

**Valleys**  
**Development Program (-7) or Progression Program (7+)**  
**\*Option A, B, C & D**

<b>Program Timing Duration</b>	Christmas Camp: December 27 – 31 &/or January 3-7 (your choice to add) March Camp: March 12-16 (your choice to add) 8 Week Saturdays and Sundays : January 13/14 – March 3/4
<b>Daily Training Schedule</b>	Morning Training: 9:30 – 11:30 Lunch: 11:30 – 12:30 (unsupervised) Afternoon Training Saturday ONLY: 12:30 – 2:30 (Parents or guardian must pick up athletes at lunch/end of day unless they have signed a release form)  <b>Option A:</b> 6 Hours Saturday morning & afternoon training & Sunday morning <b>Option B:</b> 4 Hours Saturday & Sunday morning <b>Option C:</b> 4 Hour Saturday Full day training both morning and afternoon <b>Option D:</b> 2 Hour Saturday morning training
<b>Meeting Area</b>	Program Flags at Matts Meadow
<b>Equipment Requirements</b>	Snowboard or Skis, boots and helmet that fit, outdoor clothing (see parents' guide)
<b>Equipment Options</b>	
<b>LTAD Stage</b>	FUNdamentals- <a href="#">Click Here</a>
<b>Prerequisites</b>	Independent sliding on beginner terrain (no tether are permitted in this program)
<b>Objective</b>	Develop the ability to turn on terrain from beginner to Exhibition. Focus is on an athletic stance for gliding & using turns to manage speed. Mileage on snow is correlated to progression. We recommend that a minimum of 65 hours of programming is necessary to progress to Foothills Development Program. Training time will be spent on varied terrain, features & in first step to gates.
<b>Competitions</b>	Club Championships (included)
<b>Next Steps</b>	Foothills
<b>Feedback Expectations</b>	Participants will receive mid-season and final report from the pros Weekly updates on all Recreational programs will be sent Thursdays
<b>Price</b>	<b>Valleys A</b> -\$800 includes 6 hour of coaching for 8 weeks (Sat AM/PM Sun PM) <b>Valleys B</b> -\$620 includes 4 hours of coaching for 8 weeks (Sat AM & Sun AM) <b>Valleys C</b> -\$620 includes 4 hours of coaching for 8 weeks (Sat Full Day AM/PM) <b>Valleys D</b> -\$415 includes 2 hours of coaching for 8 weeks (Sat AM)