



Dear 2025-2026 Training Team Parents,

Welcome to Red Lodge Mountain's Training Team. This development program has been a favorite of students, parents, and coaches alike for many years, and we intend to keep its spirit alive for many more years to come. At its essence, Training Team is a physical and mental coaching program through which young people build lifelong Snowsports skills. We strongly believe that there is no better program. In addition, our professional, nationally certified instructors serve as positive role models for your children.

Weekly training focuses on the physical fundamentals of skiing, snowboarding and freestyle, and the core values of our Snowsports school: safety, fun, and learning. We apply these skills to all-mountain terrain, including off-piste. We work diligently with your child to help him or her become a true all-mountain skier or rider.

Included in this email is the needed information for the upcoming Training Team year. If you have special concerns or questions, please ask me or any of the Training Team coaches. Thank you for enrolling your child in the Training Team.

See you on snow,

Chris Kruckeberg

Snowsports Manager

**Training Team Mission:**

The Red Lodge Mountain Training Team teaches strong Snowsports fundamentals while improving athletic condition and confidence through hard work and a passion for the sport. It

encourages positive social development and sportsmanship while promoting awareness of mountain safety and etiquette.

### **What If:**

\* Your child is going to miss a training day? Please call the Snowsports School so the group will not be delayed waiting for your arrival. 406-446-2610 ext. 202 or email at [snowsuper@redlodgemountain.com](mailto:snowsuper@redlodgemountain.com)

\* A child becomes separated from their group? Anyone who becomes separated from their class goes to the morning meeting area. (Miami Beach Yurt)

\* You are late for the lesson? Take your child to the Base Learning Area by the Magic Carpet. Snowsports staff will attempt to locate your group.

### **Lift Tickets and Rentals**

Lift Tickets and rental equipment are not included in the Training Team program. We recommend getting a season pass for your child.

### **Schedule:**

Morning groups meet @ 9:20 a.m. at the Yurt; 9:30 class leaves and finishes at noon.

Afternoon groups meet @ 12:50 p.m. at the Yurt; 1:00 class leaves, and finishes at 3:30 p.m.

Please be on time. Groups are on snow, riding @ 9:30am and 1:00pm

No training President's Day Weekend, Feb. 14 and 15.

### **Cold Weather Safety:**

Appropriately dress your children according to weather conditions. Skiers and riders who are cold cannot learn at their optimum level. If coaches determine that a child is not dressed for the weather conditions, they will attempt to locate the parent and release the child for the day. Ski socks are made specifically for skiing. They wick away moisture from the foot, are smooth across the foot, and are thin for ski control and temperature transmission. Moisture equals cold feet. If you step in snow with your socks and then put them in your boots, your feet will get cold 5 to 10 times faster than if they are dry. If you ski for multiple days, make sure that you get your boots dry before skiing the next day. The difference between having fun and being in pain can be as simple as a dry boot. Ribbed socks can chafe the ankles during a day of skiing. They also

imprint on the skin, making their feet and lower legs sore. Ankle socks do the same thing and can be even more painful. You may get away with it for a day, but you will pay for it on day two and have sore feet for the next week. Even thin thermal underwear needs to be outside of the boots for the same reason. Nothing goes inside the boot, but a sock covered foot! Thin socks may be the most important thing! If you double up socks, not only can you create chaffing, but you often will sweat in them before you get out on snow, again making cold feet. The thin sock also gives you more foot-to-boot control, hence more control of your skis. A plastic boot shell conducts cold. If it is "0" outside, the shell may be -5 or lower. The liner is the only thing that keeps your feet warm. With that said, if you insulate your foot from the liner, the liner never gets warm. The boot liner is warmed by your foot, and in turn keeps your foot warm. Never put on cold boots on a cold day. If possible, put your boots inside a warm area, and warm the boot with your foot for at least 10 minutes before going outside. The boot liner, like good ski socks, is made to wick away moisture from your foot and keep the foot dry. If you don't get the liner dry before your next ski session, again you will have cold feet. If you throw your boots in the garage till next week, they may not be dry by the time you put them on next week!

**Attendance:**

Training Team emphasizes teaching progressions of Snowsports fundamentals. To maintain lesson cohesiveness and continuity, this requires regular and consistent attendance.

**Group Assignments:**

Based on the following criteria, participants will be assigned a group:

1. Skill development
2. Intensity and endurance
3. Leadership and sportsmanship
4. Attentiveness and group participation

**Parent's Meeting:**

We will be meeting in the Loft of the Main Lodge at 10am for the morning classes and at 1:30 pm for the afternoon classes. Your kids will be meeting at the Yurt at the top of Miami at 9:20am and 12:50pm to be split into their groups. The parents' meeting will happen right after we get the kids out on snow. The parents' meeting is not mandatory but will give you an overview of how we operate. If you have any questions, or you do not ski or snowboard yourself and are therefore unable to come to the meeting at the Yurt, feel free to contact us at [snowsuper@redlodgemountain.com](mailto:snowsuper@redlodgemountain.com), or 406-446-2610 ext. 203.

**Emails:**

Mails will be sent by Wednesday of every week to let parents know what your child was working on and where they skied. As well as all updates to the training team. If you are not receiving the emails, please let us know by emailing us at [snowsuper@redlodgemountain.com](mailto:snowsuper@redlodgemountain.com) or calling the Snowsports supervisors' office at 406-446-2610 ext. 203.

Looking forward to seeing you on snow on January 3<sup>rd</sup>,

Declan Sielaff