

## U16 SOD Cup Ski Racing

<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>	Program Flags between the Quad chair lifts
<b>Age Requirements</b>	14 or 15 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 and/or SL, Race boots, downhill suit, goggles, poles, chin guard, shin guards and pole guards for slalom. BVSC Equipment Sizing Chart : <a href="#">Click Here</a>
<b>LTAD Stage</b>	Train to Train/Learn to Race
<b>Prerequisites</b>	U14 and the desire to train and race competitively
<b>Team Selection</b>	Groups for training at Beaver Valley will be made up of groups up to 7 skiers Groups will be selected based on last season's results , Club Championship results, time trials, skill development and head coach recommendations
<b>Objective</b>	<b>Ski Skills:</b> Fore aft movement, vertical and lateral movement, steering, sliding, carving, lower leg movement, rhythm, rotational stability, intro to tactical awareness, awareness of gliding and acceleration in turn and pole plant for timing.
<b>Competitions</b>	<b>Skills evaluations:</b> 5 races in Southern Ontario not including Club Championships. The races will consist of a Giant Slalom, Slalom and Paneled Slalom
<b>Next Steps</b>	U19 or FIS program
<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 (includes entry fees for 5 races) Skills Camps Invitational races