

## PARKS SQUAD

Parks Squad Full-Time and Part-Time Programmes: Elevating Winter Sports Skills

At **Parks Squad**, we are dedicated to enhancing the winter sports experience for skiers and snowboarders. With nearly two decades of expertise, we continually refine our programmes to deliver the best possible training. Our full-time programme spans 10 weeks in term 3 plus the two weeks of the spring school holidays, focusing on competitive sportsmanship. Please note that while we provide comprehensive support, dedication to the sport and the drive to compete and improve must come from the athletes themselves.

Join **Parks Squad** and embark on a transformative journey, where dedication, skill enhancement, and mental fortitude converge to shape outstanding winter athletes. Are you ready to elevate your game?

### Programme Highlights:

**Technical Focus:** Our main emphasis lies in technical training, covering everything from body positioning to advanced tricks. Coaches, drawing from their personal athletic experiences, prioritise building strong foundational skills that pave the way for future growth.

**Mental Focus:** Overcoming the mental challenges of park and pipe sports is vital. Coaches, though not Psychologists, offer valuable insights. Parent-coach cooperation is key here, ensuring athletes receive the necessary support both on and off the snow.

**Tactical Focus:** Planning is meticulous, aiming to optimize every moment of training. We guide athletes to make purposeful decisions, emphasizing the right time, place, and equipment choices. Learning from setbacks is an integral part of our training philosophy.

### Programme Features:

- 12 weeks of on-snow training, including coaching during competitions.
- Weekly trampoline sessions with on-snow coaches at Wanaka facility.
- Personalised season plans and goal setting.
- Mid-season and end-of-season progress reports.

### Training Details:

Full-Time Programme:	12 weeks
Training Days:	Wednesday, Thursday, Saturday, Sunday
Dates:	16/07/25 to 6/10/25
Price:	\$6999
2day/week Programme:	12 weeks
Training Days:	Wednesday/Saturday or Thursday/Sunday

Dates: 16/07/25 to 6/10/25  
Price: \$3999

1day/week Programme: 12 weeks  
Training Days: Saturday or Sunday  
Dates: 16/07/25 to 6/10/25  
Price: \$2299  
(By arrangement only)

**Important Dates:**

Start: Week of Wednesday 16 July 2025, at Cardrona, 8 30 am  
Finish: Week ending Sunday 5 October 2025

**Skill Level:**

Advanced and above.

**Daily procedures:**

6 30 am Weather and training info updated by the coaches  
8 30 am Meet outside of ski patrol in trainers  
8 30 to 8 50 am Warm up in trainers no ski/SB boots  
9 am Meet your coach outside Ski Patrol ready to ski/ride  
11 30 am Lunch break (approximately)  
2 30 to 3 pm Finish

**Coaches: TBC**

**Communication:**

Daily updates, including start times and meeting places, occur via WhatsApp with the respective group coach.  
Reports, updates, and newsletters are shared via email.

**Contacts:**

Francois Mazet - SB Head Coach [francois.mazet@cardrona.com](mailto:francois.mazet@cardrona.com)  
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