

## Riders Park 15 day (Saturday Only)

<b>Program Timing Duration</b>	Christmas Camp: Dec 27 – 31, Jan 3 – 4 9 Week Saturdays: Jan 6 – Mar 3
<b>Daily Training Schedule</b>	Morning Training: 9:30 – 12:30 Lunch: 12:30 – 1:30 (unsupervised) Afternoon Training: 1:30 – 3:30  (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>Equipment Requirements</b>	Snowboard, bindings, boots and helmet that fit, outdoor clothing (see appendix)
<b>Equipment Options</b>	Twin tip park board
<b>LTAD Stage</b>	FUNdamentals – <a href="#">Click Here</a>
<b>Prerequisites</b>	The ability to link parallel turns on Blue terrain
<b>Objective</b>	Terrain park: sliding boxes 50/50 (straight) introduction to board slide (sideways looking down the box), Straight airs and grabs on small jumps, introduction to rotation on snow (180's, 360's) Freeride: Intro to carve turns, intro to switch riding and riding terrain with varied turn shape
<b>Competitions</b>	In house, in program fun events, Club Championships
<b>Next Steps</b>	Riders Full, Groms Park or Groms Speed
<b>Feedback Expectations</b>	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 Speed programs will be sent Thursdays
<b>Price</b>	<b>\$1,015</b> for 15 days of coaching and a hooded sweatshirt  Participants may opt out of the Christmas portion Dec 28 – 31 and Jan 3 – 5 for \$100 refund  <b>Exclusions:</b> Canada Snowboard Membership