

Telluride Mountain School Snowboarding Program

The Telluride Mountain School Snowboard 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 Snowboarding program offers technical coaching for free-riding, terrain park and the halfpipe. Slalom and Giant Slalom training is a key component of the program for building technical skills in all disciplines. This includes performing technical snowboarding drills, and running gates. Free-riding is an important element of our training progressions. With the broad range of abilities and age groups, our focus is primarily on having FUN while building strength and awareness of our surroundings.. A strong emphasis will be placed on helping each athlete establish individual goals. I will meet individually with each student athlete and discuss how goal-setting will produce positive results in their riding as well as in their life. We will continue to meet throughout the season to evaluate progress and re-access goals.

Each athlete is encouraged to maintain an “Athletic Progress Chart” to keep track of the activities and skills practiced in order to reach personal goals. Coaches will keep “Daily Progress Sheets” to help with athlete evaluations during and at 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.

Students who are interested in competing regionally this season will need to maintain a current membership with USASA. Non-competitive students athletes are required to maintain a current USSA membership for participation in any program.

General Snowboarding progression

Dryland Training: Oct15st to Opening Day

Getting dialed in: Thanksgiving Weekend to January 1st

Powder riding, Competitions and Skill Progressions: January and February

Spring Sessions: March-April 15th

After School Dryland Training

The success of the student-athletes dryland training will be determined by the student athletes level of participation. The objective is to gain a higher level of fitness coming into the ski season. This training will develop 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. During training sessions the first half hour 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 sessions. Finally, if time remains, the session will close with some type of fun game or activity. This training will take place along with the Alpine program. Please check Friday letters for specific training times.

Activities

- Skateboarding
- Circuit training
- Agility ladders
- Plyometrics
- Variety of core/stomach exercises
- Sprints
- Relay races
- Sports– soccer, ultimate Frisbee, touch football, etc.
- Stretching, breathing exercises/meditation
- Balance
- Athletic Progress charts

Getting Dialed In

Within this first month on the snow athletes progress from their first turns of the season to competition readiness or a noticeable level of competence by the end of December. A considerable amount of time will be spent refining the boot/ binding and board interface in combination with basic edge control and balance awareness drills. This will help each student athlete in developing a “sweet spot”, or just an increased level of comfort in their riding stance. Student-athletes will continue with strength and flexibility training throughout this phase of the program. At any time a student-athlete may request a one on one meeting with a coach. Continued use of Athletic Progress Charts will help with this progression.

Activities

- Free Riding
- Technique drills
- Stubby gates and Brushes
- On and Off snow conditioning
- Video and equipment analysis
- APC’s/Goal setting/Equipment maintenance

Technique Competencies

- Exhibits appropriate balance and stance while riding a variety of terrain, conditions, and turn shapes
- Demonstrate bone stacking principal and understands weight displacement
- Performs weight transfer consistently without standing too tall or compromising timing of turn initiation (ie. Waiting too long to initiate turn or pressuring a turn beyond the natural release point)
- Exhibits knowledge of edge pressure and how to manage it during terrain changes
- Can explain when, why, and how one should slide turns

Powder Riding, Competitions and Skill Progressions

In January and February the training focus will shift to tactical and competition preparations for the advanced student athletes. This includes more mental toughness training, and individualized skill training. Non-competitive athletes will benefit from seeing this progression and will continue to building on their foundations. Video analysis will be increased to enhance individual progression. Competitions will be recommended for each athlete according to age and ability.

Activities

- Free Riding
- Park and Pipe riding
- Stubby gate training
- Speed Awareness skills
- Ollie contests
- APC's/Goal setting/Equipment maintenance
- On and off snow conditioning

Tactical Competencies

- Demonstrates and understands rhythm changes dictated by terrain changes, while maintaining a proper and quiet upper body position
- Can execute small to medium jumps with conscious awareness of speed necessary, spotting the landing, and maintaining balance until air is stuck
- Uses grabs effectively and can explain what each grab and the opposite hand accomplishes in the given situation
- Uses adequate range of motion in the legs while performing linked turns, pre-ollies, ollies, and while absorbing landings
- Demonstrates and understands board angulation and how this can effect riding style/effectiveness
- Demonstrates the ability to decrease or increase turn radius through the increase or decrease of pressure and has the ability to build pressure gradually through the turn
- Advanced student-athletes utilize board angulation and pressure control to lay completely clean railed turns in both medium and large radius turns
- Understands weight placement throughout a turn (ability to recover balance)
- Incorporates course/park inspections, into tactical preparation for all events
- Has refined understanding and execution of competition tactics in all events

Psychological Objectives

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

Spring Sessions

March will bring the regional and national competitions season to a close. For the competitive student athletes the goal is to have each individual 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. Again, the non-competitive athletes will benefit from this progression. In addition, we will take the time to enjoy the sun, spring corn snow, and blue skies. Practices will be geared towards application of skills, having fun free riding, and of course, park and pipe riding. 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.

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 taped and watched as a group following the competition.

Conclusion

The Snowboard Program at the TMS is developmental program that accommodates the recreational skier to the aspiring Olympic competitor. 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 Snowboard Program will not only make great riders, but also give students vital life skills that they can apply to any task in any arena they become involved in.

Terrain Park/Halfpipe and Alpine Training Guidelines

Park and pipe etiquette will be observed and practiced at all times.

A: Students ability must match the ability designation of each feature in the terrain Park. Beginners are not allowed in the Park until competencies have been met. Even the easiest features require advanced skill to ride safely.

B: Park flow and usage can be observed and explained outside of the park. Watch the park flow and identify safe stopping areas prior to entering the park.

C: Student athletes must use a spotter on “blind” features. This person should be designated prior to the beginning of each run in the park.

D: Look uphill before entering the pipe or a park feature.

E: Always signal to or communicate with other park and pipe users when entering a feature.

F: Stop only where visible from above and out of the way.

G: If approached by the park staff, follow any instructions or recommendations.

The park staff has intimate knowledge of traffic and safety issues within the park. You can always ask the park staff questions regarding park features, however it is not acceptable to tell them how to do their job. If you have concerns or ideas about the park or pipe let your coach know and it will be communicated at the appropriate time.

H: Do not enter the park or pipe during times of poor visibility or if there is heavy traffic within. If the park or pipe is crowded consider coming back at a later time.

General practice: Preride-Reride-Freeride

Preride- Start off slow, ride next to features you are unfamiliar with. Check take-offs and landings. Identify safe stopping and spotting areas.

Reride- Ride over or near features to determine the proper speeds and to gain insight into your necessary course of actions. Do not stop in groups on features.

Freeride- Let it rip. Be aware of your surroundings at all times and use common sense.

It is not uncommon for park crews to change and rearrange features, this general practice will provide a safe opportunity for everyone to enjoy riding in the terrain park.