

GMA COMP TEAM TRAINING CALENDAR

MAY - 2023	TBD Ongoing	REST AND RECOVERY Nutrition and Mobility webinars Strength and Conditioning
JUNE - 2023	19-23 21-23 26-30 26-30 Ongoing	SUMMER TRAINING Elevate Advanced Trampolines Maximize Woodward Copper - on snow GMA Shred Camp Strength and Conditioning
JULY - 2023	6-15 24-25 31-Aug 4	SUMMER TRAINING GMA Whistler - on snow Water Ramp - Lake Placid Elevate Advanced Trampolines
AUGUST - 2023	7-11 14-15 14-18 21-22	SUMMER TRAINING GMA Shred Camp Maximize Elevate Advanced Trampolines Water Ramp - Lake Placid
SEPT - 2023	TBD Ongoing	PRE-SEASON GMA airbag trip - Waterville/Maximize Strength and Conditioning
OCT- 2023	TBD Ongoing	PRE-SEASON GMA airbag trip - Waterville/Maximize Strength and Conditioning
NOV - 2023	TBD Ongoing	PRE-SEASON GMA airbag trip - Waterville/Maximize Strength and Conditioning
DEC - 2023	1-14 15-22	GMA SEASON GMA training - Stowe, Killington, Carinthia Pre-season training trip - Copper Mountain
JAN - 2024		GMA SEASON

ASSUMPTIONS					
	INCOME		REGIONAL COMP	NATIONAL COMP	
	Program Fee	\$	5,000	\$ 12,000	Includes coach
	Kids		4	4	
	Training days/week		3	5	
	\$/training day	\$	1,667	\$ 2,400	
	Current GMA\$/day	\$	1,500	\$ 1,500	
	EXPENSE				
	# Coaches		1	1	
	Coaching hours/day		6	6	
	Weeks/season		16	18	
	Travel days/season		6	20	Assume all re
	Maximize days		4	6	
	Coaching \$/hour	\$	70		
	VRBO/night	\$	750		
	GMA Van/day	\$	100		
	Food/athlete	\$	25		
	Training (maximize)	\$	250		
	Airfare				Everyone buy
	Lift Tickets				Assume ever
BUDGET					
	REVENUE		REGIONAL COMP TEAM	NATIONAL COMP TEAM	
	Program Fees	\$	20,000	\$ 48,000	
	Scholarships	\$	10,000	\$ 10,000	
	TOTAL REVENUE	\$	30,000	\$ 58,000	
	EXPENSE				
	Coaching \$\$	\$	20,160	\$ 37,800	
	Lodging	\$	4,500	\$ 10,500	
	Ground Transportation	\$	600	\$ 1,400	
	Food	\$	600	\$ 2,000	
	Maximize training	\$	4,000	\$ 6,000	
	TOTAL EXPENSE	\$	29,860	\$ 57,700	
	NET INCOME	\$	140	\$ 300	

		DATE	Activity
SUMMER	May	1-31	Recovery
SUMMER	May	1-31	Strength & Conditioning
SUMMER	June	19-23	Elevate Tramps
SUMMER	June	21-23	GMA Maximize
SUMMER	June	26-30	Woodward Copper
24-25	July	2-15	GMA Whistler
SUMMER	July	24-25	
SUMMER	August	1-7	Elevate Tramps
SUMMER	August		GMA Maximize/Placid
FALL	September		GMA airbag trip
FALL	September		Fall sports
FALL	September		Strength and Conditioning
FALL	October		GMA airbag trip
FALL	October		Fall sports
FALL	October		Strength and Conditioning
FALL	November		GMA airbag trip
FALL	November		Fall sports
FALL	November		Strength and Conditioning
IN SEASON			
IN SEASON	December	1-15	GMA training
IN SEASON	December	15-22	Pre-season training trip
IN SEASON	January	1-31	GMA training
IN SEASON	January	TBD	East Coast Futures
IN SEASON	January	TBD	Stowe USASA Comp
IN SEASON	February	1-15	GMA training
IN SEASON	February	TBD	NVT USASA Comp
IN SEASON	February	TBD	NVT USASA Comp
IN SEASON	February	TBD	SVT USASA Comp
IN SEASON	February	17-19	Maximize
IN SEASON	March	1-14	West Coast Training/Future
IN SEASON	March	15-30	GMA training
IN SEASON	April	7-15	USASA NATIONALS
IN SEASON	<i>Wachusett Wednesdays 1/2 day</i>		
Total days on snow			

Location	Days on Snow	Notes
Virtual		Nutrition and
Home/Virtual		TrueCoach, M
Stowe, VT		
Canada	3	
Copper, CO	0	
Whistler, Canada	10	
Stowe, VT		
Canada	3	
Canada, Waterville	2	
Home		
Home/Virtual		
Canada, Waterville	2	
Home		
Home/Virtual		
Canada, Waterville	2	
Home		
Home/Virtual		
Stowe	4	
TBD on park/snow conditions	5	
Stowe, Killington, Carinthia	6	
	2	
Stowe	1	
Stowe, Killington, Carinthia	4	
Stowe		
Jay Peak		
Okemo or Carinthia		
Canada	3	
	9	
Stowe, Killington, Carinthia	4	
Copper Mountain	5	
	6	
	71	