

Riders Speed Full (25 Days)

Program Timing Duration	Christmas Camp: Dec 27 – 31, Jan 3 – 4 9 Week Saturday/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	Snowboard, bindings, boots and helmet that fit, outdoor clothing (see parents' guide)
Equipment Options	Freeride Snowboard, Alpine Snowboard and hard boots
LTAD Stage	FUNdamentals – Click Here
Prerequisites	The ability to link parallel turns on Blue terrain
Objective	Freeride: Intro to carve turns, pressure control on Blue terrain, intro to switch riding, intro to varied terrain Terrain park: Sliding boxes 50/50 (straight) Straight airs and grabs on small jumps, introduction to rotation on snow (180's, 360's)
Competitions	Club Championships
Next Steps	Escarpment 35 day, Boardercross Escarpment or Groms Park
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 Speed 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 28 – 31 and Jan 3 – 4 for \$100 refund Exclusions: Canada Snowboard Membership Fees