



A day in the life of a Platty Ski Racing Athlete

Welcome! Thank you for being here and choosing Plattekill Mountain to enrich your child's ski experience. Below is the daily schedule for your athlete to help you plan your day and your availability at the mountain. Please review it closely and let us know if you have questions.

Your athlete will be assigned a coach approximately two weeks prior to the start of the season. We assign coaches to groups based on age and ability. Although we do our best to have the athletes grouped prior to day 1, expect some changes over the first few weeks while we observe

8:00 am - Arrival at ski area
8:10 am - Breakfast/Snack, water, restroom break
8:15 am - Gear Up for AM training (boots, gloves, facemask, helmet/goggles)
8:20 am - Athlete warmup and coach greeting – stretching, and skating drills for warm up
8:30 am - Get in line for lift
8:45 am – 9:15 a.m. Warm-up lap/Free Skiing
9:15 am – 10:15 a.m. 1st AM Training: Introduction of skill for the day and guided free skiing training

Snack Break

10:30 am - Snack, water, restroom break
10:45 am-12:30 p.m. 2nd AM Training: Execution of skill for the day

Lunch Time

12:45 pm - Lunch, water, restroom break 1:20 pm - Gear up for PM training

Afternoon

1:30 pm Stretch/morning recap
1:45 pm Get in line for lift
2-3 pm PM Training: Agility and Adaptability Training
3:15-3:45 pm Free Ski; no agenda...just having fun
3:50 pm Full day recap and warm down
4:00-4:15 pm Parent pick-up/debrief