

Alpine Freestyle Program Description Sponsored by Auburn Ski Club

The face of freestyle skiing has changed greatly in the last few decades. From ballet skiing and random bumps, freestyle has progressed into its own distinguished discipline. Our program's roots come from a background in racing, mogul skiing, and most importantly "new school" aerials. With a solid foundation as an expert skier, our athletes move on to train and compete in: halfpipe, big air, slopestyle, rail jams, and even big mountain events. Our athletes will be training locally at Boreal and Alpine Meadows, as well as traveling to higher level events across the country. The progression begins with smaller low pressure local events i.e.: USSA's Far West Freestyle division and other smaller scale events. Once athletes have developed their skiing and competition experience, there is no limit on where they can go. The US Open, The Aspen Open, and even The Winter X-Games are examples of high level events for serious athletes to strive for. One of the biggest goals of this program is to help promote halfpipe skiing for the Olympics. There is already a huge movement towards getting skiers into the Olympics for halfpipe, and our program will be part of that progression. If you are capable of skiing the whole mountain well, but not quite ready for the competition scene, training is still available full time. We'll generally be spending weekend days at Alpine Meadows. Alpine is a great mountain that builds strong skiers. We'll be at Alpine for jumping, some rails, but most importantly big mountain skiing. We are proud to have athletes that can ski a halfpipe and slide rails, but also ski a mogul course or race course without a sweat. Skiing at Alpine Meadows will reinforce this type of well rounded skier.

We will be skiing at Boreal 2-3 days a week for some very productive training. Boreal's halfpipe has been the best venue in Tahoe for the last few seasons and we will be fully utilizing this advantage. Many of our athletes are ranked as some of the best halfpipe skiers in the country, our program is especially strong in teaching skills in this discipline. While striving for the completely balanced freestyle program, we'll also spend an equal amount of time hitting jumps and hiking rails. Athletes that participate in our Summer Water Ramp Camps will have an advantage when it comes to putting new tricks down on snow. On snow, off-axis or inverted tricks will not be attempted without coaches supervision and qualification. When the weather is suitable, we will be building our own friendly low impact powder jumps to bring skills from the water ramps to the snow. Tricks won't be brought into the terrain park until coaches are confident in safe execution of the maneuver.

A typical training day will begin at the mountain at 8:30 am sharp. If athletes are serious about progressing their skills and getting quality training, it starts here. Athletes must be on time for stretching to keep a consistent and positive group training environment and schedule. During stretching we'll discuss the plans and goals of the day before suiting up and meeting at the designated location. We'll ski for a morning session, take an hour lunch break (roughly 11:30-12:30) and finish

off the afternoon session around 3:00 p.m.. Midweek team will ski for an afternoon session, or sometimes night session at Boreal. The schedule will be posted weekly on our website and updated frequently as weather changes.

For our most serious athletes the season will begin as soon as Boreal opens. The weekend team will begin in the second half of December depending on resort openings. We'll be training consistently throughout the season, with additional training during winter vacation. Around March is when serious athletes will be traveling for high level events. There will always be a coach remaining at home for athletes who are not traveling. The season will wrap up early to mid April, once again depending on snowpack. This is going to be an exciting and productive season, we are looking forward to seeing everyone on snow.