



Team Summit

A Typical Devo Day, written by Laura Munch - Snowboard Devo Coach Extraordinaire.

As we approach the new season, there are many questions on how a typical devo day would go...

We start by getting ready the night before training. It is always a good idea to get a good dinner, a good night sleep, drinking lots of water, and setting your gear aside or simply getting it in the car you are driving to the mountain. It isn't a bad idea to check the weather in the mountains to see what temperature it might be, and what lenses to wear in your goggles. Don't forget your season pass either!! On the morning of training please try to be on time, eat a good breakfast, drink water and juice, put on sunscreen, and dress appropriately. It is very important to be ready to get on the hill at 8:30. If you are going to be late call your coach. The rest of the group will take a run and meet you at the morning meeting spot, at Copper it is at the base of the American Eagle, otherwise known as Burning Stones. Each morning the coaches will discuss what discipline we will be training that day. If it is sunny, park, and pipe- Snowboard, gates- Alpine, moguls or pipe and park- Freestyle and Freeride. If it just snowed powder we will probably go ride the steeper bigger side of the mountain and some trees. Be ready to hike the half pipe- Snowboard, or work on turns- Alpine. After we take a warm up run, we find a warm spacious place to stretch. We stretch so we don't get injured, and to get our blood flowing. Stretching time is also when we talk about our day and what we need to work on/ train for. Then it is time to get serious on the hill! We will take water/bathroom breaks as needed, but we try to get as much hill time as possible. We take an occasional morning hot chocolate break, and play fun, bonding, balance games throughout the day! Lunch break usually takes place around either 11 or 1. If you bring your lunch, your coach will find a spot to stash it, either in the public locker room or in a locker in the morning. It is the athlete's responsibility to bring money if they would like their lunch in a locker, or would like to buy hot water, hot chocolate, or a lunch. We try to stay away from the crowds. Coaches will have an idea of the day's lunch location and time before drop off. After lunch a couple of mellow runs, and back to riding until 3:00. When we are training it is very important to stay with the group, if you get lost we will have a meeting place. The meeting place is determined on the first day of training. Stay at the meeting place until your coach gets there!! During training, no foul language is permitted, and everyone is a team player. Your fellow teammates become close friends. Sometime we have to wait in lines with other patrons on the mountain, so being respectful and patient is learned and required here. Same goes for on the hill. Obey all signs, closures, and the slope watch/ski patrol. Any inappropriate behavior can result in suspension. Most of all we are out to be safe, **have fun**, become great snow sport athletes, and listen to your coach! Parents remember it's usually more beneficial for your athlete to remain with their team without parent interaction from 8:30 to 3:00.

The coaches and returning athletes, look forward to having a great season of riding, fun, progression, and making new friends. See you soon!!!