

Children's House League Development Program

Program Timing Duration	Every Second Sunday throughout the 8 Week Development Programs
Daily Training Schedule	<p>House League Program 4 Weeks Sunday January 14th 2018 Sunday January 28th 2018 Sunday February 11th 2018 Sunday February 25th 2018</p> <p>Afternoon Training Sunday ONLY: 12:30 – 3:00</p>
Meeting Area	Between the Quad chairs at the base of Eager Beaver.
Equipment Requirements	Snowboard or Skis, boots and helmet that fit, outdoor clothing (see appendix)
Equipment Options	
LTAD Stage	FUNdamentals & Learn to Train – Click Here
Prerequisites	Independent & consistent turns on blue terrain (no tether are permitted in this program)
Objective	Focus is on an athletic stance for gliding & using turns to manage speed. Children's House League is a first exposure to gates for many athletes – courses are set in varied terrain, with inviting gate distances to manage speed and encourage balanced parallel skiing and rhythmic snowboard turns.
Competitions	All of the four weekends include a recreation team competition
Next Steps	Children's House League is a benefit to any athlete.
Feedback Expectations	Sundays in the Silvercreek following the on snow event there will be an awards celebration. Results for the teams will follow in the Beaver Bulletin & Alpine Program Newsletters.
Price	\$180 for 4 weeks of House League Races