

Li'l Racers Development Program

Program Timing Duration	8 Week Saturdays and Sundays : January 13/14 – March 3/4 Ages 5-7
Daily Training Schedule	Morning Training: 9:30 – 11:30 Lunch: 11:30 – 12:30 (unsupervised) Afternoon Training: 12:30 – 3:00 (Parents of guardian must pick up athletes at lunch/end of day unless they have signed a release form)
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. This 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	Every second weekend athletes will participate in Children's House League which is a recreation team competition. Club Championships (included)
Next Steps	U10 Race programs
Feedback Expectations	Sundays in the Silvercreek following the House League event there will be an awards celebration. Results for the teams will follow in the Beaver Bulletin & Alpine Programs Newsletter.
Price	\$ 1050 includes 8 weeks of coaching