

U10 9 Year Old Ski Racing

Program Timing Duration	Christmas Camp: Dec 27 – 31, Jan 3 – 4 9 Week Saturdays/Sunday: Jan 6 – Mar 4 Friday Training Recommended
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	9 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, goggles that fit little faces BVSC Equipment Sizing Chart: Click Here SPEED SUITS CAN NOT BE WORE 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 Teams will be selected based on last season's results, Club Championship results, skill development and Head Coaches recommendations
Objective	Ski Skills: Refinement of stance and balance, safety, control, line, experimentation of fore aft movement, vertical and lateral movement experimentation of steering, sliding, carving, lower leg movement, refining pole plant timing.
Competitions	Skills evaluations: 3 Mackenzie Escarpment races not including Club Championships, 2 out of the 3 races will be at other escarpment clubs. The races will consist of a Giant Slalom, Slalom and Paneled Slalom Terrain day
Next Steps	U12
Feedback Expectations	Athletes will have bi – weekly progress discussions with coaches. Parents are welcome to attend the mid-season and final discussions and will receive mid-season and final report from the coaches. Weekly updates on all Race programs will be sent Thursdays
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 (includes entry fees for 5 races) Skills Camps Invitational Races (e.g. U10 Little Champs @ Osler)