

U10 Ski Racing 7 Year Olds

Program Timing Duration	Christmas Camp: Dec 27 – 31, Jan 3 – 4 9 Week Saturday/Sunday: Jan 6 – Mar 4 Friday Training Recommended- Sign up online
Daily Training Schedule	Morning Training: 9:00 – 11:30 Lunch: 11:30 – 12:30 (unsupervised) Afternoon Training: 12:30 – 3:00 (Parents or guardian must pick up athletes at lunch/end of day unless they have signed a release form)
Meeting Area	U10 Program Flag between the Quad chair lifts
Age Requirements	7 years old as of December 31, 2017
Equipment Requirements	Hard eared helmets (CSA Approved) Athlete will not race unless they have a hard eared helmet, No Go Pro mounts and other modifications permitted, 1 pair of skis, boots, and outdoor winter gear (gloves, jacket, pants)
Equipment Options	Race Skis GS or SL, Jr Race boots, poles, warm gloves, goggles that fit little faces BVSC Equipment Sizing Chart: Click Here SPEED SUITS CAN NOT BE WORN AT THIS AGE CATEGORY
LTAD Stage	FUNDamentals
Prerequisites	The ability to link turns on Blue terrain
Team Selection	Groups will be made up of 7 skiers Groups will be selected based on last season's Club Championship results, skill development and Head Coaches recommendations
Objective	Ski Skills: Experimentation of fore aft movement, Intro to competitive spirit, Experimentation of steering and sliding and refining pole plant Coaches will teach these skills through environments, technical free skiing and playing the game of skiing
Competitions	Skills evaluations, 2 on property races not including Club Championships, Terrain day
Next Steps	U10 (eight years old)
Feedback Expectations	Athletes will have bi – weekly progress discussions with coaches. Parents are welcome to attend the mid-season/final discussions and will receive mid-season & final reports from the coaches. Weekly updates on all Race programs will be sent Thursdays all season
Price	\$1,650 for 25 days of coaching and a soft shell jacket Participants may opt out of the Christmas portion Dec 27 – 31 and Jan 3 – 4 for \$100 refund Exclusions: Alpine Ontario Fees Skills Camps Invitational races (E.g. U10 Little Champs @ Osler)