



2009/2010 "PEAK" Student-Athlete Support Schedule

Athletic-Academic Schedule

Peak Program Schedule

October – November
CBMR DRYLAND TRAINING

1. Establish Monday meetings with student-athletes (attend CBCS Monday meetings)
2. Establish relationships and communication protocols with CBCS faculty and administration
3. Develop tentative winter competition schedules for student-athletes (in conjunction with CBMR program director(s))

October - November
TRAVEL TO EARLY SEASON 3-5 DAY CAMPS

1. Arrange and oversee student-athlete academic responsibilities during camps
2. Provide tutorial support at camps

November– December
EARLY SEASON TRAINING IN CB

1. Begin "typical" winter tutorial schedule
*** see attached *weekly* schedule
2. Arrange and manage tutorial support during competitions *** see attached *competition* schedule

December– January
CHRISTMAS VACATION
TRAINING AND COMPETITION

1. Tutorial support to "catch up" or "get ahead" before start of main comp and train schedule
2. Arrange and manage tutorial support during competitions *** see attached *competition* schedule

January– April
COMPETITIVE SEASON

1. Maintain "typical" winter tutorial schedule
*** see attached *weekly* schedule
2. Arrange and manage tutorial support during competitions *** see attached *competition* schedule

April
SPRING BREAK / DERBY / OFF-SEASON

May 2009
OFF-SEASON

1. Help coordinate summer training schedule with CBMR program director(s)
2. Design summer school programming
3. Design 2010/2011 academic plan

June 2009 – August 2009
SUMMER

1. Summer School Tutorials

Typical “PEAK” Weekly Schedule

Monday

- Brief meeting with all student-athletes to review week’s academic, training and competition schedule.
- Review upcoming training and competition schedule

Tuesday

- DRYLAND after training
- (approximately 6PM) Evening tutorial covering any missed class(es), and providing other necessary support

Wednesday

- (approximately 4:30PM) Evening tutorial covering any missed class(es), and providing other necessary support

Thursday

- DRYLAND after training
- (approximately 6PM) Evening tutorial covering any missed class(es), and providing other necessary support

Friday

- Afternoon training
- OR Travel to competition

Saturday

- All day training / free skiing OR travel / competition
- Possible early morning training
- Afternoon / evening tutorial sessions *if necessary*

Sunday

- All day training / free skiing OR travel / competition
- Possible early morning training
- Afternoon / evening tutorial sessions *if necessary*

Typical “PEAK” Competition Schedule

Travel Day

- Arrive at competition lodging
- Prepare equipment
- **Tutorial Session** (depending on arrival time)

Training (at comp) or Competition Day

- Dryland (stretching / core / visualization)
- Breakfast
- On-hill
- **Evening Tutorial** (just before or after dinner)
- Dinner
- Equipment prep
- Bedtime