – Jan. 1st: Athletes will be on a ‘Progression Program’ throughout the Christmas Camp. Each program is tailored for each group and skill level. Freeskiing and drills for the first 3 days, then we will progress into gates on the last two days. This camp is optional, but it is a very beneficial for the athletes and we see huge improvements by the end of the week. One of the best things you can do for your young skier. See below for details.

January 2nd, 9th, 16th, 23rd, 30th:

Athletes will train gates to prepare for the first race. January is the best month to solidify those new skills we learned last month so we will be training very hard. Don’t worry; we always have plenty of fun and ski powder whenever we can.

February 6th, 13th, 20th, 27th:

This is a busy month. We have two races, so that only leaves two Saturdays to train. More GS and Slalom training.

March 6th, 13th, 20th:

The final month brings championships, BBQ’s, sunshine, powder, and a chance for the kids to whoop their parents in our annual Parent’s Vs. Athletes race at Sundance.

Sundance Ski Team
Night Training Schedule
Est. Price: \$400 (16 half days)

Brand new this year! We will have the opportunity to train at night on Mondays and Wednesdays from 4:30 till 9:00. There will be two different sessions, a Monday YSL block, and a Wednesday Speed block. Monday's will be for those younger athletes that participate in YSL races and would like an extra day of training. Wednesday will be for the older/faster athletes to supplement their Thursday/Friday training. Please contact Tyson **BEFORE** signing up for night training. This is subject to change. It is also flexible to meet your needs. Sundance will also be open on Fridays for night skiing, and we may use that day as well. Stay tuned for final prices and schedules.

Christmas Camp
Dates: December 28th – January 1st
8:30 – 3:30
Cost: \$35 per day for Team Members

Ask anyone who's done this camp in the past and they will tell you how much they improved during those five days. One of the best things your athlete can do to progress, and for a killer deal. Please pay in advance for the Christmas Camp.

Dryland Training

Cost: \$200
Starts: August 31st
Ends: November 6th
When: Mon. Wed. and Fri. 4-6 p.m.

Dryland Training is for those athletes 9 years and older looking for some preseason training to prepare for the ski season. We will be doing ski specific workouts to train cardiovascular, power, strength, endurance, and a ridiculous amount of core exercises mixed in with some trail running, soccer, football, basketball, and possibly some rock climbing this year.

Disclaimer: I will need at least 4 athletes to participate full time in order to do this. Prices and dates subject to change.