

**Foothills**  
**Development Program (-7) or Progression Program (+7)**  
**\*Option A, B, C & D**

<b>Program Timing Duration</b>	Christmas Camp: December 27 – 31 &/or January 3 - 7 (your choice to add) March Camp: March 12-16 (your choice to add) 8 Week Saturdays and Sundays : January 13/14 – March 3/4
<b>Daily Training Schedule</b>	Morning Training: 9:30 – 11:30 Lunch: 11:30 – 12:30 (unsupervised) Afternoon Training Saturday ONLY: 12:30 – 2:30  (Parents or guardian must pick up athletes at lunch/end of day unless they have signed a release form)  <b>Option A:</b> 6 Hours Saturday morning & afternoon training & Sunday morning <b>Option B:</b> 4 Hours Saturday & Sunday morning <b>Option C:</b> 4 Hour Saturday Full day training both morning and afternoon <b>Option D:</b> 2 Hour Saturday morning training
<b>Meeting Area</b>	Program Flags at Matts Meadow
<b>Equipment Requirements</b>	Snowboard or Skis, boots, poles and helmet that fit, outdoor clothing (see parent guide)
<b>Equipment Options</b>	
<b>LTAD Stage</b>	FUNdamentals & Learn to Train - <a href="#">Click Here</a>
<b>Prerequisites</b>	Consistent speed while turning on blue terrain (Exhibition).
<b>Objective</b>	Mobility & athletic stance are the focus for our green sliders to access blue terrain (Eager Beaver) with ease and rhythm. Working on independent legs (skiers) and better grip on the snow advances sliders from wedge to parallel in skiers and smooth turn linking for snowboarders. Mileage on snow is correlated to progression. We recommend that a minimum of 70 hours of programming is necessary to progress to Mountain Progression Program. Training time will be spent on varied terrain, features & in first step to gates.
<b>Competitions</b>	Club Championships (included) Children's House League is a great addition to programming & accelerates learning
<b>Next Steps</b>	Mountains
<b>Feedback Expectations</b>	Participants will receive mid-season and final report from the Pros. Weekly updates on all Recreational programs will be sent Thursdays
<b>Price</b>	<b>Foothills A</b> -\$800 includes 6 hour of coaching for 8 weeks (Sat AM/PM Sun PM) <b>Foothills B</b> -\$620 includes 4 hours of coaching for 8 weeks (Sat AM & Sun AM) <b>Foothills C</b> -\$620 includes 4 hours of coaching for 8 weeks (Sat Full Day AM/PM) <b>Foothills D</b> -\$415 includes 2 hours of coaching for 8 weeks (Sat AM)