

U12 Ski Racing

Program Timing Duration	Christmas Camp: Dec 27 – 31, Jan 3 – 4 9 Week Saturdays/Sunday: Jan 6 – Mar 4 Friday Training Highly 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	Program Flags between the Quad chair lifts
Age Requirements	10 or 11 years old as of December 31, 2017
Equipment Requirements	Hard eared helmets (CSA Approved) Athlete will not be in racing unless they have a hard eared helmet, No Go Pro mounts and other modifications permitted, 1 pair of skis, boots, poles, chin guard and outdoor winter gear (gloves, jacket, pants)
Equipment Options	Race Skis GS and/or SL, Race boots, Downhill suit, goggles that fit little faces. Shin pads and pole guards for Slalom. BVSC Equipment Sizing Chart: Click Here SPEED SUITS CAN BE WORN AT THIS AGE CATEGORY and are recommended.
LTAD Stage	Learn to Train
Prerequisites	The ability to link turns on Blue terrain
Team Selection	Due to the large number of participants in this age category we will split the group into two teams (A team Tigers and B Team Cougars). Both teams will race against different clubs during the season but will get the same number of races. Teams will be selected based on last season's results, Club Championship results, time trials, skill development and U12 Lead coaches and Head Coach recommendations. Every effort possible will be made to asses all available data to determine the two teams.
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: 4 ski races over the season with 3 or 4 being hosted at other ski areas, disciplines raced include GS, SL or Kombi
Next Steps	U14
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 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 race (Master Mind, Easter Bunny Classic, Family Fun Day etc.)