



## Palisades Tahoe Ski & Snowboard Teams

### Mission

To provide the best development opportunities for personal and athletic achievement while instilling a passion for snow sports and appreciation for our Olympic history, legacy, and legendary mountains.

### Vision

To be the number one supplier of athletes to the U.S. Ski Team and Freeride World Tour.

### About Team Palisades Tahoe

Palisades Tahoe's rich competitive heritage spans decades and includes athletes who have gone on to compete in national, World Cup, Freeride World Tour, Professional, and Olympic events. Alumni include Tamara McKinney, Jonny Moseley, Marco Sullivan, Daron Rahlves, Travis Ganong, Julia Mancuso, Ross Tester, Connery Lundin, AJ Hurt, Bryce Bennett and Keely Cashman -- just to name a few.

Our competitive ski and snowboard programs are designed to offer all ages a team environment to learn alpine racing, big mountain/freeride, and freestyle skills for staying safe and having fun on the snow. With the Palisades Tahoe Community Foundation, and Tahoe Forest Sports Medicine/Sports Performance providing support, the legacy remains strong.

### Team Enrollment

Whether your child is just starting out or ready to compete, our expert coaches will help them excel in a fun, supportive environment. Plus, for parents or seasoned skiers who want to stay sharp on the slopes, our Masters Weekend and Masters Fulltime adult programs offer the perfect blend of challenge and camaraderie. Secure your place now before these coveted programs fill up!



## Palisades Tahoe – Alpine Lodge Base Location

- Alpine Mountain Rangers & Alpine Rangers
- Alpine Development Teams
  - Alpine U10 Jr Development
- Alpine U System Competitive Racing
  - Alpine U12 Far West Weekend
  - Alpine U14 Far West Friday-Sunday
  - Palisades Tahoe U16-U18 Friday-Sunday Far West
- Alpine Big Mountain Sport

## Palisades Tahoe – Palisades Village Base Location

- Palisades Shooting Stars & Mighty Mites
- Palisades Development Teams
  - Palisades U10 Jr Development
  - Palisades Development U12
  - Palisades Development U14
  - Palisades Tahoe U16-U18 Friday-Sunday Far West
- Palisades U System Competitive Racing
  - Palisades U12 (Far West)
  - Palisades U14 Full-time
  - Palisades U16 Full-time
  - Palisade Tahoe FIS U18|U21
  - Palisades Tahoe FIS PG
- Palisades Big Mountain Sport
- Palisades Tahoe Freeride Comp
- Palisades Snowboard
  - Palisades Mighty Riders
  - Palisades Snowboard Sport & Comp
- Palisades Ski/SB Cross
- Palisades Tahoe Masters Racing and Freeski

# Alpine Mountain Rangers & Alpine Rangers

The Alpine Rangers and Mountain Rangers program’s primary goals are to help young skiers develop strong fundamental skills, learn to be part of a team, and gain joy and passion for skiing in a fun, safe, and challenging team environment. Our experienced coaches focus on skill acquisition, knowledge of the [skier’s responsibility code](#) and safe skiing, respect for the mountain, and having fun. Each coach is specially trained to provide a safe, fun learning environment for all levels. Alpine Rangers can expect to learn mountain safety and some Alpine history. Each Alpine Ranger will gain a solid foundation that will empower them to continue on to the U10 Jr Development, Development, or Big Mountain program proud of their skill achievements and help attain a lifelong love of skiing.

**Our Mission** is to provide the best development opportunities for personal and athletic achievement while instilling a passion for alpine snow sports and appreciation for our Olympic history, legacy, and legendary mountains.

## Mountain Rangers

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Alpine	*High Beginner to High Intermediate	Alpine Skiing	4-5	Weekend/Holiday

\*MUST have one full season of prior skiing experience and be able to ski green terrain without assistance

<b>DATES</b>	December through first week of April <a href="#">CALENDAR</a>
<b>SCHEDULE</b>	8:45am-12pm
<b>OFFERED TRAINING</b>	Weekends + Holidays

## Program Guidelines

Pass	Must purchase <a href="#">Ikon Pass</a> . Ikon Base Pass may conflict with team dates.
Age	Must be 4 or 5 as of Dec 31 of ski season
Skill Prerequisite	<ul style="list-style-type: none"> <li>• <b>Must have full season previous skiing experience.</b></li> <li>• <b>Must be able to stop unassisted.</b></li> <li>• <b>Must be able to ski beginner AND intermediate terrain unassisted.</b></li> <li>• Must be able to turn on beginner terrain.</li> <li>• Must be able to glide (semi-parallel across fall-line &amp; on flats).</li> <li>• Must be able to put on &amp; take off skis unassisted.</li> <li>• Edgie-wedgie, leash &amp; other training aids not permitted.</li> <li>• Must have chair lift riding experience</li> </ul>
Maturity	<ul style="list-style-type: none"> <li>• Must be able to participate in a full training session without parent interaction.</li> <li>• Must enjoy winter weather &amp; the outdoor environment.</li> </ul>

	<ul style="list-style-type: none"> <li>• MUST BE POTTY TRAINED.</li> <li>• Must be able to listen and follow instruction in team environment</li> </ul>
Equipment	<p><b>Skis:</b> 1 pair carving-style skis chin high; owned or seasonal lease (no rentals); in good condition.</p> <p><b>Boots:</b> Must be properly fitted (size/flex) and in excellent working order.</p> <p><b>Protection:</b> Helmet &amp; goggles required.</p>
Schedule	Team Calendar linked below for general reference only and may change due to conditions. Final communication will come through DRIVN application.
Participation	Athletes are expected to participate in 65% or more of the offered training. Athletes who do not meet this requirement will not be re-enrolled.
Annual Training Plan	<p>We ski &amp; get mileage!</p> <p>85-95% coached/directed freeskiing.</p> <p>5-10% coached drills.</p> <p>5% intro to training runs (gate training).</p>
Pick Up / Drop Off	<p>Base of Roundhouse @ Mountain Ranger flag</p> <p>Communicated via Team Communication App</p> <p>Athletes must be on time and ready to ski. Late drop-offs are not accommodated. It is the responsibility of parent to download app and check for team communication.</p>
Preparedness	<ul style="list-style-type: none"> <li>• Dressed warmer than parents.</li> <li>• Small healthy snack in pocket.</li> <li>• Properly hydrated with a full belly from a healthy breakfast.</li> <li>• Arrives with a quick smile &amp; ready to ski in all types of weather.</li> </ul>
Break/Snack	We take a quick snack break.
Events	<b>Mountain Rangers will have at least one race scheduled. Subject to change due to weather &amp; conditions</b>
Parents	<ul style="list-style-type: none"> <li>• Required to attend parent orientation.</li> <li>• Required to remain on-site during team.</li> <li>• Children must have prior experience &amp; enjoy outdoor sports.</li> <li>• You must dress your child warmer than you dress yourself.</li> <li>• Must complete Team Agreement (Code of Conduct).</li> <li>• Must remain actively engaged with Team communication method(s) and check schedule/updates regularly.</li> </ul>
Communication	Parents must maintain an active account with DRIVN. After registration review the confirmation email for directions to access DRIVN.
Challenging Weather	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.

Team Uniform	Purchase of Team Uniform is required. Link for uniform purchase can be found in Teams registration confirmation email.
Program Placement	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
Registration	New Athletes must submit an application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

## Alpine Rangers

For **school-aged (Kindergarten-2nd grade) athletes 5-9 years old**. Current Intermediate & advanced skiers focus on skill acquisition, having fun & being challenged. All participant families, both new and returning, are expected to review and adhere to all program guidelines.

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Alpine	Intermediate to Advanced	Alpine Skiing	5-9 School-age	Weekend/Holiday and Friday Add-Option

ALPINE RANGERS PROGRAM	WEEKEND & HOLIDAY	FRIDAY ADD-ON
<b>DATES (SEE CALENDAR)</b>	December through first week of April <a href="#">CALENDAR</a>	December through March
<b>SCHEDULE</b>	8:45am-1:30pm	1-4pm
<b>OFFERED TRAINING</b>	Weekends + Holidays	Fridays (non-Holiday)

## Program Guidelines

<b>PASS</b>	Must purchase Ikon Pass. Ikon Base Pass may conflict with team dates.
<b>AGE</b>	Must be 5-9 as of Dec 31 of ski season
<b>SKILL PREREQUISITE</b>	<p>All new athletes will be evaluated in the first weekend of the program.</p> <ul style="list-style-type: none"> <li>• Must have two full seasons previous skiing experience.</li> <li>• Must be able to skate on skis and hockey stop.</li> <li>• Must be able to stop unassisted.</li> <li>• Must be able to ski intermediate terrain unassisted.</li> <li>• Must be able to turn on beginner/intermediate terrain unassisted.</li> </ul>

	<ul style="list-style-type: none"> <li>• Must be able to glide (semi-parallel across fall-line &amp; on flats).</li> <li>• Must be able to put on &amp; take off skis unassisted.</li> <li>• Edgie-wedgie, leash &amp; other training aids not permitted.</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• NOT A BEGINNER PROGRAM.</li> <li>• Children 5-7 years old must be Intermediate or higher, and able to ski all Beginner terrain with confidence.</li> <li>• Must be able to participate in a full day of Team activities without parent assistance.</li> <li>• Must enjoy winter weather and outdoor environment.</li> <li>• Currently not enrolling children 8-9 years old unless fully parallel on Intermediate and Advanced terrain.</li> <li>• This program is intended for children who are accustomed to participating in full day activities. Children in pre-school (especially those still napping) should enroll in Shooting Stars, Mountain Rangers or Mountain Camp.</li> </ul>
<b>EQUIPMENT</b>	<p>Skis: 1 pair carving-style skis nose-high; owned or seasonal lease (no rentals); in good condition.</p> <p>Boots: Must be properly fitted (size/flex) and in excellent working order.</p> <p>Poles: Required at the appropriate level - communicated by manager.</p> <p>Protection: Helmet &amp; goggles required.</p>
<b>SCHEDULE</b>	Team calendar linked below for general reference only and may change due to conditions. Final communication will come through DRIVN application
<b>FRIDAY TRAINING</b>	Requires being registered for Friday Add-On.
<b>PARTICIPATION</b>	Athletes are expected to participate in 65% or more of the offered training. <b>Athletes who do not meet this requirement will not be re-enrolled.</b>
<b>ANNUAL TRAINING PLAN</b>	<p>We ski &amp; get mileage!</p> <p>75-90% coached/directed freeskiing.</p> <p>10-20% coached drills.</p> <p>5-10% intro to training runs (gate training).</p>
<b>PICK UP / DROP OFF</b>	<p>Between bottom of Roundhouse &amp; Summit at the Alpine Ranger flag.</p> <p><u>Communicated via Team Communication App</u></p> <p><u>Athletes must be on time and ready to ski. Late drop-offs are not accommodated. It is the responsibility of parent to download app and check for team communication. Late drop-offs will not be accommodated</u></p>
<b>PREPAREDNESS</b>	<ul style="list-style-type: none"> <li>• Dressed warmer than parents.</li> <li>• Small healthy snack in pocket</li> <li>• Properly hydrated with a full belly from a healthy breakfast.</li> <li>• Arrives with a quick smile &amp; ready to ski in all types of weather.</li> </ul>
<b>BREAK/SNACK</b>	A hearty snack will be provided for Weekend & Holiday team (included in program pricing.)
<b>EVENTS</b>	Alpine Rangers will have fun races and a "little Big Mountain Comp" scheduled. Subject to change due to weather & conditions.
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Required to attend parent orientation.</li> <li>• Required to remain on-site during team.</li> <li>• Children must enjoy outdoor sports.</li> <li>• You must dress your child warmer than you dress yourself.</li> <li>• Must complete Team Agreement (Code of Conduct).</li> <li>• Must remain actively engaged with Team communication method(s) and check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRIVN. After registration review the confirmation email for directions to access DRIVN.

<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager
<b>REGISTRATION</b>	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

**Questions?**

Call 530-452-7270 or email [teams@palisadestahoe.com](mailto:teams@palisadestahoe.com). Please contact your Team Manager or the Teams Administrative office for access to communication and schedules.

# Alpine Development & Jr Development Teams

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Alpine	Advanced	Alpine Race	7-13	Semi-Competitive Weekend & Holidays

Based at Alpine. U10 Jr Development and Development 10-13 programming is for skiers who wish to explore racing, a blend of racing and all-mountain skill development, or want to race semi-competitively. The team serves as a steppingstone to competitive racing or freeride; athletes have the chance to train gates and can compete in Tahoe Race Series but the focus is on gate training, freeskiing, and skill development. Athletes can expect to gain knowledge in many areas including general alpine racing U10 – World Cup, our Olympic legacy and history, equipment care and introduction to tuning, technique and tactics, technical fundamentals, activation and warmup, intro to nutrition, alpine racing protocol and etiquette, and all-mountain safety.

## U10 Jr Development Team

The Jr Development U10 Team’s mission is to help young skiers develop strong fundamental skills, learn to be part of a team, gain a joy and passion for skiing in a fun and challenging team environment. Our experienced coaches focus on progressive skill acquisition, knowledge of the skier’s responsibility code, respect for the mountain and having fun. Team fees DO NOT include a season pass. Purchase of the [Ikon Pass](#) is required

The Jr Development U10 team is for skiers who wish to explore racing, a blend of racing and all-mountain skill development, or are committed to competitive racing. The team serves as a stepping stone to the U12 Far West Team, the Development Team or Big Mountain; athletes have the chance to train gates and can compete in Intramural, Tahoe League or US Ski & Snowboard Far West races but the focus is on gate training, freeskiing and skill development. Athletes can expect to gain knowledge in many areas including general alpine racing, equipment care and introduction to tuning, technique, and tactics, technical fundamentals, activation and warmup, intro to nutrition, alpine racing protocol and etiquette, and all-mountain safety.

ALPINE U10 JR DEVO	WEEKEND & HOLIDAY	FRIDAY ADD-ON
<b>DATES</b>	December through first week of April <a href="#">CALENDAR</a>	December through March
<b>SCHEDULE</b>	8:45am-2:30pm	8:45am-3pm
<b>OFFERED TRAINING</b>	Weekends & holidays	Non-holidays



## Program Guidelines

<b>ALPINE U10 PROGRAM</b>	
<b>PASS</b>	Must purchase Ikon Pass. Ikon Base Pass may conflict with team dates.
<b>AGE</b>	Must be 7, 8, or 9 as of Dec 31 of ski season
<b>SKILL PREREQUISITE</b>	<ul style="list-style-type: none"> <li>• MUST have completed Alpine Rangers as Blue Star or above</li> <li>• MUST be fully parallel and carving in all terrain and have approval of Team Manager</li> <li>• Must be able to ski all terrain with confidence</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• Must be able to ski and load/ride chair unaccompanied</li> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to care for &amp; keep track of all equipment from the parking lot, through training, &amp; back to the car.</li> </ul>
<b>EQUIPMENT</b>	<p><b>Skis:</b> 1 pair of GS or SL or multi-discipline race skis regularly tuned</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Hard-eared helmet</p>
<b>SCHEDULE</b>	Team Calendar linked below for general reference only and may change due to conditions. Final communication will come through DRIVN application.
<b>FRIDAY TRAINING</b>	Must be registered for Friday Add-On Team
<b>PARTICIPATION</b>	Athletes are expected to participate in 75% or more of the offered training
<b>ANNUAL TRAINING PLAN</b>	<p>We ski &amp; get mileage!</p> <p>70-75% coached/directed freeskiing</p> <p>10-20% coached drills</p> <p>10-20% training runs (gate training)</p>
<b>PICK UP / DROP OFF</b>	Communicated by Development Manager through Team Platform. Parents must remain on site during team and plan to drop-off/pick-up on time
<b>SUPERVISION</b>	Athletes 9 & under are supervised the majority of the time, although may be required to ski and/or load chair unaccompanied from time to time.
<b>BREAK</b>	Lunch is not provided; parents are expected to provide the athlete with a healthy snack & nutritious lunch.
<b>LICENSES/DUES</b>	Must have current competitors membership to the Far West division of US Ski & Snowboard. Apply here.
<b>COMPETITIONS</b>	The majority of Development Team athletes will complete primarily in the Tahoe Race Series. At the direction/discretion of the Development Team Head Coach Manager some athletes based on performance and ability will have access to designated Far West races, some of which may be outside of the Tahoe area.
<b>TRAVEL</b>	Some travel may be required.
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Required to attend parent orientation</li> <li>• Required to remain on-site during Team</li> <li>• Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> </ul>

	<ul style="list-style-type: none"> <li>Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRIVN. After registration, review the confirmation email for directions to access DRIVN.
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Development Head Coach.
<b>REGISTRATION</b>	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

## Alpine Development Teams

The Development Team goal is to help young skiers develop strong fundamental skills, learn to be part of a team, gain a joy and passion for skiing in a fun and challenging team environment. Our experienced coaches focus on progressive skill acquisition, knowledge of the skier's responsibility code and mountain safety, respect for the mountain, and having fun. Team fees DO NOT include a season pass. Purchase of the [Ikon Pass](#) is required.

ALPINE 10-13 DEVO	WEEKEND & HOLIDAY	FRIDAY ADD-ON
<b>DATES</b>	December through first week of April <a href="#">CALENDAR</a>	December through March
<b>SCHEDULE</b>	8:45am-2:30pm	8:45am-3pm
<b>OFFERED TRAINING</b>	Weekends & Holidays	Non-Holidays

## Program Guidelines

<b>PASS</b>	Must purchase Ikon Pass. Ikon Base Pass may conflict with team dates.
<b>AGE</b>	Must be 10, 11, 12, or 13 as of Dec 31. of ski season
<b>SKILL PREREQUISITE</b>	<ul style="list-style-type: none"> <li>Fully parallel with a high degree of carving</li> <li>Can make large radius parallel turns balancing against the outside ski</li> <li>Can make short radius turns with pole usage</li> <li>Can skate on flats</li> <li>Confident on all terrain</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>Must be able to ski and load/ride chair unaccompanied</li> <li>Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>Must be able to care for &amp; keep track of all equipment from the parking lot, through training, &amp; back to the car.</li> </ul>
<b>EQUIPMENT</b>	<b>Skis:</b> 1 pair of GS or SL or multi-discipline race skis regularly tuned

	<p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Hard-eared helmet</p>
<b>SCHEDULE</b>	Team Calendar via DRIVN. After registration, review the confirmation email for directions to access DRIVN.
<b>FRIDAY TRAINING</b>	Must be registered for Friday Add-On Team
<b>PARTICIPATION</b>	Athletes are expected to participate in 75% or more of the offered training
<b>ANNUAL TRAINING PLAN</b>	<p>70-75% coached/directed freeskiing</p> <p>10-20% coached drills</p> <p>10-20% Training Gates (gate training)</p>
<b>PICK UP / DROP OFF</b>	Communicated by Development Head Coach through Team Platform
<b>SUPERVISION</b>	Athletes 10 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ski and/or load chairs unaccompanied
<b>BREAK</b>	Lunch is not provided; parents are expected to provide the athlete with a healthy snack & nutritious lunch.
<b>LICENSES/DUES</b>	Must have current competitors membership to Far West division of US Ski & Snowboard Team. Apply here.
<b>COMPETITIONS</b>	The majority of Development Team athletes will compete primarily in the Tahoe Race Series. At the direction and discretion of the Development Team Head Coach, some athletes based on performance and ability will have access to designated Far West races, some of which may be outside of the Tahoe Area.
<b>TRAVEL</b>	Some travel may be required.
<b>PARENTS</b>	<p>Required to attend parent orientation</p> <p>Required to remain on-site during Team</p> <p>Must actively communicate needs of athlete including planned absences &amp; injuries</p> <p>Must register for competitions in a timely manner per team communication</p> <p>Must complete Team Agreement (Code of Conduct)</p> <p>Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</p>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRIVN; After registration review the confirmation email for directions to access DRIVN.
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Development Head Coach.
<b>REGISTRATION</b>	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

### Questions?

Call 530-452-7270 or email [teams@palisadestahoe.com](mailto:teams@palisadestahoe.com). Please contact your Team Manager or the Teams Administrative office for access to communication and schedules.

## Alpine U System: U12 Weekend, U14 Fri-Sun, U16|18 Fri-Sun

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
See Specific Program Notes	Advanced to Expert	Alpine Race	10-18	Semi-Competitive to Competitive Weekend & Holidays Friday-Sunday & Holidays

### U12, U14 Alpine-Based and U16|U18 Alpine/Palisades-Based Far West Racing Teams

**The Alpine U12-U14 Far West Race Teams offer competitive alpine racing for ages 10 to 13.**

The Far West Weekend racing teams at Alpine make up the competitive alpine racing continuum for athletes age 10 to 13. The teams focus on advanced alpine racing skill development as well as athletic and personal growth. Athletes must have a coach recommendation and meet the athletic skill and psychological maturity requirements to participate in this program. U12 offered training is primarily focused on Weekends and Holidays with the option to purchase a Friday add-on. U14 offered training includes Fridays through Sundays weekly and Holidays. Our highly credentialed and experienced coaches use world-class venues, diverse and appropriate training environments, and the latest methodologies to provide the best development opportunities for our athletes. Based on ability and qualification, athletes compete at the divisional and regional level in US Ski & Snowboard events. Team fees DO NOT include a season pass. The purchase of the [Ikon Pass](#) is required.

The Palisades Tahoe U16|U18 Friday-Sunday Race Team will train at Alpine Fridays, and Alpine or Palisades Saturday/Sunday/Holidays as communicated by the Head Coach, utilizing the best available training space. The U16|U18 Team races exclusively within the Far West division of US Ski Snowboard and does not participate in FIS, though this program can be seen as a steppingstone to FIS level racing for some athletes.

## Alpine U12 Racing

The Alpine U12 racing teams goal is to help youth skiers develop strong fundamental skills in a fun and challenging team environment. Our experienced and credentialed coaching staff focuses on skill acquisition, knowledge of the skier's responsibility code and mountain safety, respect for the mountain, and instilling a life-long love of sport.

Athletes and parents are expected to meet the expectations as described below. Participants may be required to switch to a more appropriate program, if available, at discretion of Team Manager.

ALPINE U12	WEEKEND & HOLIDAY	FRIDAY ADD-ON
<b>DATES</b> (SEE CALENDAR)	December through first week of April <a href="#">CALENDAR</a>	December through March
<b>SCHEDULE</b>	8:45am-2:30pm	8:45-3pm
<b>OFFERED TRAINING</b>	Weekends & holidays	Non-holidays

## Program Guidelines

PASS	Must purchase Ikon Pass. Ikon Base Pass may conflict with team dates.
AGE	Must be U12 per US Ski & Snowboard Guide
SKILL PREREQUISITE	<ul style="list-style-type: none"> <li>• Must have completed U10 Jr Development in "Far West" Group, or with recommendation of Development Manager.</li> <li>• Skills Quest Phase 2 Bronze average or better:</li> <li>• Fully parallel &amp; fully carving</li> <li>• Executes regular proficient pole plant</li> <li>• Manipulates turn shape in variety of terrain</li> <li>• Outside ski dominant &amp; can deliberately control inside/outside ski pressure</li> <li>• Pressuring skis independently</li> <li>• Confident in all terrain &amp; conditions</li> </ul>
MATURITY	<ul style="list-style-type: none"> <li>• Must be able to ski and load/ride chair unaccompanied</li> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to care for &amp; keep track of all equipment from the parking lot, through training, &amp; back to the car.</li> <li>• Responsible &amp; accountable for hydration, nutrition, &amp; proper layering.</li> </ul>
EQUIPMENT	<p><b>Skis:</b> US Ski &amp; Snowboard legal equipment for GS &amp; Slalom (Must maintain equipment in good training/competition condition at all times)</p> <p><b>Tuning:</b> Bench, vices, iron, guides, brushes, files, stones, waxes.</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Slalom protection &amp; hard-eared helmet</p>
SCHEDULE	Team Calendar via DRIVN: request access through Teams office
FRIDAY TRAINING	Must be registered for Friday Add-On Friday training available for an additional fee
PARTICIPATION	Athletes are expected to participate in 85% or more of the offered training
PICK UP / DROP OFF	Communicated by Head Coach through Team Platform

SUPERVISION	Athletes 10 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ski and/or load chairs unaccompanied.
BREAKS	Lunch is not provided; parents are expected to provide the athlete with a healthy snack & nutritious lunch.
LICENSES/DUES	Must have current competitors membership to the Far West division of US Ski & Snowboard. Apply here.
COMPETITIONS	Far West Ski & Snowboard
TRAVEL	Some travel is required.
PARENTS	<ul style="list-style-type: none"> <li>• Required to attend parent orientation</li> <li>• Required to remain on-site during Team</li> <li>• Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
COMMUNICATION	Parents must maintain an active account with DRIVN after enrollment is complete. After registration, review the confirmation email for directions to access. Returning Team members maintain access via prior season's account contact(s).
CHALLENGING WEATHER	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
UNIFORM	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
PROGRAM PLACEMENT	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
REGISTRATION	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

## Alpine U14 Racing

The Alpine U14 Racing Team goal is to help youth skiers develop strong fundamental skills in a fun and challenging team environment. Our experienced and credentialed coaching staff focus on skill acquisition, knowledge of the [skier's responsibility code](#) and mountain safety, respect for the mountain, and instilling a life-long love of sport. Athletes and parents are expected to meet the expectations as described below. Participants may be required to switch to a more appropriate program, if available, at discretion of Team Manager.

ALPINE U14	FRIDAY-SUNDAY & HOLIDAY
<b>DATES</b> (SEE CALENDAR)	December through first week of April <a href="#">CALENDAR</a>
<b>SCHEDULE</b>	8:45-2:30pm
<b>OFFERED TRAINING</b>	Friday - Sunday & Holidays

## Program Guidelines

ALPINE U14 PROGRAM EXPECTATIONS	
PASS	Must purchase Ikon Pass.
AGE	Must be U14 per US Ski & Snowboard Competition Guide
SKILL PREREQUISITE	<ul style="list-style-type: none"> <li>• Must have completed U12 Far West, or with recommendation of Development Team Head Coach and Manager and approval from U14 Head Coach.</li> <li>• Fully parallel &amp; fully carving</li> <li>• Executes regular proficient pole plant</li> <li>• Linked carved turns in variety of terrain</li> <li>• Variety of turn shape in all terrain</li> <li>• Pressuring skis independently</li> <li>• Confident in all terrain &amp; conditions</li> <li>• Proper tuck</li> <li>• Proper gate clearing skills</li> </ul>
MATURITY	<ul style="list-style-type: none"> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to care for &amp; maintain equipment at all times.</li> <li>• Must be comfortable tuning equipment with supervision.</li> <li>• Responsible &amp; accountable for hydration, nutrition, &amp; proper layering.</li> <li>• Complete knowledge of Mountain Safety Policies</li> </ul>
EQUIPMENT	<p><b>Skis:</b> US Ski &amp; Snowboard legal equipment for GS, Slalom, &amp; Super G (Must maintain equipment in good training/competition condition at all times)</p> <p><b>Tuning:</b> Bench, vices, iron, guides, brushes, files, stones, waxes.</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Slalom protection, hard-eared helmet, &amp; back protection may be recommended.</p>
SCHEDULE	Team Calendar via DRIVN: request access through Teams office
PARTICIPATION	Athletes are expected to participate in 85% or more of the offered training
PICK UP / DROP OFF	Athletes meet as directed by head coach.

SUPERVISION	Athletes 10 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ski and/or load chairs unaccompanied.
BREAKS	Lunch is not provided; parents are expected to provide the athlete with a healthy snack & nutritious lunch. Athlete will be required to carry a backpack with necessary daily supplies/equipment.
LICENSES/DUES	Must have current competitors membership to Far West division of US Ski & Snowboard Team. <a href="#">Apply here.</a>
TRAVEL/COMPETITIONS	Athletes intend to compete in divisional, regional, & some national events if qualified.
PARENTS	<ul style="list-style-type: none"> <li>• Required to attend parent orientation</li> <li>• Required to remain on-site during Team</li> <li>• Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
COMMUNICATION	Parents must maintain an active account with DRIVN after enrollment is complete. After registration, review the confirmation email for directions to access DRIVN.
CHALLENGING WEATHER	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
PROGRAM PLACEMENT	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Head Coach.
UNIFORM	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
REGISTRATION	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.



## U16-U18 Weekend Race Team (Alpine & Palisades)

Athletes in the U16|U18 program will train at Alpine and Palisades, Friday (primary at Alpine) and Saturday/Sunday/Holiday as communicated by the Head Coach, utilizing the most appropriate training space for athletic development. Athletes and parents are expected to meet the expectations described below. Participants may be required to switch to a more appropriate program, if available, at the discretion of the Head Coach/Team Manager.

U16 U18 PROGRAM	WEEKENDS & HOLIDAYS
<b>DATES</b>	December through Far West Slalom/GS Finals - <a href="#">CALENDAR</a>
<b>SCHEDULE</b>	8:45am-2:30pm or as modified by Head Coach (see calendar)
<b>OFFERED TRAINING</b>	Friday – Sunday & Holidays (see calendar)

### Program Guidelines

<b>AGE</b>	Must be U16 or U18 per US Ski & Snowboard Competition Guide
<b>ANNUAL TRAINING PLAN</b>	This team will focus primarily on gate training.
<b>PARTICIPATION</b>	Athletes are expected to participate in 75% or more of offered full training. Team will train at Alpine or Palisades (not both) daily; One day per weekend at each mountain once conditions allow.
<b>EQUIPMENT REQUIRED</b>	<p><b>Skis:</b> US Ski &amp; Snowboard legal equipment for Slalom &amp; GS disciplines. Must maintain equipment in good training/competition condition at all times.</p> <p><b>Tuning:</b> Bench, vices, iron, guides, brushes, files, stones, waxes.</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Slalom protection &amp; hard-eared helmet. Back protector recommended for speed.</p>
<b>SKILL PREREQUISITE</b>	<ul style="list-style-type: none"> <li>• <a href="#">Skill Quest Phase 3:</a> Bronze average or better</li> <li>• Links carved turns in a variety of terrain</li> <li>• Proper gate clearing skills</li> <li>• Refining edge &amp; carving skills</li> <li>• Pole plant is innate</li> <li>• Variety of turn shape in freeskiing &amp; drill</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to care for &amp; maintain equipment at all times.</li> <li>• Can largely be responsible for tuning equipment with little supervision</li> </ul>

	<ul style="list-style-type: none"> <li>• Responsible &amp; accountable for hydration, nutrition, &amp; proper layering.</li> <li>• Must actively communicate needs including planned absences &amp; injuries, social &amp; academic pressures.</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Complete knowledge of Mountain Safety Policies</li> </ul>
<b>SUPERVISION</b>	Athletes 10 & older are NOT supervised for periods of time and are often required to take breaks, eat lunch, to ski and/or load chair unaccompanied.
<b>BREAKS</b>	Meals are not provided; parents are expected to provide the athlete with a healthy snack & nutritious lunch. Athlete will be required to carry a backpack with necessary daily supplies/equipment.
<b>LICENSES/DUES</b>	Must have current competitors membership to the Far West division of US Ski & Snowboard. <a href="#">Apply here.</a>
<b>TRAVEL/COMPETITIONS</b>	<p>Athletes compete exclusively in the Far West division of US Ski &amp; Snowboard.</p> <p>NOTE: Athletes must be registered for Full-Time program to compete/participate in FIS events and midweek non-holiday training. . Athletes will cover coach travel costs for divisional races requiring an overnight stay. Team Travel accommodations are not provided for this program, athletes must travel with parent/guardian when an overnight stay is required.</p>
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRIVN after enrollment is complete. After registration, review the confirmation email for directions to access. Returning Team members maintain access via prior season's account
<b>PICK-UP/DROP-OFF</b>	Athletes meet as directed by Head Coach.
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.

**REGISTRATION**

New Athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

# Palisades Tahoe Freeride: Big Mountain Sport Teams

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Alpine or Palisades	Advanced to Expert	Freeride – All Mountain	9-18	Non-Competitive to Introductory Competitive

## Palisades Big Mountain Sport Teams

### Alpine Big Mountain Sport Team

The Big Mountain Sport Team is for children who want to ski hard & hone their skills in order to ski at their highest level. This program is available to skiers ages 9 to 18. The Sport Team is for kids that want to ski hard and hone their skills in order to ski at their highest level. This team is for all the kids who love to ski for the pure fun and challenge inherent to our favorite sport and the winter environment. Sport Team athletes have the opportunity to compete in our Sport Team Cup events.

In addition to being a stand-alone, ski improvement and fun program, the Sport Team is designed to be a development program for athletes interested in moving onto the Palisades Tahoe Competition Team. The Palisades Tahoe Cup is great fun for all the participants but, further, it is a fantastic introduction to competitive big mountain. With a top-three finish in the Palisades Tahoe Cup, an athlete can earn consideration for the Comp Team.

As members of the Big Mountain Sport Ski Teams, all athletes can expect to gain knowledge in many areas including general alpine skiing skills, our legacy and history, equipment care and introduction to tuning, big mountain ski technique and tactics, technical fundamentals, aerial skills, activation and warmup, intro to nutrition, big mountain protocol and etiquette, and all-mountain safety.

SPORT TEAMS	WEEKEND & HOLIDAY	FRIDAY ADD-ON	FULL-TIME	WEDNESDAY - FRIDAY
<b>DATES</b>	December thru first week of April	December thru March	December thru first week of April	December thru March
<b>SCHEDULE</b>	8:45am-2:30pm	See Teams Communications	See Teams Communication	See Teams Communications
<b>OFFERED TRAINING</b>	Weekends & Holidays	Fridays	5 days per week	Wednesday, Thursday, & Friday (non-holiday)
<b>LOCATION</b>	Alpine or Palisades	Alpine or Palisades	Palisades Only	Palisades Only

## Program Guidelines

PASS	Must purchase <a href="#">Ikon Pass</a> .
AGE	Must be 9-18 as of Dec 31 of ski season
SKILL PREREQUISITE	<ul style="list-style-type: none"> <li>• Must have completed Mighty Mites as a Blue Star or above</li> <li>• Must be fully parallel</li> <li>• Must be able to ski all terrain with confidence</li> <li>• Should have completed one year of U10 Jr Development Team</li> </ul>
MATURITY	<ul style="list-style-type: none"> <li>• Must be able to ski &amp; load/ride the chair unaccompanied</li> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to participate in a full day of training without parent interaction</li> </ul>
EQUIPMENT	<p>Skis: 1 pair of all-mountain skis regularly tuned</p> <p>Boots: must be properly fit (size/flex) and in excellent working order</p> <p>Protection: Helmet (mandatory). Mouth Guard and back protector recommended</p>
SCHEDULE	Team Calendar linked below for general reference only and may change due to conditions. Final communication will come through DRVN application.
FRIDAY ADD ON	Only available for Weekend & Holiday Sport Team.
PARTICIPATION	Sport Team: Athletes are expected to participate in 66% - 75% of the offered training
ANNUAL TRAINING PLAN	<p>70-90% coached/directed freeskiing</p> <p>10-30% coached drills</p>
PICK UP / DROP OFF	Communicated by Manager through team platform
SUPERVISION	Athletes 10 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ride and/or load chairs unaccompanied.
BREAK/SNACK	We take quick snack/water breaks
LUNCH	Lunch is not provided. Parents are expected to provide the athlete with a healthy snack & nutritious lunch.
COMPETITIONS	For Sport Team only Palisades Tahoe Cups.
PARENTS	<ul style="list-style-type: none"> <li>• Required to attend parent orientation.</li> <li>• Required to remain on-site during team.</li> <li>• Must actively communicate the needs of athlete including planned absences and injuries.</li> <li>• Must register for competitions in a timely manner per team communication.</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) and check schedule/updates regularly.</li> </ul>

COMMUNICATION	Parent must maintain active account with DRVN; after registration, review the confirmation email for access to DRVN.
CHALLENGING WEATHER	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through Team communication platforms as information is readily available.
TEAM UNIFORM	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
PLACEMENT	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
REGISTRATION	New Athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

[Palisades Sport Team Calendar](#)

[Palisades MIDWEEK Sport Team Calendar](#)

[Alpine Sport Team Calendar](#)

### Questions?

Call 530-452-7270 or email [teams@palisadestahoe.com](mailto:teams@palisadestahoe.com). Please contact your Team Manager or the Teams Administrative office for access to communication and schedules.

## Freeride Comp Team

Freeride Competition Team program (listed separately) is available to top-level junior big-mountain skiers ages 12 to 20 who've met all skill and maturity assessment marks and only with Head Coach approval.

# Palisades Shooting Star & Mighty Mite Teams

The primary goals of the Shooting Star and Mighty Mite programs are to help young skiers develop strong fundamental skills and build a love and passion for skiing in a fun, safe, and challenging *team* environment. Our experienced coaches focus on skill acquisition, knowledge of the [skier's responsibility code](#) and safe skiing, respect for the mountain, and having fun. Each coach is specially trained to provide a safe, fun learning environment for all levels. Participants can expect to learn mountain safety and experience our Olympic legacy. Each Mighty Mite will gain a solid foundation that will empower them to continue on to the U10 Jr Development or Big Mountain program proud of their skill achievements and help attain a lifelong love of skiing.

***Our Mission*** is to provide the best development opportunities for personal and athletic achievement while instilling a passion for alpine snow sports and appreciation for our Olympic history, legacy, and legendary mountains.

## Shooting Stars

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Palisades	*High Beginner to High Intermediate	Alpine Skiing	4-5	Weekend/Holiday or Wednesday/Thursday

\*MUST have one full season of prior skiing experience and be able to ski green terrain without assistance

SHOOTING STARS	WEEKEND & HOLIDAY	WEDNESDAY & THURSDAY
DATES	December through first week of April <a href="#">Calendar Link</a>	December through March <a href="#">Calendar Link</a>
SCHEDULE	8:30am-12pm	9am-12pm
OFFERED TRAINING	Weekends + Holidays	Wednesday & Thursdays (non-holiday)

## Program Guidelines

Pass	Must purchase <a href="#">Ikon Pass</a> . Ikon Base Pass may conflict with team dates.
Age	Must be 4 or 5 as of Dec 31 of ski season
Skill Prerequisite	<ul style="list-style-type: none"> <li>• <b>Must have full season previous skiing experience.</b></li> <li>• <b>Must be able to stop unassisted.</b></li> <li>• <b>Must be able to ski beginner terrain unassisted.</b></li> <li>• Must be able to turn on beginner terrain.</li> <li>• Must be able to glide (semi-parallel across fall-line &amp; on flats).</li> <li>• Must be able to put on &amp; take off skis unassisted.</li> <li>• Edgie-wedgie, leash &amp; other training aids not permitted.</li> <li>• Must have chair lift riding experience</li> </ul>
Maturity	<ul style="list-style-type: none"> <li>• Must be able to participate in a full training session without parent interaction.</li> <li>• Must enjoy winter weather &amp; the outdoor environment.</li> <li>• <b>MUST BE POTTY TRAINED.</b></li> <li>• Must be able to listen and follow instruction in team environment</li> </ul>
Equipment	<p><b>Skis:</b> 1 pair carving-style skis chin high; owned or seasonal lease (no rentals); in good condition. NO twin-tips.</p> <p><b>Boots:</b> Must be properly fitted (size/flex) and in excellent working order.</p> <p><b>Protection:</b> Helmet &amp; goggles required.</p>
Participation	Athletes are expected to participate in 65% or more of the offered training. Athletes who do not meet this requirement will not be re-enrolled.
Annual Training Plan	We ski & get mileage! 85-95% coached/directed freeskiing. 5-15% coached drills.



Pick Up / Drop Off	Communicated via Team Communication App Athletes must be on time and ready to ski. Late drop-offs are not accommodated. It is the responsibility of parent to download app and check for team communication.
Preparedness	<ul style="list-style-type: none"> <li>• Dressed warmer than parents.</li> <li>• Small healthy snack in pocket.</li> <li>• Properly hydrated with a full belly from a healthy breakfast.</li> <li>• Arrives with a quick smile &amp; ready to ski in all types of weather.</li> </ul>
Break/Snack	We take a quick snack break.
Parents	<ul style="list-style-type: none"> <li>• Required to attend parent orientation.</li> <li>• Required to remain on-site during team.</li> <li>• You must dress your child warmer than you dress yourself.</li> <li>• Must complete Team Agreement (Code of Conduct).</li> <li>• Must remain actively engaged with Team communication method(s) and check schedule/updates regularly.</li> </ul>
Communication	Parents must maintain an active account with DRIVN. After registration review the confirmation email for directions to access DRIVN.
Challenging Weather	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations.
Team Uniform	Purchase of Team Uniform is required. Link for uniform purchase can be found in Teams registration confirmation email.
Program Placement	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
Registration	New Athletes must submit an application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

## Mighty Mites

For **school-aged (Kindergarten-2nd grade) athletes 5-9 years old**. Current Intermediate & advanced skiers focus on skill acquisition, having fun & being challenged. All participant families, both new and returning, are expected to review and adhere to all program guidelines.

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Palisades	Intermediate to Advanced	Alpine Skiing	5-9 School-age	Weekend/Holiday <i>or</i> Wednesday/Thursday <i>and</i> Friday Add-Option

### Programming

	WEEKEND & HOLIDAY	WEDNESDAY & THURSDAY	FRIDAY ADD-ON OPTION
DATES	Dec through first week of Apr - <a href="#">Calendar</a>	Dec through Mar - <a href="#">Calendar</a>	Decr through Mar - <a href="#">Calendar</a>
SCHEDULE	8:30am-1:30pm	1pm-4pm	9am-12pm <i>or</i> 1pm-4pm
OFFERED TRAINING	Weekends + Holidays	Wednesday & Thursdays (non-holiday)	Fridays (non-holiday)

### Program Guidelines

PASS	Must purchase <a href="#">Ikon Pass</a> . Ikon Base Pass will conflict with team dates.
AGE	Must be 5-9 as of Dec 31, of ski season, and enrolled in K-2 (Pre-school and Half-Day school-aged children should enroll in Shooting Stars)
SKILL PREREQUISITE	<p>New Enrollees must be age 5, 6 or 7 by December 31 of ski season and have minimum 2 years of skiing experience (Intermediate/Advanced)</p> <ul style="list-style-type: none"> <li>• Must have two full seasons previous skiing experience.</li> <li>• Must be able to skate on skis and hockey stop.</li> <li>• Must be able to ski intermediate terrain unassisted.</li> <li>• Must be able to turn on beginner/intermediate terrain.</li> <li>• Must be able to glide (semi-parallel across fall-line &amp; on flats).</li> <li>• Must be able to put on &amp; take off skis unassisted.</li> <li>• Edgie-wedgie, leash &amp; other training aids not permitted.</li> </ul>
MATURITY	<ul style="list-style-type: none"> <li>• NOT A BEGINNER PROGRAM.</li> <li>• Children 5-7 years old must be Intermediate or higher, and able to ski all Beginner terrain with confidence.</li> <li>• Must be able to participate in a full day of Team activities without parent assistance.</li> <li>• Must enjoy winter weather and outdoor environment.</li> </ul>

	<ul style="list-style-type: none"> <li>• Currently not enrolling children 8-9 years old unless fully parallel on Intermediate and Advanced terrain.</li> <li>• This program is intended for children who are accustomed to participating in full day activities. Children in pre-school (especially those still napping) should enroll in Shooting Stars, Mountain Rangers or Mountain Camp.</li> </ul>
EQUIPMENT	<p>Skis: 1 pair carving-style skis nose high; owned or seasonal lease (no rentals); in good condition.</p> <p>Boots: Must be properly fitted (size/flex) and in excellent working order</p> <p>Poles: Required at the appropriate level - communicated by the manager.</p> <p>Protection: Helmet &amp; goggles required.</p>
SCHEDULE	Team calendar linked below for general reference only and may change due to conditions. Final communications will come through DRIVN application.
Friday Training	Requires being registered for Friday Add-On.
PARTICIPATION	Athletes are expected to participate in 65% or more of the offered training. <b>Athletes who do not meet this requirement will not be re-enrolled.</b>
ANNUAL TRAINING PLAN	<p>We ski &amp; get mileage!</p> <p>75-90% coached/directed freeskiing.</p> <p>10-20% coached drills.</p> <p>5-10% intro to training runs (gate training).</p>
PICK UP / DROP OFF	<p>Communicated via Team Communication App</p> <p>Athletes must be on time and ready to ski. Late drop-offs are not accommodated. It is the responsibility of parent to download app and check for team communication.</p> <p>Late drop-offs will not be accommodated.</p>
PREPAREDNESS	<ul style="list-style-type: none"> <li>• Dressed warmer than parents.</li> <li>• Small healthy snack in pocket.</li> <li>• Properly hydrated with a full belly from a healthy breakfast.</li> <li>• Arrives with a quick smile &amp; ready to ski in all types of weather.</li> </ul>
BREAK/SNACK	A hearty snack will be provided for Weekend & Holiday team (included in program pricing.)
EVENTS	<p>Weekend &amp; Holiday Mighty Mites will have fun races and a Big Air scheduled. Subject to change due to weather &amp; conditions.</p> <p>Wednesday/Thursday Mighty Mites is a training program only. No events are scheduled for midweek teams</p>
PARENTS	<ul style="list-style-type: none"> <li>• Required to attend parent orientation.</li> <li>• Required to remain on-site during team. Children must enjoy outdoor sports</li> <li>• You must dress your child warmer than you dress yourself.</li> <li>• Must complete Team Agreement (Code of Conduct).</li> </ul>

	<ul style="list-style-type: none"> <li>• Must remain actively engaged with Team communication method(s) and check schedule/updates regularly.</li> </ul>
COMMUNICATION	Parents must maintain an active account with DRIVN; After registration review the confirmation email for directions to access DRIVN.
CHALLENGING WEATHER	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
Team Uniform	Purchase of Team Uniform is required. Link for uniform purchase can be found in Teams registration confirmation email.
Program Placement	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
Registration	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

**Questions?**

Call 530-452-7270 or email [teams@palisadestahoe.com](mailto:teams@palisadestahoe.com). Please contact your Team Manager or the Teams Administrative office for access to communication and schedules.

# Palisades U10 Jr Development Race Team

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Palisades	Expert	Alpine Race	7-9	Semi Competitive & Competitive Weekend/Holiday or Full-Time

Based at Palisades. High-Advanced & Expert skiers ages 7-9 learn alpine racing skills, technical free-skiing elements & competitive racing.

U10 Jr Development teams focus on fundamental skill development as well as athletic and personal growth. Athletes must have a Team Manager recommendation and meet the athletic skill and psychological maturity requirements to participate in this program. Our highly credentialed and experienced coaches use world-class venues, diverse and appropriate training environments, and the latest methodologies to provide the best development opportunities for our athletes. Based on ability and qualification, athletes are grouped to train and compete at the local and divisional level in Tahoe Race Series and Far West Races.

Team fees DO NOT include a season pass. The purchase of the [Ikon Pass](#) is required.

The Jr Development U10 Team's mission is to help young skiers develop strong fundamental skills, learn to be part of a team, and gain joy and passion for skiing in a fun and challenging team environment. Our experienced coaches focus on progressive skill acquisition, knowledge of the [skier's responsibility code](#), respect for the mountain, and having fun. Team fees DO NOT include a season pass or US Ski and Snowboard Membership Dues. Purchase of the [Ikon Pass](#) is required

Jr Development U10 is for skiers who wish to explore racing, a blend of racing and all-mountain skill development, or are committed to competitive racing. The team serves as a steppingstone to the U12 US Ski & Snowboard Far West Team, the Development Team or Big Mountain; athletes have the chance to train gates and can compete in Intramural, Tahoe League or US Ski & Snowboard Far West races but the focus is on freeskiing and skill development. Athletes can expect to gain knowledge in many areas including general alpine racing U10 – World Cup, our Olympic legacy and history, equipment care and introduction to tuning, technique, and tactics, technical fundamentals, activation and warmup, intro to nutrition, alpine racing protocol and etiquette, and all-mountain safety.

U10 JR DEVO PROGRAMMING	FULL TIME OR WEEKEND/HOLIDAY	FRIDAY ADD-ON
<b>DATES</b>	December through first week of April <a href="#">Calendar</a>	See Calendar
<b>SCHEDULE</b>	See Calendar	9am-12pm; 1-4pm
<b>OFFERED TRAINING</b>	5 days per week	Must be registered with Weekend & Holiday team.

## Program Guidelines

<b>PASS</b>	Must purchase <a href="#">Ikon Pass</a> . Ikon Base Pass may conflict with team dates.
<b>AGE</b>	Must be 7, 8, or 9 as of December 31, of current season.
<b>SKILL PREREQUISITE</b>	<ul style="list-style-type: none"> <li>• MUST have completed Mighty Mites as Blue Star or above</li> <li>• MUST be fully parallel and carving in all terrain and have approval of Team Manager</li> <li>• Must be able to ski all terrain with confidence</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• Must be able to ski and load/ride chair unaccompanied</li> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to care for &amp; keep track of all equipment from the parking lot, through training, &amp; back to the car.</li> </ul>
<b>EQUIPMENT</b>	<p><b>Skis:</b> Slalom &amp; GS skis or 1 pair of multi-discipline race skis regularly tuned</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Hard-eared helmet. Slalom protection (face protection required for 9-year-olds).</p>
<b>SCHEDULE</b>	Team Calendar via DRIVN: request access through Teams office
<b>FRIDAY TRAINING</b>	Must be registered for Full Time Team or Friday Add-On
<b>PARTICIPATION</b>	Athletes are expected to participate in 75% of offered registered training.
<b>ANNUAL TRAINING PLAN</b>	<ul style="list-style-type: none"> <li>• 70-75% Coached/Directed Freeskiing</li> <li>• 10-20% Coached Drills</li> <li>• 10-20% Training Runs (Gate Training)</li> </ul>

<b>PICK UP/DROP-OFF</b>	Communicated by Development Manager through DRIVN. Parents must remain on site during team and plan to drop-off/pick-up on time
<b>SUPERVISION</b>	Athletes 9 & under are supervised the majority of the time, although may be required to ski and/or load chair unaccompanied from time to time
<b>BREAK</b>	Lunch is not provided; parents are expected to provide the athlete with a healthy snack & nutritious lunch.
<b>LICENSES/DUES</b>	Must have current competitors' membership to Far West division of US Ski & Snowboard Team. <a href="#">Apply here.</a>
<b>COMPETITIONS</b>	Athletes compete in Tahoe Race Series or Far West (not both) at the direction/discretion of the Team Manager. Some athletes, based on performance and skill/maturity, will have access to designated Far West races, some of which may be outside of the Tahoe area. <a href="#">Far West US Ski &amp; Snowboard</a>
<b>TRAVEL</b>	Some travel may be required.
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Required to attend parent orientation</li> <li>• Required to remain on-site during Team</li> <li>• Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRIVN after enrollment is complete; request access through the Teams office.
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
<b>REGISTRATION</b>	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

# Palisades U12, U14 & U16|U18 Weekend Race Team

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
See Specific Program Notes	Advanced	Alpine Race	10-18	Semi-Competitive Weekend & Holidays Friday-Sunday & Holidays

## U12, U14 Palisades-Based and U16|U18 Alpine/Palisades-Based Racing Teams

The Palisades Alpine Racing Team goal is to help youth skiers develop strong fundamental skills in a fun and challenging team environment. Our experienced and credentialed coaching staff focus on skill acquisition, knowledge of the skier's responsibility code and mountain safety, respect for the mountain, and instilling a life-long love of sport.

We embrace the legacy of our world-class Olympic heritage. Athletes and parents are expected to meet the expectations as described below. Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.

**Our Mission** is to provide the best development opportunities for personal and athletic achievement while instilling a passion for alpine snow sports and appreciation for our Olympic history, legacy, and legendary mountains.

The Palisades U12 and U14 teams make up the semi-competitive alpine racing continuum for athletes age 10 to 13 by December 31 of the competition season. The teams focus on advanced alpine racing skill development as well as athletic and personal growth. Athletes must have Team Manager recommendation and meet the commitment, athletic skill, and psychological maturity requirements to participate in this program. Our highly credentialed and experienced coaches use world-class venues, diverse and appropriate training environments, and the latest methodologies to provide the best development opportunities for our athletes. Based on ability and qualification, athletes compete at the divisional and local levels within US Ski & Snowboard. U16 & U18 Weekend/Holiday Team competes in the Far West divisional series and trains Friday through Sunday and holidays at Palisades or Alpine as communicated by the Head Coach.

The Palisades Tahoe U16|U18 Friday-Sunday Race Team will train at Alpine Fridays, and Alpine or Palisades Saturday/Sunday/Holidays as communicated by the Head Coach, utilizing the best available training space. The U16|U18 Team races exclusively within the Far West division of US Ski Snowboard and does not participate in FIS, though this program can be seen as a steppingstone to FIS level racing for some athletes.



## Palisades U12 Development Race Team

The U12 Development Team goal is to help young skiers develop strong fundamental racing skills, learn to be part of a team, and gain a joy and passion for skiing in a fun and challenging team environment. Our experienced coaches focus on progressive skill acquisition, knowledge of the skier's responsibility code and mountain safety, respect for the mountain, and having fun. Team fees DO NOT include a season pass. Purchase of the Ikon Pass is required.

Development U12 athletes will be grouped by ability, experience and maturity, train at primarily at Palisades, and race primarily in Tahoe Race Series.

U12 DEVELOPMENT	WEEKEND & HOLIDAY
DATES	December through first week of April <a href="#">Calendar</a>
SCHEDULE	8:30am-2:30pm (see calendar)
OFFERED TRAINING	Weekends & Holidays at Palisades

### Program Guidelines

PASS	Must purchase <a href="#">Ikon Pass</a> . Ikon Base Pass may conflict with team dates.
AGE	Must be U12 per US Ski & Snowboard Competition Guide
SKILL PREREQUISITE	<ul style="list-style-type: none"> <li>Fully parallel &amp; fully carving</li> <li>Executes regular proficient pole plant</li> <li>Outside ski dominant &amp; can deliberately control inside/outside ski pressure.</li> <li>Manipulates turn shape in variety of terrain</li> <li>Confident in all terrain &amp; conditions</li> </ul>
MATURITY	<ul style="list-style-type: none"> <li>Must be able to ski and load/ride chair unaccompanied</li> <li>Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>Must be able to participate in a full day of training without parent interaction.</li> </ul>
EQUIPMENT	<p><b>Skis:</b> US Ski &amp; Snowboard legal equipment for GS &amp; Slalom or Multi-event ski (Must maintain equipment in good training/competition condition at all times)</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Slalom protection &amp; hard-eared helmet required. Slalom shin and pole guards, chin bar required (must be removed for GS). Should have tuning equipment: Bench, vices, iron, guides, brushes, files, stones, waxes. (recommended)</p>

<b>SCHEDULE</b>	Team Calendar via DRIVN: request access through Teams office
<b>PARTICIPATION</b>	Athletes are expected to participate in 75% or more of the offered training
<b>PICK-UP/DROP-OFF</b>	Athletes meet as directed by Head Coach.
<b>LICENSES/DUES</b>	Must have current competitors membership to Far West division of US Ski & Snowboard. <a href="#">Apply here</a> .
<b>COMPETITIONS</b>	Tahoe Race Series athletes compete within the Tahoe Basin
<b>SUPERVISION</b>	Athletes 10 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ski and/or load chairs unaccompanied.
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Required to attend parent orientation</li> <li>• Required to remain on-site during Team</li> <li>• Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRIVN after enrollment is complete. After registration review the confirmation email for directions to access. Returning Team members maintain access via prior season's account contact(s).
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required. After registration, review the confirmation email for directions to purchase.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
<b>REGISTRATION</b>	New Athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

## Palisades U14 Weekend Race Team

The U14 Weekend Team goal is to help young skiers develop strong fundamental racing skills, learn to be part of a team, and gain a joy and passion for skiing in a fun and challenging team environment. Our experienced coaches focus on progressive skill acquisition, knowledge of the skier's responsibility code and mountain safety, respect for the mountain, and having fun. Team fees DO NOT include a season pass. Purchase of the Ikon Pass is required.

Weekend U14 athletes will be grouped by ability, experience and maturity and race in the Tahoe Race Series. Some athletes may compete in Far West North Series at discretion of Head Coach.

U14 WEEKEND PROGRAM	WEEKEND & HOLIDAY
<b>DATES</b>	December through first week of April <a href="#">Calendar</a>
<b>SCHEDULE</b>	8:30am-2:30pm (see calendar)
<b>OFFERED TRAINING</b>	Weekends & Holidays at Palisades

### Program Guidelines

<b>AGE</b>	Must be U14 per US Ski & Snowboard Competition Guide
<b>PARTICIPATION</b>	Athletes are expected to participate in 85% or more of offered training
<b>SKILL PREREQUISITE</b>	<ul style="list-style-type: none"> <li>Fully parallel and fully carving</li> <li>Links carved turns in a variety of terrain</li> <li>Proper gate clearing skills</li> <li>Proper tuck</li> <li>Pole plant is innate</li> <li>Variety of turn shape in all terrain</li> <li>Confident in expert terrain</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>Must be able to ski and load/ride chair unaccompanied</li> <li>Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>Must be able to participate in a full day of training without parental interaction.</li> </ul>

<b>EQUIPMENT</b>	<p><b>Skis:</b> Slalom &amp; GS (Far West) skis race skis are required; regularly tuned</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Hard-eared helmet and Slalom guards</p>
<b>SCHEDULE</b>	Team Calendar via DRVN; request access through Teams office
<b>PARTICIPATION</b>	Athletes are expected to participate in 75% or more of the offered training
<b>PICK UP / DROP OFF</b>	Athletes meet as directed by Head Coach.
<b>SUPERVISION</b>	Athletes 10 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ski and/or load chairs unaccompanied.
<b>LICENSES/DUES</b>	Must have current competitors membership to the Far West division of US Ski & Snowboard. <a href="#">Apply here</a> .
<b>TRAVEL/COMPETITIONS</b>	Travel required for some U14 Far West North Series events; Tahoe Race Series athletes compete within the Tahoe Basin.
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>○ Required to attend parent orientation</li> <li>○ Required to remain on-site during Team</li> <li>○ Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>○ Must register for competitions in a timely manner per team communication</li> <li>○ Must complete Team Agreement (Code of Conduct)</li> <li>○ Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRVN after enrollment is complete. After registration review the confirmation email for directions to access. Returning Team members maintain access via prior season's account contact(s).
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRVN as information is readily available.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
<b>REGISTRATION</b>	New Athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

## U16-U18 Weekend Race Team (Palisades & Alpine)

Athletes in the U16|U18 program will train at Palisades or Alpine, Friday through Sunday as communicated by the Head Coach, utilizing the best available training space. Athletes and parents are expected to meet the expectations described below. Participants may be required to switch to a more appropriate program, if available, at the discretion of the Head Coach/Team Manager.

U16 U18 PROGRAM	WEEKENDS & HOLIDAYS
<b>DATES</b>	December through Far West Slalom/GS Finals - <a href="#">Calendar</a>
<b>SCHEDULE</b>	8:45am-2:30pm or as modified by Head Coach (see calendar)
<b>OFFERED TRAINING</b>	Friday – Sunday & Holidays (see calendar)

### Program Guidelines

<b>AGE</b>	Must be U16 or U18 per US Ski & Snowboard Competition Guide
<b>ANNUAL TRAINING PLAN</b>	This team will focus primarily on gate training.
<b>PARTICIPATION</b>	Athletes are expected to participate in 75% or more of offered full training. Team will train at Alpine or Palisades (not both) daily; One day per weekend at each mountain once conditions allow.
<b>EQUIPMENT REQUIRED</b>	<p><b>Skis:</b> US Ski &amp; Snowboard legal equipment for Slalom &amp; GS disciplines. Must maintain equipment in good training/competition condition at all times.</p> <p><b>Tuning:</b> Bench, vices, iron, guides, brushes, files, stones, waxes.</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Slalom protection &amp; hard-eared helmet. Back protector recommended for speed.</p>
<b>SKILL PREREQUISITE</b>	<ul style="list-style-type: none"> <li>• <a href="#">Skill Quest Phase 3</a>: Bronze average or better</li> <li>• Links carved turns in a variety of terrain</li> <li>• Proper gate clearing skills</li> <li>• Refining edge &amp; carving skills</li> <li>• Pole plant is innate</li> <li>• Variety of turn shape in freeskiing &amp; drill</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to care for &amp; maintain equipment at all times.</li> <li>• Can largely be responsible for tuning equipment with little supervision</li> <li>• Responsible &amp; accountable for hydration, nutrition, &amp; proper layering.</li> </ul>

	<ul style="list-style-type: none"> <li>• Must actively communicate needs including planned absences &amp; injuries, social &amp; academic pressures.</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Complete knowledge of Mountain Safety Policies</li> </ul>
<b>SUPERVISION</b>	Athletes 10 & older are NOT supervised for periods of time and are often required to take breaks, eat lunch, to ski and/or load chair unaccompanied.
<b>BREAKS</b>	Meals are not provided; parents are expected to provide the athlete with a healthy snack & nutritious lunch. Athlete will be required to carry a backpack with necessary daily supplies/equipment.
<b>LICENSES/DUES</b>	Must have current competitors membership to the Far West division of US Ski & Snowboard. <a href="#">Apply here.</a>
<b>TRAVEL/COMPETITIONS</b>	<p>Athletes compete exclusively in the Far West division of US Ski &amp; Snowboard.</p> <p>NOTE: Athletes must be registered for Full-Time program to compete/participate in FIS events and midweek non-holiday training. . Athletes will cover coach travel costs for divisional races requiring an overnight stay. Team Travel accommodations are not provided for this program, athletes must travel with parent/guardian when an overnight stay is required.</p>
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRIVN after enrollment is complete. After registration, review the confirmation email for directions to access. Returning Team members maintain access via prior season's account
<b>PICK-UP/DROP-OFF</b>	Athletes meet as directed by Head Coach.
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
<b>REGISTRATION</b>	New Athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

# Palisades Competitive U12, U14, U16, & U18/21 FIS Racing

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Palisades	Expert	Alpine Race	10-21	Full-time Competitive

**U12-U21 Far West to FIS is a competitive racing and skill development program for athletes ages 10 to 20.**

The Palisades Alpine Racing Team goal is to help youth skiers develop strong fundamental skills in a fun and challenging team environment. Our experienced and credentialed coaching staff focus on skill acquisition, knowledge of the skier's responsibility code and mountain safety, respect for the mountain, and instilling a life-long love of sport.

We embrace the legacy of our world-class Olympic heritage. Athletes and parents are expected to meet the expectations as described below. Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.

**Our Mission** is to provide the best development opportunities for personal and athletic achievement while instilling a passion for alpine snow sports and appreciation for our Olympic history, legacy, and legendary mountains.

**Our Vision** is to be the number one supplier of world-class athletes to the US Ski Team.

The Palisades U12-U21 teams make up the competitive alpine racing continuum for athletes age 10 to 21 by December 31 of the competitive season. The teams focus on advanced to elite alpine racing skill development as well as athletic and personal growth. Athletes must have a Team Manager recommendation and meet the commitment, athletic skill, and psychological maturity requirements to participate in this program. Our highly credentialed and experienced coaches use world-class venues, diverse and appropriate training environments, and the latest methodologies to provide the best development opportunities for our athletes. Based on ability and qualification, athletes compete at the divisional, regional and national levels in US Ski & Snowboard and FIS events. Team fees DO NOT include a season pass. The purchase of the [Ikon Pass](#) is required.

## Palisades U12 Far West Competitive Race

<b>DATES</b>	December - April
<b>SCHEDULE</b>	Wed-Sun and holidays or as communicated by Head Coach
<b>OFFERED TRAINING</b>	5 Days Per Week

### Program Guidelines

<b>PASS</b>	Must purchase <a href="#">Ikon Pass</a> . Ikon Base Pass will conflict with team dates.
<b>AGE</b>	Must be U12 per US Ski & Snowboard Competition Guide
<b>SKILL PREREQUISITE</b>	<ul style="list-style-type: none"> <li>• Must have completed U10 Jr Development in "Far West" Group, or with recommendation of Development Manager.</li> <li>• Fully parallel &amp; fully carving</li> <li>• Executes regular proficient pole plant</li> <li>• Can one-ski with speed control on two edges</li> <li>• Outside ski dominant &amp; can deliberately control inside/outside ski pressure</li> <li>• Manipulates turn shape in variety of terrain</li> <li>• Confident in all terrain &amp; conditions</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• Must be able to ski and load/ride chair unaccompanied</li> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to care for &amp; keep track of all equipment from the car to the hill, through training, &amp; back to the car.</li> <li>• Responsible &amp; accountable for hydration, nutrition, &amp; proper layering.</li> </ul>
<b>EQUIPMENT</b>	<p><b>Skis:</b> US Ski &amp; Snowboard legal equipment for GS &amp; Slalom (Must maintain equipment in good training/competition condition at all times)</p> <p><b>Tuning:</b> Bench, vices, iron, guides, brushes, files, stones, waxes.</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Slalom protection &amp; hard-eared helmet required</p>
<b>SCHEDULE</b>	Team Calendar via Drivn: Training offered weekends holidays, Wednesdays-Fridays. Participants are expected to attend 50% or more of offered midweek training, 85% of all training.



<b>SUPERVISION</b>	Athletes 10 & older may be required to take breaks, eat lunch, to ski and/or load chairs unaccompanied.
<b>BREAKS</b>	Meals are not provided; parents are expected to provide the athlete with a healthy snack & nutritious lunch. Athlete will be required to carry a backpack with necessary daily supplies/equipment.
<b>LICENSES/DUES</b>	Must have current competitors membership to Far West division of US Ski & Snowboard. <a href="#">Apply here.</a>
<b>COMPETITIONS</b>	<a href="#">Far West US Ski &amp; Snowboard</a>
<b>TRAVEL</b>	Some travel is required.
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Required to attend parent orientation</li> <li>• Required to remain on-site during Team</li> <li>• Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRIVN after enrollment is complete. After registration review the confirmation email for directions to access. Returning Team members maintain access via prior season's account contact(s).
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
<b>REGISTRATION</b>	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

## Palisades U14 Full Time

<b>DATES</b>	November - May (as operations allow)
<b>SCHEDULE</b>	Wed-Sun and holidays or as communicated by Head Coach
<b>OFFERED TRAINING</b>	5 days per week

### Program Guidelines

<b>AGE</b>	Must be U14 per US Ski & Snowboard Competition Guide
<b>PARTICIPATION</b>	Athletes are expected to participate in 85% or more of offered training
<b>SKILL PREREQUISITE</b>	<ul style="list-style-type: none"> <li>• Must have completed U12 Far West, or with recommendation of Development Manager and approval of U14 Manager.</li> <li>• Fully parallel and fully carving</li> <li>• Links carved turns in a variety of terrain</li> <li>• Proper gate clearing skills</li> <li>• Proper tuck</li> <li>• Pole plant is innate</li> <li>• Variety of turn shape in all terrain</li> <li>• Confident in expert terrain</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to care for &amp; maintain equipment at all times.</li> <li>• Must be comfortable tuning equipment with supervision.</li> <li>• Responsible &amp; accountable for hydration, nutrition, &amp; proper layering.</li> <li>• Complete knowledge of Mountain Safety Policies</li> </ul>
<b>EQUIPMENT</b>	<p><b>Skis:</b> US Ski &amp; Snowboard legal equipment required for GS and Slalom; Super G may be required; Must maintain equipment in good training/competition condition at all times)</p> <p><b>Tuning:</b> Bench, vices, iron, guides, brushes, files, stones, waxes</p> <p><b>Boots:</b> must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> slalom protection and hard-eared helmet required; back protection may be recommended</p>
<b>SCHEDULE</b>	Team Calendar via Drivr: Training offered weekends holidays, Wednesdays-Fridays. Participants are expected to attend 50% or more of offered midweek training, 85% of all training.
<b>PARTICIPATION</b>	Athletes are expected to participate in 85% or more of the offered training
<b>PICK UP / DROP OFF</b>	Athletes meet as directed by Head Coach.
<b>SUPERVISION</b>	Athletes 10 may be required to take breaks, eat lunch, to ski and/or load chairs unaccompanied.

<b>BREAKS</b>	Meals are not provided; parents are expected to provide the athlete with a healthy snack & nutritious lunch. Athlete will be required to carry a backpack with necessary daily supplies/equipment.
<b>LICENSES/DUES</b>	Must have current competitors membership to the Far West division of US Ski & Snowboard. <a href="#">Apply here.</a>
<b>TRAVEL/COMPETITIONS</b>	Athletes intend to compete in regional events by qualifying through the appropriate divisional events, some athletes may compete in national events if qualified. Team Travel participants accountable for the share cost of athlete & coach travel.
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Required to attend parent orientation</li> <li>• Required to remain on-site during Team</li> <li>• Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRVN after enrollment is complete. After registration review the confirmation email for directions to access. Returning Team members maintain access via prior season's account contact(s).
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRVN as information is readily available.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
<b>REGISTRATION</b>	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

## Palisades U16 Full Time

<b>DATES</b>	November - May (as operations allow)
<b>SCHEDULE</b>	See Teams Communications
<b>OFFERED TRAINING</b>	5-6 days per week, plus conditioning, less scheduled rest days
<b>ON-SNOW TRAINING PLAN</b>	Athletes meet as directed by Head Coach.
<b>CONDITIONING PLAN</b>	2-3 days per week on-site or remotely 2 annual Skills Quest Fitness Tests Mandatory Daily Activation/Warm-Up
<b>PARTICIPATION</b>	Athletes are expected to participate in 90% or more of offered full training.

### Program Guidelines

<b>AGE</b>	Must be U16 per US Ski & Snowboard Competition Guide
<b>EQUIPMENT REQUIRED</b>	<p><b>Skis:</b> US Ski &amp; Snowboard legal equipment for 4 primary disciplines: Slalom, GS, Super G, and Downhill. Must maintain equipment in good training/competition condition at all times)</p> <p><b>Tuning:</b> Bench, vices, iron, guides, brushes, files, stones, waxes.</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Slalom protection &amp; hard-eared helmet. Back protector recommended for speed.</p>
<b>SKILL PREREQUISITE</b>	<p>First Year U16 athletes MUST have graduated from Full-time U14 program OR enter with a US Ski &amp; Snowboard Tech (average Slalom &amp; GS) point profile of 450 or lower; AND</p> <ul style="list-style-type: none"> <li>• Linked carved turns over sustained period in a variety of terrain and snow conditions;</li> <li>• Using proper gate clearing skills for slalom without disrupting carving or turn shape;</li> <li>• Lower body movements are independent of upper body;</li> <li>• Carved one-ski turns (both feet)</li> <li>• Basic Speed elements: Press and Advanced Terrain Management</li> <li>• Must know technical and tactical terms</li> <li>• Must be able to apply technical and tactical feedback/analysis</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• Responsible &amp; accountable for hydration, nutrition, &amp; proper layering.</li> <li>• Self-sufficient and will carry/care for all equipment and gear daily including skis, gear and mandatory backpack.</li> <li>• Must actively communicate needs including planned absences &amp; injuries, social &amp; academic pressures.</li> <li>• Can largely be responsible for tuning equipment with little supervision</li> </ul>

	<ul style="list-style-type: none"> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to care for &amp; maintain equipment at all times.</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Complete knowledge of Mountain Safety Policies</li> </ul>
<b>SUPERVISION</b>	Athletes 10 & older are NOT supervised for periods of time and are often required to take breaks, eat lunch, to ski and/or load chair unaccompanied.
<b>BREAKS</b>	Meals are not provided; parents are expected to provide the athlete with a healthy snack & nutritious lunch. Athlete will be required to carry a backpack with necessary daily supplies/equipment.
<b>LICENSES/DUES</b>	Must have current competitor's membership to the Far West division of US Ski & Snowboard. <a href="#">Apply here.</a>
<b>TRAVEL/COMPETITIONS</b>	Athletes intend to compete in regional events by qualifying through the appropriate divisional events, some athletes may compete in national events if qualified. Team travel participants accountable for the share cost of athlete & coach travel. Non-Team travel participants accountable for share cost of coach travel. Non-Team travel participants accountable for share cost of coach travel.
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Must actively communicate needs of athlete including planned absences &amp; injuries</li> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents must maintain an active account with DRIVN after enrollment is complete. After registration, review the confirmation email for directions to access. Returning Team members maintain access via prior season's account contact(s).
<b>PICK-UP/DROP-OFF</b>	Athletes meet as directed by Head Coach.
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
<b>REGISTRATION</b>	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

## Palisades U18/U21 FIS Alpine Racing

<b>DATES</b>	As communicated by the Head Coach
<b>OFFERED TRAINING</b>	5-6 days per week with scheduled rest periods.
<b>CONDITIONING PLAN</b>	<ul style="list-style-type: none"> <li>• 3-5 days per week on-site during on-snow season</li> <li>• 3-5 days per week remotely prep period</li> <li>• 2 annual Skills Quest Fitness Tests</li> <li>• Mandatory Daily Activation/Warm-Up</li> </ul>
<b>PARTICIPATION</b>	Athletes are expected to participate in 90% or more of offered full training.

### Program Guidelines

<b>AGE</b>	Must be U21 or U18 per FIS & US Ski & Snowboard Competition Guide
<b>EQUIPMENT REQUIRED</b>	<p><b>Skis:</b> FIS legal equipment for 4 primary disciplines. Must maintain equipment in good training/competition condition at all times)</p> <p><b>Tuning:</b> Bench, vices, iron, guides, brushes, files, stones, waxes.</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Slalom protection &amp; hard-eared helmet. Back protector recommended for speed.</p>
<b>SKILL PREREQUISITE</b>	Program Entry: MUST have graduated from Full-Time U16 Team entering with a US Ski & Snowboard Tech (Slalom or GS) point profile of 250 or lower, 2nd year athletes must have 180 points or lower in at least one discipline.
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to care for &amp; maintain equipment at all times.</li> <li>• Can largely be responsible for tuning equipment with little supervision</li> <li>• Responsible &amp; accountable for hydration, nutrition, &amp; proper layering.</li> <li>• Must actively communicate needs including planned absences &amp; injuries, social &amp; academic pressures.</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Complete knowledge of Mountain Safety Policies</li> </ul>
<b>LICENSES/DUES</b>	Must have current FIS eligible competitors membership to the Far West division of US Ski & Snowboard. <a href="#">Apply here.</a>
<b>TRAVEL/COMPETITIONS</b>	Athletes will compete in FIS regional & national competitions when qualified/selected. Team Travel participants accountable for the share cost of athlete & coach travel. Non-Team Travel participants accountable for the share cost of coach travel. Athletes who do not compete or qualify (are not selected) for FIS events may be moved to another program if one is available.
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Required to participate in goal setting. Must empower athletes to actively communicate needs including planned absences &amp; injuries, social &amp; academic pressures.</li> </ul>

	<ul style="list-style-type: none"> <li>• Must register for competitions in a timely manner per team communication</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) &amp; check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	Parents (and Athletes with parent permission) must maintain an active account with DRIVN after enrollment is complete; after registration review the confirmation email for directions to access. Returning Team members maintain access via prior season's account contact(s).
<b>CHALLENGING WEATHER</b>	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
<b>TEAM UNIFORM</b>	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
<b>REGISTRATION</b>	New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

## **Palisades Tahoe U21 PG FIS**

Team Palisades Tahoe has expanded FIS programming to support PG athletes U21 in pursuit of their dreams as competitive alpine skiers *after* high school – or later in their careers. The program commences with the prep period and beyond. It will provide an important developmental step between FIS-level racing, collegiate/NCAA, and U.S. National teams. Programming will be managed by FIS PG Head Coach, U System/Alpine Head Coach, and FIS Manager/Head Coach.

PG-program will operate in close co-operation with our well-established FIS-program. PG FIS group will train and compete independently as necessary and operate internationally whenever needed.

### **Questions?**

Call 530-452-7270 or email [teams@palisadestahoe.com](mailto:teams@palisadestahoe.com). Please contact your Team Manager or the Teams Administrative office for access to communication and schedules.



# Palisades Tahoe Freeride: Big Mountain Sport Teams

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Alpine or Palisades	Advanced to Expert	Freeride – All Mountain	9-18	Non-Competitive to Introductory Competitive

## Palisades Big Mountain Sport Teams

### Alpine Big Mountain Sport Team

The Big Mountain Sport Team is for children who want to ski hard & hone their skills in order to ski at their highest level. This program is available to skiers ages 9 to 18. The Sport Team is for kids that want to ski hard and hone their skills in order to ski at their highest level. This team is for all the kids who love to ski for the pure fun and challenge inherent to our favorite sport and the winter environment. Sport Team athletes have the opportunity to compete in our Sport Team Cup events.

In addition to being a stand-alone, ski improvement and fun program, the Sport Team is designed to be a development program for athletes interested in moving onto the Palisades Tahoe Competition Team. The Palisades Tahoe Cup is great fun for all the participants but, further, it is a fantastic introduction to competitive big mountain. With a top-three finish in the Palisades Tahoe Cup, an athlete can earn consideration for the Comp Team.

As members of the Big Mountain Sport Ski Teams, all athletes can expect to gain knowledge in many areas including general alpine skiing skills, our legacy and history, equipment care and introduction to tuning, big mountain ski technique and tactics, technical fundamentals, aerial skills, activation and warmup, intro to nutrition, big mountain protocol and etiquette, and all-mountain safety.

SPORT TEAMS	WEEKEND & HOLIDAY	FRIDAY ADD-ON	FULL-TIME	WEDNESDAY - FRIDAY
<b>DATES</b>	December thru first week of April	December thru March	December thru first week of April	December thru March
<b>SCHEDULE</b>	8:45am-2:30pm	See Teams Communications	See Teams Communication	See Teams Communications
<b>OFFERED TRAINING</b>	Weekends & Holidays	Fridays	5 days per week	Wednesday, Thursday, & Friday (non-holiday)
<b>LOCATION</b>	Alpine or Palisades	Alpine or Palisades	Palisades Only	Palisades Only

## Program Guidelines

PASS	Must purchase <a href="#">Ikon Pass</a> .
AGE	Must be 9-18 as of Dec 31 of ski season
SKILL PREREQUISITE	<ul style="list-style-type: none"> <li>• Must have completed Mighty Mites as a Blue Star or above</li> <li>• Must be fully parallel</li> <li>• Must be able to ski all terrain with confidence</li> <li>• Should have completed one year of U10 Jr Development Team</li> </ul>
MATURITY	<ul style="list-style-type: none"> <li>• Must be able to ski &amp; load/ride the chair unaccompanied</li> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to participate in a full day of training without parent interaction</li> </ul>
EQUIPMENT	<p>Skis: 1 pair of all-mountain skis regularly tuned</p> <p>Boots: must be properly fit (size/flex) and in excellent working order</p> <p>Protection: Helmet (mandatory). Mouth Guard and back protector recommended</p>
SCHEDULE	Team Calendar linked below for general reference only and may change due to conditions. Final communication will come through DRVN application.
FRIDAY ADD ON	Only available for Weekend & Holiday Sport Team.
PARTICIPATION	Sport Team: Athletes are expected to participate in 66% - 75% of the offered training
ANNUAL TRAINING PLAN	<p>70-90% coached/directed freeskiing</p> <p>10-30% coached drills</p>
PICK UP / DROP OFF	Communicated by Manager through team platform
SUPERVISION	Athletes 10 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ride and/or load chairs unaccompanied.
BREAK/SNACK	We take quick snack/water breaks
LUNCH	Lunch is not provided. Parents are expected to provide the athlete with a healthy snack & nutritious lunch.
COMPETITIONS	For Sport Team only Palisades Tahoe Cups.
PARENTS	<ul style="list-style-type: none"> <li>• Required to attend parent orientation.</li> <li>• Required to remain on-site during team.</li> <li>• Must actively communicate the needs of athlete including planned absences and injuries.</li> <li>• Must register for competitions in a timely manner per team communication.</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) and check schedule/updates regularly.</li> </ul>

COMMUNICATION	Parent must maintain active account with DRVN; after registration, review the confirmation email for access to DRVN.
CHALLENGING WEATHER	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through Team communication platforms as information is readily available.
TEAM UNIFORM	Purchase of Team Uniform is required. After registration review the confirmation email for directions to purchase.
PLACEMENT	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
REGISTRATION	New Athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.

[Palisades Sport Team Calendar](#)

[Palisades MIDWEEK Sport Team Calendar](#)

[Alpine Sport Team Calendar](#)

### Questions?

Call 530-452-7270 or email [teams@palisadestahoe.com](mailto:teams@palisadestahoe.com). Please contact your Team Manager or the Teams Administrative office for access to communication and schedules.

## Freeride Comp Team

Freeride Competition Team program (listed separately) is available to top-level junior big-mountain skiers ages 12 to 20 who've met all skill and maturity assessment marks and only with Head Coach approval.

# Palisades Tahoe Freeride: Competition “Comp” Team

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
See Description	Expert	Freeride – All Mountain	12-20	Competitive Full-time

Freeride Comp Team is available to top-level junior big-mountain skiers ages 12 to 20 who’ve met all skill and maturity assessment marks and only with Head Coach approval. The team is intended for top level junior skiers who can commit to full attendance, pre-season and in-season training schedule, will train and ski hard, have fun, and plan to compete at the regional or national level.

These top athletes possess elite skiing skills, must exhibit an aptitude towards Big Mountain skiing, an understanding of the big mountain environment and the ability to assess and discuss ski lines, hazards, and other factors related to safely skiing in extreme, challenging terrain. Comp Team athletes will compete regionally in the Tahoe Jr. Freeride series and nationally in the IFSA Series.

New for this 2021-2022 season and beyond, we be training and competing as one team: The Palisades Tahoe Big Mountain Team. We will be one unified team with the goal of providing top-level, individualized coaching for our all our athletes. Athletes can expect to train regularly at both mountains. Each mountain offers unique terrain and challenges that, together, provide a true world-class training experience.

The Full-Time Team, in addition to all weekends and holidays as defined in the schedule, will train in-season on Wednesday and Thursday afternoons and all day on Fridays. The Weekend/Holiday Part-Time Team will train all weekends and holidays as defined in the schedule and also have the benefit to ski all Fridays (optional).

All Comp Team members will have the benefit of pre-season dryland training, Woodward training, other training opportunities like goal-setting workshops and mental training workshops, and additional days of inspection/skiing on days preceding scheduled competitions throughout the season

PALISADES TAHOE FREERIDE COMP	FULL-TIME	FRIDAY-SUNDAY
<b>DATES</b>	Mid-November thru Mid-April	Mid-November thru Mid-April
<b>SCHEDULE</b>	See Teams Communication	8:45am-2:30pm
<b>OFFERED TRAINING</b>	5 days per week	Fri-Sun & Holidays

## Program Guidelines

U15 TEAM	TJFS/IFSA competition based – for athletes who intend to compete with regularity
U18 TEAM	Regional and National IFSA full-time competition based

<b>U21 TEAM</b>	Programming for Adult tour athletes is primarily IFSA 4-star events (few exceptions) as a pathway to the FWT
<b>PASS</b>	Must purchase <a href="#">Ikon Pass</a> .
<b>AGE</b>	Must be 12 as of Dec 31 of ski season
<b>SKILL PREREQUISITE</b>	<ul style="list-style-type: none"> <li>• New athletes must have head coach approval</li> <li>• Must be able to ski all terrain with confidence</li> <li>• Must possess elite skiing skills for age group</li> </ul>
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• Must be able to ski &amp; load/ride the chair unaccompanied</li> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to participate in a full day of training without parent interaction</li> </ul>
<b>EQUIPMENT</b>	<p><b>Skis:</b> 1 pair of all-mountain skis regularly tuned</p> <p><b>Boots:</b> must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Helmet (mandatory) and back protector (highly recommended)</p>
<b>SCHEDULE</b>	Team calendar linked below for general reference only and may change due to conditions. Final communication will come through DRIVN application.
<b>FRIDAY TRAINING</b>	Requires being registered for Friday Add-On. Only available for Weekend & Holiday Sport Team.
<b>PARTICIPATION</b>	Comp Team Athletes are expected to participate in 90% - 100% of the offered in-season and pre-season training. Must compete at the Regional or National level
<b>ANNUAL TRAINING PLAN</b>	70-90% coached/directed freeskiing 10-30% coached drills
<b>PICK UP / DROP OFF</b>	Communicated by Manager through team platform
<b>SUPERVISION</b>	Athletes 10 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ride and/or load chairs unaccompanied.
<b>BREAK/SNACK</b>	We take quick snack/water breaks
<b>LUNCH</b>	Lunch is not provided. Parents are expected to provide the athlete with a healthy snack & nutritious lunch.
<b>LICENSES/DUES</b>	For Competition Team, must have current Competitor membership to <a href="#">Tahoe Freeride</a> and if competing nationally, with <a href="#">IFSA</a> .
<b>COMPETITIONS</b>	For Competition Team, regionally with Tahoe Junior Freeride Series & nationally on the IFSA National Series.

<p>PARENTS</p>	<ul style="list-style-type: none"> <li>• Required to attend parent orientation.</li> <li>• Required to remain on-site during team.</li> <li>• Must actively communicate the needs of athlete including planned absences and injuries.</li> <li>• Must register for competitions in a timely manner per team communication.</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) and check schedule/updates regularly.</li> </ul>
<p>COMMUNICATION</p>	<p>DRIVN subscription required for Training and Communication, please contact your Team Manager or the Team Administrative office for access.</p>
<p>CHALLENGING WEATHER</p>	<p>Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather &amp; operations. Team schedule adjustments will be communicated through Team communication platforms as information is readily available.</p>
<p>TEAM UNIFORM</p>	<p>Purchase of Team Uniform is optional. After registration review the confirmation email for directions to purchase.</p>
<p>PROGRAM PLACEMENT</p>	<p>Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.</p>
<p>REGISTRATION</p>	<p>New athletes must submit an online application. Invitations to enroll will be sent by email to eligible applicants until programs reach capacity.</p>

**Questions?**

Call 530-452-7270 or email [teams@palisadestahoe.com](mailto:teams@palisadestahoe.com). Please contact your Team Manager or the Teams Administrative office for access to communication and schedules.

# Palisades Tahoe Snowboard Teams

## For Snowboarders ages 5-20

The Snowboard programs are designed to help young riders develop strong fundamental skills, learn to be part of a team, and gain joy and passion for snowboarding from the sport rider to the competitive rider. Coaches focus on progressive skill acquisition/development, knowledge of the snowboarder's responsibility code and safe riding, respect for the mountain, and having fun. Each participant will gain a solid foundation that will enable him or her to continue with one of our competitive snowboard programs and will also have confidence and a life-long love of riding. Training includes Freeride, Boarder Cross, and Park & Pipe. Riders should expect to train at both Palisades and Alpine. Our competitive team along with our coaches will travel to local and national events to represent our team.

## Mighty Riders

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Palisades	Linked Turns High Beginner	Snowboard	5-9	Weekends/Holidays or Midweek

PALISADES MIGHTY RIDERS	WEEKEND & HOLIDAY	WEDNESDAY THURSDAY (NON-HOLIDAY)	*FRIDAY ADD-ON
<b>DATES</b> <a href="#">CALENDAR</a>	December through first week of April	December through first week of April	December –through March
<b>SCHEDULE</b>	8:45am-1:30pm	1:15-4pm	9am-12pm OR 1pm-4pm
<b>OFFERED TRAINING</b>	Weekends & Holidays	Wednesdays ,Thursdays and Fridays (non-holiday)	Fridays (non-holiday)

## Program Guidelines

<b>PASS</b>	Must purchase <a href="#">Ikon Pass</a> . Ikon Base Pass conflicts with team dates.
<b>AGE</b>	Weekend and Holiday program must be 7-10 years old as of Dec 31 of ski season. Wed-Thurs Program must be 5-10 years old by Dec 31of ski season
<b>SKILL PREREQUISITE</b>	Confident on all terrain and able to link turns (utilizing both toe-side and heel-side edges)
<b>MATURITY</b>	<ul style="list-style-type: none"> <li>• Must be able to ski &amp; load/ride the chair unaccompanied</li> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to participate in a full day of training without parent interaction</li> </ul>

<b>EQUIPMENT</b>	Board: At least 1 board in good, well-tuned condition Boots: must be properly fit (size/flex) and in excellent working order Protection: Helmet(required). Back Protector & Mouth gaurd (Recommended)
<b>SCHEDULE</b>	Team Calendar
<b>FRIDAY TRAINING</b>	Requires being registered for Friday Add-On.
<b>PARTICIPATION</b>	Athletes are expected to participate in 50% of more of the offered training
<b>ANNUAL TRAINING PLAN</b>	70-90% coached/directed freeskiing 10-30% coached drills
<b>PICK UP/DROP OFF</b>	Communicated by Manager through team platform
<b>SUPERVISION</b>	Athletes 10 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ride and/or load chairs unaccompanied.
<b>LUNCH</b>	Lunch is not provided. Parents are expected to provide the athletes with a healthy snack & nutritious lunch.
<b>LICENSES/DUE</b>	Dependent on competition level; details to come from coaches
<b>COMPETITIONS</b>	Some options through USASA North Tahoe Series and Tahoe Freeride/IFSA. Please communicate with Head Coach.
<b>TRAVEL</b>	Dependent on competition level
<b>PARENTS</b>	<ul style="list-style-type: none"> <li>• Required to attend parent orientation.</li> <li>• Required to remain on-site during team.</li> <li>• Must actively communicate the needs of athlete including planned absences and injuries.</li> <li>• Must register for competitions in a timely manner per team communication.</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) and check schedule/updates regularly.</li> </ul>
<b>COMMUNICATION</b>	DRIVN subscription required for Training and Communication, please contact your Team Manager or the Team Administrative office for access.
<b>CHALLENGING WEATHER</b>	Our goal is to snowboard every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations.
<b>TEAM UNIFORM</b>	Purchase of Team uniform is required.
<b>PROGRAM PLACEMENT</b>	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
<b>REGISTRATION</b>	New athletes must submit an online application.



## Palisades Tahoe Snowboard Teams (age 11-20)

SNOWBOARD TEAMS AGE 11-20	FULL-TIME	FRIDAY-SUNDAY HOLIDAY	WEDNESDAY- FRIDAY (NON- HOLIDAY)
COMMITMENT/ABILITY	Competitive	Competitive	Recreational Non-Competitive
DATES	December through April	December through April	December through April
SCHEDULE	See Teams Communication	8:45am-2:30pm	See Teams Communication
CALENDAR	<a href="#">CALENDAR</a>	<a href="#">CALENDAR</a>	<a href="#">CALENDAR</a>
LOCATION	Palisades & Alpine	Palisades & Alpine	Palisades Only
OFFERED TRAINING	5 days per week	Weekends & Holidays	Wed-Fri non-holiday

### Program Guidelines

U15/U18 Team Comp Teams	TJFS/IFSA competition based – for athletes who intend to compete with regularity
<b>U21 Team Comp Teams</b>	Programming for Adult tour athletes is primarily IFSA 4-star events (few exceptions) as a pathway to the FWT
<b>Wed-Fri Team</b>	Not competitive; midweek athletes are not eligible for competitions
PASS	Must purchase <a href="#">Ikon Pass</a> . Ikon Base Pass conflicts with team dates.
AGE	Must be 11 - 18 years old as of Dec 31 of ski/ride season
SKILL PREREQUISITE	Confident on all terrain
MATURITY	<ul style="list-style-type: none"> <li>• Must be able to ski &amp; load/ride the chair unaccompanied</li> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to participate in a full day of training without parent interaction</li> </ul>
EQUIPMENT	<p><b>Board:</b> At least 1 board in good, well-tuned condition</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Helmet &amp; Back Protector (Recommended)</p>
SCHEDULE	Team Calendar

PARTICIPATION	Athletes are expected to participate in 50% of more of the offered training
ANNUAL TRAINING PLAN	70-90% coached/directed freeskiing 10-30% coached drills
PICK UP / DROP OFF	Communicated by Manager through team platform
SUPERVISION	Athletes 10 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ride and/or load chairs unaccompanied.
LUNCH	Lunch is not provided. Parents are expected to provide the athlete with a healthy snack & nutritious lunch.
LICENSES/DUES	Dependent on competition level; details to come from coaches
COMPETITIONS	Dependent on competition level; athletes will have the opportunity to compete locally, nationally, & internationally.
TRAVEL	Dependent on competition level
PARENTS	<ul style="list-style-type: none"> <li>• Required to attend parent orientation.</li> <li>• Required to remain on-site during team.</li> <li>• Must actively communicate the needs of athlete including planned absences and injuries.</li> <li>• Must register for competitions in a timely manner per team communication.</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) and check schedule/updates regularly.</li> </ul>
COMMUNICATION	DRIVN subscription required for Training and Communication, please contact your Team Manager or the Team Administrative office for access.
CHALLENGING WEATHER	Our goal is to snowboard every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through Team communication platforms as information is readily available.
Team Uniform	Purchase of Team uniform is optional.
Placement	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.

### Questions?

Call 530-452-7270 or email [teams@palisadestahoe.com](mailto:teams@palisadestahoe.com). Please contact your Team Manager or the Teams Administrative office for access to communication and schedules.

# Palisades Ski & Snowboard Cross

LOCATION	CURRENT ABILITY	SPORT	AGE	COMMITMENT
Palisades	Advanced/Expert	Alpine	11-21	Competitive Semi-Competitive Full-Time

**This is a program for strong independent skiers & snowboarders ages 11 – 21. Mainly based at Palisades with occasional training at Alpine.**

This program is for those who want to improve their racing abilities in a competitive skier/boarder cross atmosphere. SXBX courses have rollers, jumps, and banked turns. We offer start-gate training, gate training with features and without, Woodward training, and we work on all-mountain skiing and riding to develop strong, competitive athletes. In this program, athletes are given the opportunity to reach their own goals including striving for the NORAM events, Rev Tour events, USASA events, national championships, and the US Cross Team. Team fees DO NOT include a season pass. Purchase of the [Ikon Pass](#) is required.

SKI & SNOW BOARD CROSS	FULL TIME	FRIDAY-SUNDAY
<b>DATES</b>	December thru Mid-April	December thru Mid-April
<b>SCHEDULE</b>	See Teams Communications	8:45am-2:30pm
<b>OFFERED TRAINING</b>	5 days per week	Friday-Sunday & Holidays

## Program Guidelines

PASS	Must purchase <a href="#">Ikon Pass</a> . Ikon Base Pass may conflict with team dates.
AGE	Must be 11-21 years old as of December 31 of ski season
SKILL PREREQUISITE	Confident on all terrain; two week trial period for all new members to Ski Cross Team; Advanced to Expert
MATURITY	<ul style="list-style-type: none"> <li>• Must be able to ride and load/ride chair unaccompanied</li> <li>• Must be independent; able to conduct oneself appropriately when unaccompanied</li> <li>• Must be able to participate in a full day of training without parent interaction</li> </ul>
EQUIPMENT	<p><b>Skis/Boards:</b> At least 1 pair of race skis and/or board in good, well-tuned condition</p> <p><b>Boots:</b> Must be properly fit (size/flex) and in excellent working order</p> <p><b>Protection:</b> Helmet &amp; Back Protector (Recommended)</p>

SCHEDULE	Team Calendar via DRIVN: request access through Teams office
FRIDAY TRAINING	Requires being registered for the Weekend & Holiday Team whether pre-competition or supplemental
PARTICIPATION	Athletes are expected to participate in 50% or more of the offered training
ANNUAL TRAINING PLAN	70-90% coached/directed riding 10-30% coached drills
PICK UP / DROP OFF	Communicated by Head Coach through Team Platform
SUPERVISION	Athletes 11 & older are NOT supervised for periods of time and may be required to take breaks, eat lunch, to ride and/or load chair unaccompanied.
LUNCH	Lunch is not provided. Parents are expected to provide the athlete with a healthy snack & nutritious lunch.
COMPETITION	Dependent on competition level; athletes will have the opportunity to compete locally, nationally, & internationally.
TRAVEL	Dependent on competition level.
PARENTS	<ul style="list-style-type: none"> <li>• Required to attend parent orientation</li> <li>• Required to remain on-site during team</li> <li>• This is not a beginner/first-timers program. Children must meet the skill prerequisite &amp; enjoy winter sports.</li> <li>• You must dress your child warmer than you dress yourself.</li> <li>• Must complete Team Agreement (Code of Conduct)</li> <li>• Must remain actively engaged with Team communication method(s) and check schedule/updates regularly.</li> </ul>
COMMUNICATION	Parents must maintain an active account with DRIVN after enrollment is complete; request access through the Teams office.
CHALLENGING WEATHER	Our goal is to ski every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations. Team schedule adjustments will be communicated through DRIVN as information is readily available.
PLACEMENT	Participants may be required to switch to a more appropriate program, if available, at the discretion of the Team Manager.
TEAM UNIFORM	Purchase of Team Uniform is optional.

### Questions?

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## Masters Program

<b>Ability Level:</b>	Advanced/Expert
<b>Sport:</b>	Alpine Skiing and Racing
<b>Age Range:</b>	18+

<b>Email:</b>	<a href="mailto:mmirviss@palisadestahoe.com">mmirviss@palisadestahoe.com</a>
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### **The Masters Program**

The Masters Program is designed to take your skiing to the next level while skiing the gems of Palisades and Alpine with our athletes and professional coaches. The Full Time Masters Program offers a choice of gate training and free skiing every day of the week except Wednesday with a midweek option Monday-Friday (no Wednesdays). This program is designed to build long-term development for all advanced skiers over the age of 18. We accomplish this goal by building your skills and confidence in a variety of snow conditions, across increasingly challenging on- and off-piste terrain. In addition, our gate training not only makes our participants more competitive but also is a proven method of refining technique.

### **Daily Schedule**

Generally, gate training is scheduled Sunday-Tuesday, Giant Slalom and Thursday-Saturday Slalom training. However the schedule will be adjusted to account for upcoming event preparation, snow quality, conditions, weather, and other factors determined by the Head Coach and operations.

On a daily basis, coaches will place athletes in a group that suits their abilities and skillsets. Generally, there are two groups available in the morning for freeskiing and usually at least three groups on most afternoons. Gate training will be from opening until 12:00 PM this season. Time may be provided during the training day for video analysis, skills and drill work and/or freeskiing to complement the coaching. The Gate Training group will after a lunch break, work on focused free skiing and drill in the afternoon.

## **Masters Program**

### **Full Time**

The Masters Program focuses on alpine racing techniques of Super G, Giant Slalom, and Slalom disciplines, and skills needed for performance-oriented skiing and club-level racing fun. The Masters Programming is offered 6 days/week (Wednesdays OFF) December through the first week of April Rate does not include lift access. All

programming subject to change/cancellation based upon weather/conditions/operations.

### **Midweek**

The Masters Midweek Training Program is offered 4 days per week (Monday, Tuesday, Thursday, Friday; Wednesdays off) December through the first week of April. Rate does not include lift access. All programming subject to change/cancellation based upon weather/conditions/operations.

### **Masters Program Benefits**

- Access to over 6,000 acres of terrain at Palisades and Alpine
- Program focuses on free skiing and gate training to improve your skiing skills.
- Gate Training and free skiing (when gate training is not available) every day of the week (except Wednesday)
- Limited line cutting privileges when accompanied by our coaches
- Wireless Timing when gate training
- Video Analysis and coaching to gauge and improve performance.
- Socializing with a great group of people!

### **About Our Coaches**

- Most of our coaches have been trained through the U.S. Ski and Snowboard, and have a combined experience level in excess of well over 100 years.
- Some coaches have coached numerous members of the US Ski Team when they were Junior Athletes training at Palisades
- Recognized locally and nationally for their expertise
- From winning on the racecourse, to skiing powder, our coaches and program are ready, willing, and able to take you to the next level.

### **Details**

- Season pass and/or lift tickets not included
- Gate training will not be provided on the same days as other Far West Masters Races.
- Our goal is to train every calendared Team day. Teams are delayed or canceled on occasion due to weather & operations without refund.
- For more information about racing in the Far West Masters Division go to [www.farwestmasters.org](http://www.farwestmasters.org).
- For more information, please call 530-452-7270.
- Parking reservations are required most scheduled weekend and holiday training dates
- Masters Daily Information Hotline 530-452-4333. Updated daily.