

## U10 Ski Racing 8 Year Olds

<b>Program Timing Duration</b>	Christmas Camp: Dec 27 – 31, Jan 3 – 4 9 Week Saturdays/Sunday: Jan 6 – Mar 4 Friday Training Recommended
<b>Daily Training Schedule</b>	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)
<b>Meeting Area</b>	U10 Program Flag between the Quad chair lifts
<b>Age Requirements</b>	8 years old as of December 31, 2017
<b>Equipment Requirements</b>	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)
<b>Equipment Options</b>	Race Skis GS or SL, Jr Race boots, poles, warm gloves, goggles that fit little faces BVSC Equipment Sizing Chart: <a href="#">Click Here</a> SPEED SUITS CAN NOT BE WORE AT THIS AGE CATEGORY
<b>LTAD Stage</b>	FUNDamentals
<b>Prerequisites</b>	The ability to link turns on Blue terrain
<b>Team Selection</b>	Groups will be made up of 7 skiers Groups will be selected based on last season's results , Club Championship results, skill development and Head Coaches recommendations
<b>Objective</b>	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
<b>Competitions</b>	Skills evaluations, 3 events not including Club Championships, 2 out of the 3 races/skills days will be at other escarpment clubs The off property events will be skill development environments of the hosting clubs choice Terrain day
<b>Next Steps</b>	U10 9 Year Olds
<b>Feedback Expectations</b>	Athletes will have bi – weekly progress discussions with coaches. Parents are welcome to attend the mid-season/ final discussions and will receive mid-season and final report from the coaches. Weekly updates on all Race programs will be sent Thursdays
<b>Price</b>	<b>\$1,650</b> 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  <b>Exclusions:</b> Alpine Ontario Fees Skills Camps Invitational races (e.g. U10 Little Champs @ Osler)