

Telluride Mountain School 2005-2006 Tentative Freestyle Program

The Telluride Mountain School Freestyle Program is designed to teach each student athlete the need to set goals, make decisions, and take responsibility for themselves. It is a technical program that provides the resources and coaching for student athletes to compete and be successful at the local, regional, national, and international levels.

The Freestyle program offers technical coaching for free-skiing, terrain park, half pipe, and moguls. Training progressions for the student-athletes will be focused around five domains; Technical and Tactical, Physiological, Psychological and Sociological, Training and Competition, and Equipment. Certain competencies have been identified in each domain that the athlete should be working towards attaining at each phase of their development. The competencies listed in this freestyle program curriculum are goals that each athlete can aim at accomplishing before the end of their high school years. All students who are interested in competing will attend sanctioned United States Ski Association events that are primarily hosted by the USSA Rocky Mountain Division.

The season will be divided into five phases, each with its own objectives and goals. A strong emphasis will be placed on helping each athlete establish individual goals that are in tune with the general phase objectives. I will meet individually with each student-athlete and discuss the benefits of having a goal-setting program and how it will help produce positive results in their skiing as well as in their life. We will have these meetings periodically throughout the season to evaluate their progress and re-asses their goals. This method of goal-setting will replace the outdated method of just simply sending out a "report card". This new way will actually keep the student-athlete involved and excited about setting and accomplishing their goals. It will be an ongoing practice that hopefully stays with the student-athlete long after the ski season is over. Each athlete will keep a training log in order to map out goals for each season, phase, week, and day and in turn keep track of the activities and skills practiced in order to reach those goals. At the same time the coaches will be keeping their own logs in order to provide detailed athlete evaluations upon the conclusion of each phase. The concept here is not only to establish effective progressions and strong athlete-coach relationships but also to encourage each athlete to take responsibility for their training, develop a stronger understanding of the skills, and in essence become their own best coach.

Dryland Training: Nov. 1st to Opening Day

Ramping Up: Thanksgiving Weekend to January 1st

Competition Phase: January and February

Peak Phase: March

Unloading: Last Competition until April 15th

Dryland Training is a mandatory one-month ski specific conditioning program. The objective is to gain a higher level of fitness coming into the ski season. The basis of the fitness program will be on developing core strength, functional strength, aerobic and anaerobic capacity, and flexibility.

Athletes will be tested at the beginning and end of the phase in order to monitor progress. The test will include sit-ups, push-ups; pull-ups, vertical jump, and box jumps. The first half an hour of practice will be devoted to a thorough warm up, stretch, and core work. The next half hour will encompass the objective workout like a leg circuit or agility session. Finally the session will close with some type of fun game or activity.

Activities

- Roller Blading
- Leg circuits
- Circuit training
- Agility ladders
- Plyometrics
- Variety of core/stomach exercises
- Sprints
- Relay races
- Sports– soccer, ultimate Frisbee, touch football, etc.
- Stretching
- Balance
- Cross country skiing
- Nutrition and Hydration handouts
- Training Logs

Ramping Up is a one-month phase where athletes progress from their first turns of the season to competition readiness by the end of December. Technical training on groomed slopes, in the moguls, terrain park, & half pipe as well as directed free skiing, and ski conditioning will be the focus during this period. Some of the competencies to be working towards during this period are listed below.

Activities

- Directed freeskiing
- Technique drills
- Jumping
- Rails
- Half Pipe
- Mogul skiing
- On snow conditioning
- Video analysis
- Training logs/ Goal setting

Technique Competencies

- Terrain Park & Half Pipe: Balance, vision, control, rhythm, stance, speed, take off, execution of tricks, and landing.
- Moguls: Speed, Turns, & Air. Also includes balance, stance, vision, control, absorption, extension, angulation, take off, execution of tricks, and landing.

The **Competition Phase** encompasses January and February when the bulk of the competitions are held. Training focus will shift to tactical training, competition preparation, psychological discussions, and individualized skill training. The technical skills emphasized during the ramping up phase will be applied. Close attention will be paid to upcoming competitions so that the appropriate training sessions are dictated in preparation for the races. Video analysis will be done to enhance individualized coaching. Competitions will be recommended for each athlete according to age and ability.

Activities

- Terrain Park
- Half Pipe
- Moguls
- Free-skiing
- Competition
- Training Logs/ Goal setting
- On snow conditioning
- Video analysis

Psychological Objectives

- Visualization techniques
- Positive Reinforcement
- Building confidence
- Coping with pre-competition anxiety
- Stopping negative energy
- Breathing and relaxation

Peak Phase includes the season ending regional and national competitions. The goal here is to have each athlete mentally and physically prepared to put forth his or her best personal effort and performance of the season. An emphasis will be placed on pointing out the improvements and successes of the season and instilling a strong sense of confidence and readiness in each athlete for the biggest competitions of the season.

Finally the **Unloading Phase** begins with the last big race of the year and concludes in April. This is the time to enjoy the sun, spring corn snow, and blue skies. Practices will be more flexible and entirely based around having fun in the bumps, park, or free-skiing. During this phase we will take a look back at the season, quantify the successes and failures of each athlete, and set goals for summer training and the following season.

Training Venues and Safety

The specific training venues for the Freestyle program are yet to be determined. I am assuming we will have full access to the park, pipe, and a mogul line to train in. In order to create a safe training environment coaches are expected to maintain these venues and set courses with a keen eye for possible hazards. Close attention will be paid to changing snow conditions, spill zones, and weather in order to ensure athletes are training safely.

Video Analysis

Video analysis is a crucial part of our athletes training and will be used throughout the season. It is a great learning tool that helps athletes put together what they are feeling on the slopes with the concepts the coaches are teaching them. Most competitions will be videoed and watched as a group following the competition.

The Freestyle Program at the Telluride Mountain School is a synergistic program that accommodates the recreational skier to the aspiring Olympic competitor. We acknowledge that competition is not for everyone however; we believe that by offering the resources for the most driven athletes to pursue their dreams, we are creating an environment in which all students will be challenged to put forth their best effort and achieve their personal goals. The type of work ethic, commitment, and time management skills learned while participating in the Freestyle Program will not only make great skiers, but also give students vital life skills that they can apply to any task in any arena they become involved in.