

Mogul Development Mogul HP 25 Day Program

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| Program Timing Duration | Christmas Camp: Dec 27 – 31, Jan 3 – 4 9 Week Saturdays/Sunday: Jan 6 – Mar 4 |
| Daily Training Schedule | Morning Training: 9:30 – 12:30 Lunch: 12:30 – 1:30 (unsupervised) Afternoon Training: 1:30 – 3:30 (Parents or guardian must pick up athletes at lunch/end of day unless they have signed a release form) |
| Meeting Area | Program Flags between the Quad chair lifts |
| Equipment Requirements | Skis, boots and helmet that fit, outdoor clothing (see parents' guide) |
| Equipment Options | Mogul Skis ,Twin tips skis, Mogul or softer flexing boots |
| LTAD Stage | Learn to Slide – Click Here |
| Prerequisites | The ability to link parallel turns on Blue terrain and ski most hills at Beaver Valley Link 5 turns in a mogul line and ski the entire mogul line choosing the easiest way through |
| Objective | Moguls: Ski full bump lines staying in the course Mogul Jump Skills: Straight Airs, Spreads, Twister and intro to rotation Flat ski: Control skiing all terrain and ability to change turn shape at will |
| Competitions | FSO Timber Tour, FSO Provincials, Club Championships Timber tour includes up to 3 events and Provincials at resorts across Ontario, expect 1 or 2 events to be in the Ottawa area each season Timber Tour brings together Ontario's developing Mogul athletes for events |
| Next Steps | Mogul HP/ |
| Feedback Expectations | Athletes will have bi – weekly progress discussions with coaches, parents are welcome to attend the mid-season and final discussion and will receive mid-season and final report from the coaches. Weekly updates on all Freestyle programs will be sent Thursdays with competition results for Beaver athletes finishing top 5 |
| Price | \$1,650 for 25 days of coaching and a hooded sweatshirt Participants may opt out of the Christmas portion Dec 27 – 31 and Jan 3 – 4 for \$100 refund Exclusions: CFSA Membership Fees Timber Tour Entry Fees Canadian Series Entry Fees Jr Nationals Entry Fees |