

EC ADVENTURES

Virtual Private Coaching (Austin Johnson)

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TRAVERSE CITY MI 49684
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EC ALPINE ATHLETE

2024/2025 SEASON

Overview

Skiing is a very unique sport. There are a lot of variables including weather, differing course sets, terrain and disciplines, not to mention Northern Michigan ski season can be short and intense. Coaches, athletes and parents tend to finish a season looking for or wanting more for their athletes. As most of us know, mid season leaves little time to add training days and video review and can leave the athletes tired and often frustrated.

I wanted to come up with a program that would provide the coaches, athletes and parents an opportunity to optimize training sessions, race days and athlete fitness without adding more to the already busy ski season schedule. Knowing others who have taken advantage of virtual coaching in triathlons and having taken advantage of virtual coaching in biking myself, I have personally seen athletes succeed in reaching goals they thought they could never reach. This is how EC Adventures Private Coaching was born.

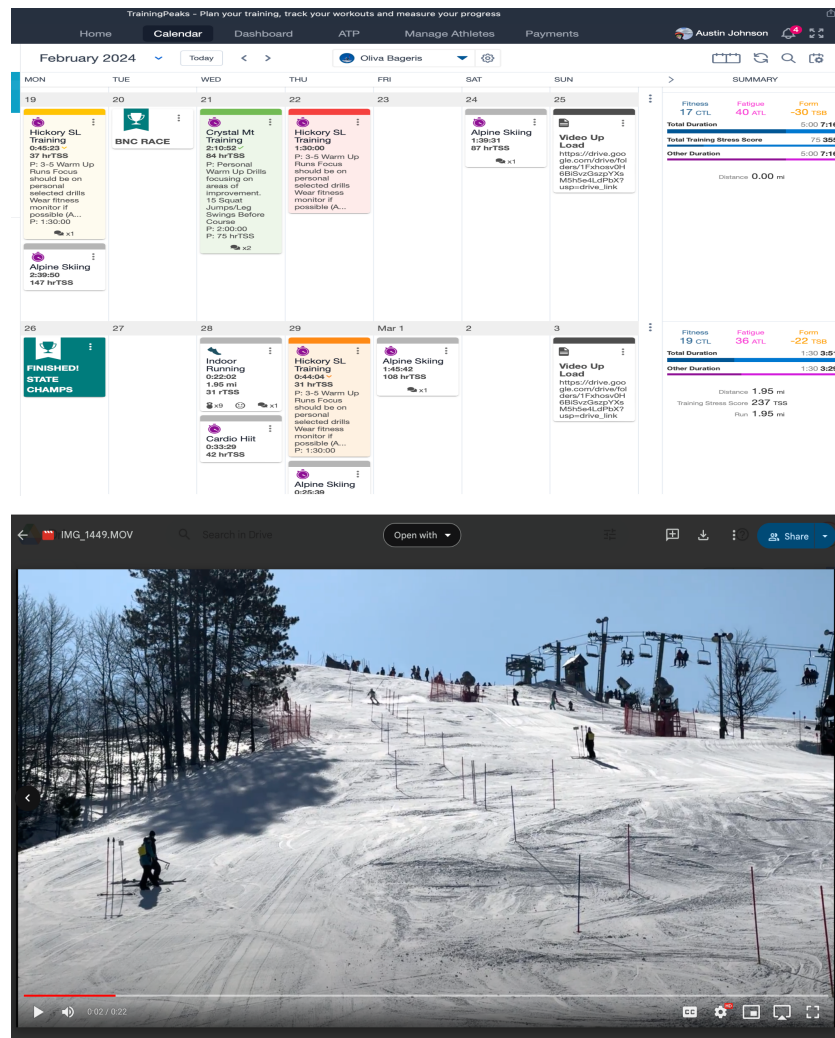


Details

The goal of EC Adventures Private Coaching is to provide athletes and parents a private coaching experience that is cost effective, while seeing athletes meet and exceed their goals.

During this process we will provide an online training platform that tracks training and race days, provides accountability towards reaching their personal goals as well as monitors their fatigue and fitness. Coaches will import training days with set goals for each into the shared calendar. Athletes or parents will need to add in other activities such as race days, other training days and other sports when applicable.

The platform I will use to accomplish this is Training Peaks and Google Drive/Meet. I will set up an athlete Google folder where anyone with the link will be able to upload video to. A parent, friend or coach can take this video on a phone or tablet using 3x zoom, in horizontal format. Once videos are uploaded, we will set up a time to review and go over videos via google meet and can do this right in your home or wherever is convenient for you. We will also be able to set other weekly goals and look at your schedule as needed. Video review will be about 15-20 minutes and will be reachable throughout the week or as needed.



We will have the opportunity to dive into the mental side of an athlete and how we can help athletes stay mentally strong throughout a given season, whether that be the ski season or a season of struggle or success on the hill and race arena.

Program Cost

Premium: \$215/month per athlete: (Family Rate) \$215 First athlete \$150 Per athlete after.

Extra -10%: If an athlete is in attendance with EC Adventure Fall Training Camp

Training Peaks Program/Private Google folder included for each athlete.

Goal setting and weekly accountability to achieve athlete's goals.

Private coach video review and analysis each week via Google Meet. (more if requested)

Comprehensive fatigue analysis and energy levels throughout training days and weeks to reach optimal training productivity.

More Details:

For further details, please reach out to:

Austin Johnson

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Athlete Intake From

- Name:
- Current Hometown:
- Age:
- Injury History:
- Ideal/Preferred Race Scenario (i.e., long stage races, mountain stages, classic races, time trials, etc.):
- Personal Long-Term Goals as an Athlete:
- 2024-2025 Season Goals:
- Strengths as a Ski Racer (i.e. SL, GS, Flat Hills, Steep Hills .):
- Current Ski Training Schedule (hours per day, days per week):
- Describe your most enjoyable moment in Skiing experience:
- Describe your most painful moment in Skiing:

Goal Races: 2024/25 Season (Name/Date)