



## WINTER PROGRAMS

Green Mountain Academy was founded in 2014 for one very important reason; creating opportunities for dedicated youth athletes to excel in their sport and become champions of life. It was decided from the beginning we would build a premium club by using the most professional, highest certified, intelligent, kind, and passionate coaches dedicated to personal improvement. Our coaches are the heart of what makes our organization so great. We celebrate these fine individuals by paying above average wages with tuition reimbursement for continued education and certification courses. Investing in our coaches directly translates into more coachable moments for your athlete(s), lowers risk of injuries, and increases the rate of progression.

GMA is a US Ski & Snowboard certified club applying the most advanced coaching techniques developed by leading sport science experts. This training system was developed from many years of research with training guidelines for each phase of childhood development. It has been proven that athletes who follow this long term athlete development system have a much higher success rate with fewer injuries.

As a parent I understand quite well how precious our children are, we always want what is best for them and strive to provide the highest quality of life we possibly can while teaching as many life lessons as possible. GMA coaches empower athlete's to support each other, respect self/others, set goals for personal growth, manage fear/risk/reward, overcome adversity, and have fun while representing their sport in a responsible and respectful manner. Our coaching philosophy begins with the highest regard for the safety and well being of our athletes, being a good role model for others, having fun, and striving for excellence in life.

I hope you will consider joining our club and look forward to another great season in Stowe!

Sincerely,

**Jason Trask**

Founder/President

Green Mountain Academy

O: 802-760-6690

[jason.trask@greenmountainacademy.com](mailto:jason.trask@greenmountainacademy.com)

# GMA Snowboard 2018-2019

## Academy Snowboard Team

**Slopestyle, Boardercross, Big Mountain competition training, regional/national event support  
Grades 7-12**

**November 24 - Last comp day at USASA Nationals**

**Tuesday-Friday 12:30-4:00, Weekends 8:30-3:00 \$6400.00**

**Tuesday-Thursday 12:30-4:00, Weekends 8:30-3:00 \$5200.00**

The academy team provides rigorous competition training for dedicated athletes striving for excellence in their discipline. Learn from our highest level coaches what it takes to be the best version of yourself each day both on and off the hill. Fall dry land training sessions are included. Slopestyle athletes train select weekdays at Sugarbush and/or Okemo in addition to Stowe. Boardercross athletes will have additional on course training opportunities at Sugarloaf, Sunday River, Stratton, Gore, and Bromont.

## Weekend Snowboard Team

**Slopestyle, Boardercross, Freeride competition training and regional event support  
Ages 10-17**

**December 1 - March 31 8:30-3:00**

**Friday Saturday Sunday \$4320.00**

**Weekends \$2,880.00**

**1 Day \$1440.00**

**1/2 Day Friday \$750.00**

The weekend team provides training and USASA regional NVT series event support. This group may choose to compete regionally or continue to train at home for Big Mountain Freeride, Slopestyle, Big Air, Rail Jam and Boardercross. Athletes will be grouped based on competitive drive/motivation, skill level/pace, and maturity. Additional training opportunities and competition support at select Maine, SVT, NH, and ADK series events will be optional depending on athlete needs.

## Jr. Development Program

**Our youngest group having fun building strong fundamentals with introduction to competition**

**Ages 6-9**

**January 5 - March 31**

**Weekends \$1950.00**

**Saturday or Sunday \$975.00**

This group explores the entire mountain and has the most fun while doing it. All mountain free ride with intention, freestyle progression, bumps, and woods with a strong focus on fundamentals. General mountain safety, terrain park etiquette, risk and fear management with intro to competitions at Stowe and other select regional junior events.

## **Freeride Program**

**Non competitive program with a focus on filming and careers within our industry**

**Ages 12-17**

**December 1 - March 31, 8:30-3:00**

**Weekends \$2700.00**

**Saturday or Sunday \$1350.00**

Snowboard or Ski in a non competition program. Designed for the skier or rider with little or no interest in the competition pipeline. This group will capture video daily and train together on all types of terrain to improve personal skiing/riding with a focus on photography/videography and careers in our industry. Guest co-coaches from mountain rescue, ski patrol, event management, photography/videography, graphic design, mountain operations, manufacturing, education, retail, business management, etc. will spend a morning or afternoon with the group each week giving valuable insight from their work experience.

## **Friday Program**

**Ride with us during Stowe School Friday afternoon program**

**January-March 12:30-3:30**

**8 Fridays \$320.00**

## **Drop in rate**

**Athletes not scheduled adding a day of training or competing**

Training Day \$90.00

Training 1/2 day \$50.00

Competing \$45.00

## **Private Coaching**

1 athlete \$50.00/hr

2 athletes \$35.00/hr each

## **Subscription**

GMA subscription provides basic membership and access to training camps, drop ins, private coaching, social events, and member discounts plus coaching at Stowe Mountain Resort USASA/IFSA events.

\$45.00

***All GMA programs require USSA basic membership and lift tickets/passes. Memberships, lift tickets, passes, travel expenses, or other costs are not included. Schedule and pricing subject to change without notice.***

***Prices shown are cash/check only, all credit/debit transactions include a 3% convenience fee. All programs require payment in full or a \$500.00 deposit and subscription/payment plan due October 15, 2018.***

# GMA Freeski 2018-2019

## Academy Freeski Team

Slopestyle, Ski Cross, Moguls/Big Mountain competition training, regional/national event support  
Grades 7-12

November 24 - Last comp day at USASA Nationals

Tuesday-Friday 12:30-4:00, Weekends 8:30-3:00 \$6400.00

Tuesday-Thursday 12:30-4:00, Weekends 8:30-3:00 \$5200.00

The academy team provides rigorous competition training for dedicated athletes striving for excellence in their discipline. Learn from our highest level coaches what it takes to be the best version of yourself each day both on and off the hill. Fall dry land training sessions are included. Slopestyle athletes train select weekdays at Sugarbush and/or Okemo in addition to Stowe. Skicross athletes will have additional on course training opportunities at Sugarloaf, Sunday River, Stratton, Gore, and Bromont.

## Weekend Freeski Team

Slopestyle, Ski Cross, Moguls/Big Mountain competition training and regional event support  
Ages 10 and up

December 1 - March 31 8:30-3:00

Friday, Saturday, Sunday \$4320.00

Weekends \$2,880.00

1 Day \$1440.00

1/2 Day Friday \$750.00

The weekend team provides training and USASA regional NVT series event support. This group may choose to compete regionally or continue to train at home for Big Mountain Freeride, Slopestyle, Big Air, Rail Jam and Skicross. Athletes will be grouped based on competitive drive/motivation, skill level/pace, and maturity. Additional training opportunities and competition support at select Maine, SVT, NH, and ADK series events will be optional depending on athlete needs.

## Jr. Development Program U10

Our youngest group having fun building strong fundamentals with introduction to competition  
Ages 6-9

January 5 - March 31

Weekends \$1950.00

Saturday or Sunday \$975.00

This group explores the entire mountain and has the most fun while doing it. All mountain freeski with intention, freestyle progression, bumps, and woods skiing with a strong focus on fundamentals. General mountain safety, terrain park etiquette, risk and fear management with intro to competitions at Stowe and other select regional junior events.

## **Freeride Program**

**Non competitive program with a focus on filming and careers within our industry**

**Ages 12 and up**

**December 1 - March 31, 8:30-3:00**

**Weekends \$2700.00**

**Saturday or Sunday \$1350.00**

Snowboard or Ski in a non competition program. Designed for the skier or rider with little or no interest in the competition pipeline. This group will capture video daily and train together on all types of terrain to improve personal skiing/riding with a focus on photography/videography and careers in our industry. Guest co-coaches from mountain rescue, ski patrol, event management, photography/videography, graphic design, mountain operations, manufacturing, education, retail, business management, etc. will spend a morning or afternoon with the group each week giving valuable insight from their work experience.

## **Friday Program**

**Ski with us during Stowe School Friday afternoon program**

**January-March 12:30-3:30**

**8 Fridays \$320.00**

## **Drop in rate**

**Athletes not scheduled adding a day of training or competing**

Training Day \$90.00

Training 1/2 day \$50.00

Competing \$45.00

## **Private Coaching**

1 athlete \$50.00/hr

2 athletes \$35.00/hr each

## **Membership**

GMA membership provides access to training camps, drop ins, private coaching, social events, member discounts, plus coaching at Stowe Mountain Resort USASA/IFSA events.

\$45.00

***All GMA programs require USSA basic membership and lift tickets/passes. Memberships, lift tickets, passes, travel expenses, or other costs are not included. Schedule and pricing subject to change without notice.***

***Prices shown are cash/check only, all credit/debit transactions include a 3% convenience fee. All programs require payment in full or a \$500.00 deposit and subscription/payment plan due October 15, 2018.***