

## Riders Speed 15 day (Saturday Only)

<b>Program Timing Duration</b>	Christmas Camp: Dec 27 – 31, Jan 3 – 4 9 Week Saturdays: Jan 6 – Mar 3
<b>Daily Training Schedule</b>	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)
<b>Meeting Area</b>	Program Flags between the Quad chair lifts
<b>Equipment Requirements</b>	Snowboard, bindings, boots and helmet that fit, outdoor clothing (see parents' guide)
<b>Equipment Options</b>	Freeride Snowboard, Alpine Snowboard and hard boots
<b>LTAD Stage</b>	FUNdamentals – <a href="#">Click Here</a>
<b>Prerequisites</b>	The ability to link parallel turns on Blue terrain
<b>Objective</b>	<b>Freeride:</b> Intro to carve turns, pressure control on Blue terrain, intro to switch riding, intro to varied terrain <b>Terrain park:</b> Sliding boxes 50/50 (straight) Straight airs and grabs on small jumps, introduction to rotation on snow (180's, 360's)
<b>Competitions</b>	Club Championships
<b>Next Steps</b>	Riders Full, Groms Speed or Groms Park
<b>Feedback Expectations</b>	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
<b>Price</b>	<b>\$1,015</b> for 15 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  <b>Exclusions:</b> Canada Snowboard Membership