

Core Team Home

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Mission Statement

Our goal is to develop athletes in a fun and nurturing environment so that it engenders enthusiasm for winter sports. We encourage each individual to progress to the best of their ability, whether as a recreational skier/snowboarder or as a competitor.

The Core Team seeks to promote the complete athlete through cross-training and inter-team development. We also believe that athletes learn by teaching, so we encourage our members to assist younger athletes through coaching and demonstration.

The Core Team's nonprofit partner is the Whaleback Mountain Club (WMC), a registered non-profit organization that is comprised of local families who embody the spirit and values of the Core Team.

We are all here to have fun, learn, and grow as individuals and a team.

Core Team Program Options

MiniCore - Development ski and snowboard programs for kids 6-10 years old

Alpine Core - Local and regional alpine ski racing athletes

Freestyle Core - Big Air, Moguls, and Slopestyle ski training and competition

Snowboard Core - Alpine, Boadercross, and Slopestyle training and competition

We also offer some out of season training opportunities, click the links below to find out more.

Pre-Season Training - Fall training- getting fit for 2008-2009 and early season on-snow training to get ready for the first events of the year.

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Core Team Contacts

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Ryan Paris - Snowboard Core head coach- 603-448-1489x 215 or ryan@whaleback.com

Jim Mitchell - Whaleback Mountain Club President- 603-448-1605 or uvssa@whaleback.com

Core Team Training Methodology

The Core Team is named after the Core of the body, which is where all athletic movement comes from. Our Core principals and methodology emphasize the importance of Core strength and balance in life and in sport.

Individual Growth

- The Core Team is comprised of a wide range of ability levels and ages, and the diversity of the team is its strength as everyone is made to feel welcome and it makes for an atmosphere of encouragement and development;

- Everybody learns skills in different ways and at a different pace and we take that into account when putting together a plan for our athletes;

- Success is measured by each individual's development.

Training Opportunities & Tools

- The Core Team is unique in that it is a local program with training opportunities up to 5 days a week; in other words, an athlete can be on snow as frequently as those in some academy programs and determine how far they want to push themselves;
- Our short and frequent training intervals provide an ideal setting for growth and development;
- We pride ourselves on our low coach-to-athlete ratio and being able to give each athlete one-on-one attention;
- Video review is a tool that we use frequently in all disciplines to help our athletes recognize their potential and recognize areas that they want to improve;
- Trampolining is another great tool for improving balance and air awareness; our white bed trampoline is used by all athletes in all disciplines;
- We also use cross-training such as roller sports.

Safe Progression

- Whether an alpine athlete is learning the basics of cross blocking or a freestyle athlete is learning spinning and flipping, there is a progression for everything in winter sports that we follow;
- Every training session starts with a warm up to help guard against injury;
- The Core team employs many types of cross training techniques – some mentioned above – for each discipline to develop our athletes's skills safely and successfully before taking them on snow;
- Each athlete is encouraged to develop their own plan with the help of their coach and to be accountable for their individual progression.

Putting the FUN in Fundamentals

- One of our primary goals is to make our programs fun, while teaching the fundamentals of skiing and riding;

- Athletes have focused training with drills to develop specific skills, but they also have focused freeski/ride time during which we want them to not only develop their skills but also a lifelong enjoyment of their sport.