

Info Session for Entry-Level Programs for Kids Under 10

Nov 15th 2018



Agenda

- Overall Program Overview
- Park City Ski and Snowboard School Programs
- PCSS Freestyle Devo/Fundamentals
- PCSS Alpine Devo/Intro
- XC Kickers and Gliders
- Ski Jumping Level 1
- Multi-Sport – Skills & Drills
- General Q&A
- Breakout Q&A by Program

Key Objectives for Younger Athletes

- ❖ Have fun skiing and seed a lifelong passion for skiing or snowboarding
- ❖ Develop friendships and positive relationships with teammates and coaches
- ❖ Develop core skiing skills that are foundational across a broad range of competitive ski sports, including centered stance, carving, balance, and jumping skills
- ❖ Learn to ski a variety of all-mountain and conditions such as groomers, steeps, trees, moguls, jumps, powder, and terrain parks
- ❖ Enable athletes to find their personal passion by exposing them young to a variety of competitive ski and snowboard disciplines, including alpine, freestyle, big mountain, park and pipe, cross-country and ski jumping

Park City Youth Development Pipeline for Ski and Snowboard Sports – Collaboration of YSA, PCM, DV, UOP and PCSS

Ages 16+: Core PCSS Program + optional recreational program in an additional ski sport to enhance overall skiing skills; consult with your core coach

Single-Sport Specialization

Alpine Skiing: FIS (6 days)	Freeski: Big Mountain or Park and Pipe Loc, Reg, Nat Team (1-6 days and 1-2 optional nights)	Freestyle: Moguls FIS Team (6 days) Aerials Team (5 days)	Snowboard: Freestyle Team (1-6 days) SBX (5 days)	Ski Jumping: SJ L3-4 (5-6 days) Recreational Jumping Nordic Combined: NC 3-4 (5-6 days)	Cross-Country: Comp Team (5 days) Ski Mo Team: 1 Day
---------------------------------------	--	--	--	---	--

Ages 14-15: Core PCSS Program + optional recreational program in an additional ski sport to enhance overall skiing skills; consult with your core coach

Alpine Skiing: U16 (6 days)	Freeski: Big Mtn or Park Team (1-5 days + opt. nights); (late entry possible)	Freestyle: Mogul FIS and Comp Teams (3-6 days); Aerials (5 days)	Snowboard: Freestyle Team (4-6 days + Add-On Possible Nights) SBX (5 days)	Ski Jumping: SJ L3-4 (5-6 days) Nordic Combined: NC 3-4 (5-6 days)	Cross-Country: Comp (5 days), Devo+ (3-4 days), Devo Prep Ski Mo Team: 1 Day
---------------------------------------	---	---	---	---	--

Ages 11-13: Core PCSS Program + optional 1-2 days in an additional ski sport to enhance overall skiing skills; consult with your core program coach

Multi-Sport Foundation and Sampling

Alpine Skiing: U12 / U14 (5 days) U12/U14 (3 day; late entry)	Freeski: Big Mtn or Park (1-5 days + opt night; late entry)	PCM: All Mtn Prog. (AMP)	Freestyle: Devo+, Mogul Dev (3 days), Mogul Team (5 days)	Snowboard: Freestyle Team (1-3 days + Add-On Possible Nights)	Ski Jumping: SJ L1-4 (2-6 days) Nordic Combined: NC L1-4 (2-6 days), (late entry possible)	Cross-Country: Devo Prep (late entry), Devo, Devo+ (2-3 days) YSA: Activ8
--	---	------------------------------------	---	---	---	---

Ages 6-10: Core ski program + recommend 1-2 days in an additional ski sport or complementary sport to develop overall skiing skills

Alpine: Devo / Intro	Freeski and Freestyle: Devo / Fundamentals	Snowboard: Freestyle	Ski Jumping: Leve 1/2	Cross-Country: K & G
-----------------------------	---	-----------------------------	------------------------------	-----------------------------

Multi-Sport Bundling: Foundational alpine ski skills + optional 1-2 days of cross-country and/or ski jumping. Mid-week options to complement PCSS/PCM/DV programs

PCM Ski School: Farm Team, Learn to Race, etc.	PCM Ski School: Mountain Team, AMP	Deer Valley: Adv Club, Reindeer, and Bambi	PCM: PC Ride / Pwee Snowboard	Ski Jumping: Level 1	Cross-Country: Kickers & Gliders (1-2 days)
---	---	---	--------------------------------------	-----------------------------	--

YSA: Get Out And Play Programs / Activ8

For adaptive athletes, please see the programs provided by the National Ability Center (NAC)

Weekly Schedule Overview Summary – Ages 7,8, & 9

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Park City Ski and Snowboard School	<ul style="list-style-type: none"> Farm Team (some Mondays) 					<ul style="list-style-type: none"> Farm Team 9-3 pm Learn to Race (14 Sat +4 Evenings) Mountain Team PC Ride All – 9-3 am 	<ul style="list-style-type: none"> Farm Team 9-3 pm
Freestyle		<ul style="list-style-type: none"> Fundamentals, 5-7 pm @ UOP (Add-On Possible) Devo & Devo +, 5-7 pm @ UOP (Add-On Possible) 		<ul style="list-style-type: none"> Fundamentals, 5-7 pm @ UOP (Add-On Possible) Devo & Devo +, 5-7 pm @ UOP (Add-On Possible) 	<ul style="list-style-type: none"> Devo & Devo +, 2-4 pm @ PCM (Add-On Possible) 	<ul style="list-style-type: none"> Devo* & Devo +, 9-3 pm @ PCM 	<ul style="list-style-type: none"> Devo* & Devo +, 9-3 pm @ PCM
Alpine			<ul style="list-style-type: none"> Intro 6-8 pm @ UOP 		<ul style="list-style-type: none"> Devo 3:30 pm to 5:30 pm @ UOP 	<ul style="list-style-type: none"> Intro 3-6 pm @ PCM Devo 9-3 pm @ PCM 	<ul style="list-style-type: none"> Devo 9-3 pm @ PCM
Cross Country		<ul style="list-style-type: none"> Kickers & Gliders**, 4:30 pm – 5:30 pm at White Pine 		<ul style="list-style-type: none"> Kickers & Gliders**, 4:30 pm – 5:30 pm at White Pine 			
Ski Jumping			<ul style="list-style-type: none"> Ski Jumping Level 1, 4:30 pm to 6:30 pm @ UOP 				
Multi-Sport	<ul style="list-style-type: none"> Skills & Drills, 5-7 pm @ UOP (Add On Possible) 						
Snowboarding		<ul style="list-style-type: none"> UOP 1 Night Tue UOP 2 Night Tue & Thurs 		<ul style="list-style-type: none"> UOP 2 Night Tue & Thurs 	<ul style="list-style-type: none"> Saturday + Friday PM 3 Day PM Program 	<ul style="list-style-type: none"> 1 Day Saturday* 2 Day Saturday + Sunday 3 Day PM Program 	<ul style="list-style-type: none"> 2 Day Saturday* + Sunday 3 Day PM Program

**Get out and Play recommended but not required as prep for Kickers & Gliders

*7-8 year old snowboard permitted at PCM if they have a competitive license

Example #1 – Mountain Team + Freestyle Devo

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Park City Ski and Snowboard School						<ul style="list-style-type: none"> Mountain Team, 10 Saturdays, 9-3 am PCM or Canyons 	
Freestyle		<ul style="list-style-type: none"> Devo Fundamentals 5-7 pm @ UOP 		<ul style="list-style-type: none"> Devo Fundamentals 5-7 pm @ UOP 			

Core Program Costs:

- Park City Ski and Snowboard School Mountain Team - \$1,400

Estimated Add On Costs:

- PCSS Freestyle Fundamentals 1 Day Weeknight - \$650
- PCSS Freestyle Fundamentals 2 Day Weeknight - \$850



Example #2 – Farm Team + Alpine Intro

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Park City Ski and Snowboard School	<ul style="list-style-type: none"> Farm Team (some Mondays) 					<ul style="list-style-type: none"> Farm Team 9-3 pm 	<ul style="list-style-type: none"> Farm Team 9-3 pm
Alpine			<ul style="list-style-type: none"> Intro 6-8 pm @ UOP 				

Core Program Costs:

- Park City Ski and Snowboard School Farm Team - \$1,900

Estimated Add On Costs:

- Alpine Intro Add-On - \$300 for 6 sessions / \$600 for 12 sessions

Equipment Rentals Available:

- If register for Alpine Intro Add On, PCSS will offer a **Free** Alpine Rental Option
 - First Come / First Size / Size Available
 - Return professionally tuned



Example #3 – Alpine Devo + XC

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Alpine					• Devo 3:30 pm to 5:30 pm @ UOP	• Devo 9-3 pm @ PCM	• Devo 9-3 pm @ PCM
Cross Country		• Kickers & Gliders**, 4:30 pm – 5:30 pm at White Pine		• Kickers & Gliders**, 4:30 pm – 5:30 pm at White Pine			

**Get out and Play recommended but not required as prep for Kickers & Gliders

Core Program Costs:

- PCSS Alpine Devo - \$2,300
- 9 year old minimum; Placement Day required

Estimated Add On Costs:

- Kickers & Gliders Level 1 Winter 1 Day – Tues OR Thursday - \$300
- Kickers & Gliders Level 1 Winter 2 Day – Tues AND Thursday - \$420
- Recommend prior Get Out and Play

Equipment Rentals Available:

- If register for XC Add-On, PCSS will offer a **Free** Alpine Rental Option
 - First Come / First Size / Size Available
 - Return professionally tuned
- Cross-Country Rental Available
 - \$60 / Season (Classic OR Skate)
 - \$110 / Season (Classic AND Skate)



Ex #4 – “Ski Meister” - Farm Team + Nordic Combined

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Park City Ski and Snowboard School	<ul style="list-style-type: none"> Farm Team 9-3 pm (some Mondays) 					<ul style="list-style-type: none"> Farm Team 9-3 am 	<ul style="list-style-type: none"> Farm Team 9-3 pm
Cross Country		<ul style="list-style-type: none"> Kickers & Gliders**, 4:30 pm – 5:30 pm at White Pine 		<ul style="list-style-type: none"> OR Kickers & Gliders**, 4:30 pm – 5:30 pm at White Pine 			
Ski Jumping			<ul style="list-style-type: none"> Ski Jumping Level 1, 4:30 pm to 6:30 pm @ UOP 		<ul style="list-style-type: none"> OR: Ski Jumping Level 1, 4:30 pm to 6:30 pm @ UOP 		

**Get out and Play recommended but not required as prep for Kickers & Gliders

Core Program Costs:

- Park City Ski and Snowboard School Farm Team - \$1,900

Estimated Add On Costs:

- PCSS Nordic Combined Level 1 - \$860
 - Cross Country – Tues and Thursday
 - Ski Jumping – Wed or Friday
- Recommend prior Get Out and Play

Equipment Rentals Available:

- If register for PCSS NC Add-On, PCSS will offer a **Free** Alpine Rental Option
 - First Come / First Size / Size Available
 - Return professionally tuned
- Cross-Country Rental Included
 - While supplies last



Free Alpine Rental Program – Overview

Program Requirements

- Participate in a core Alpine, Cross-Country or Ski Jumping Program
 - PCSS Alpine Devo / Alpine Intro / PC Farm Team OR XC, Ski Jumping or Freestyle
- Register for at least one PCSS Add-On Program
 - For example, Nordic Combined / Kickers & Gliders / Ski Jumping / Alpine Intro / Skills & Drills / Freestyle Devo Add-On
- At least one of the program needs to be an Alpine program (b/c the skis are Alpine ;-)
 - However, this could either be an Alpine core or Alpine add-on

Equipment Rentals:

- If your child is registered for a qualifying PCSS Add-On, PCSS will offer a **Free** Alpine Rental Option
 - First Come / First Size / Size Available
 - Return professionally tuned
- We will work with to assess your current equipment needs for Skis, Boots and Poles; and if we agree that a rental would be beneficial, we will provide one

Example #2 – Farm Team + Alpine Intro

	Mondays	Tuesdays	Wednesday s	Thursdays	Fridays	Saturdays	Sundays
Park City Ski and Snowboard School	<ul style="list-style-type: none"> Farm Team (some Mondays) 					<ul style="list-style-type: none"> Farm Team 9-3 pm 	<ul style="list-style-type: none"> Farm Team 9-3 pm
Alpine			<ul style="list-style-type: none"> Intro 6-8 pm @ UOP 				

Core Program Costs:

- Park City Ski and Snowboard School Farm Team - \$1,900

Estimated Add On Costs:

- Alpine Intro Add-On - \$300 for 6 sessions / \$600 for 12 sessions

Equipment Rentals Available:

- If register for Alpine Intro Add On, PCSS will offer a **Free** Alpine Rental Option
 - First Come / First Size / Size Available
 - Return professionally tuned



Key Contacts for Follow up

Program	Contact
Park City Ski and Snowboard School	Mike Sussman masussman@vailresorts.com
PCSS Freestyle	Cody Salrin: csalrin@parkcityss.org Ryan Devine: rdevine@parkcityss.org
PCSS Alpine	Alpine Devo: Dar Hendrickson: lesdarhan@comcast.net Alpine Intro: Kurt Almond: kurt.almond@gmail.com
PCSS Cross Country	Emma Garrard: egarrard@parkcityss.org
PCSS Ski Jumping	Alan Alborn: aalborn@parkcityss.org
PCSS Multi-Sport	Matt Terwillegar: mterwillegar@uolf.org Michael Scanlan: MIKEANDTREESKI@msn.com
PCSS Snowboarding	Michael Bell: mbell@parkcityss.org